Metabolic Formula Number One, designed for patients with blood sugar problems, has been renamed and redesigned. The improved version is now called **Metabolic Synergy™**, an ideal formula for the metabolic syndrome patient. This multivitamin was originally designed by a diabetes specialist, Dr. Ron Rosedale. It was updated with the help of Dr. Bob Steinberg. It now includes two more state of the art, newly researched anti-glycating agents carnosine and benfothiamine (a form of vitamin B1) for preventing diabetic complications.

The mineral forms have also been improved. The magnesium, chromium, zinc, manganese and vanadium are now true chelates from Albion, the leader in the manufacture of mineral chelates with superior absorption. A few core nutrients have been added to make **Metabolic Synergy™** a complete multivitamin mineral.

Metabolic Synergy™ provides nutrients needed for the TCA (tricarboxylic acid) cycle. This is also known as the Krebs cycle or citric acid cycle. This cycle allows the body to burn food for energy by converting glucose into ATP. The more glucose burned, the less glucose in the bloodstream.

Nutrients needed for the TCA cycle include magnesium, manganese and lipoic acid. Vanadium and magnesium, due to their insulin mimicking action, help glucose get inside cells where this burning occurs. These two nutrients are also helpful for blood pressure problems.
Metabolic syndrome is a condition many people risk developing by the time they reach middle age. Metabolic syndrome is defined as a cluster of symptoms or disorders including insulin and leptin resistance, hyperlipidemia (elevated cholesterol and triglycerides), high blood pressure and overweight (weight gain in the belly region is a tell-tale sign). The factors that may lead to these conditions are:

- Excessive carbohydrate consumption, with especially damaging effects from fructose and galactose
- Excessive stored body fat, especially in the abdominal area, due to its active hormonal activity
- Nutrient deficiencies (inositol, chromium, vanadium, magnesium, zinc, omega-3 fatty acids, vitamin D, taurine, vitamin C, vitamins B1, B2, B3)
- High oxidative stress, which depletes antioxidants
- Prolonged demand on the pancreas to produce insulin
- Excessive stress (high adrenaline and cortisol)

A sustained program of lifestyle and diet changes combined with proper nutrient supplementation can reverse and correct most of the underlying causes of the metabolic syndrome (for more details, please see the Designs for Health metabolic syndrome support protocol at www.designsforhealth.com).

**Metabolic Synergy™** is protective against many complications associated with out-of-control glucose levels by reducing its ability to glycate various body proteins in the bloodstream, which in turn has damaging effects on the eyes, brain, kidney, etc. This is achieved with the help of lipoic acid, carnosine and benfothiamine, which have been proven to reduce the risk of neuropathy/retinopathy along with support from vitamin B6, B12 and high gamma vitamin E. This formula has multiple antioxidants for controlling the oxidative stress common in a diabetic.

Excessive fructose consumption can lead to excessive glycation of proteins (up to 16 times faster), hypertension, impaired insulin function (via reduced tyrosine phosphorylation). **Metabolic Synergy™** reduces the damaging effects of fructose consumption through EGCg, zinc, and taurine.

The benefits of normalizing glucose, insulin, and leptin metabolism include: reduced risk of diabetes-related complications (neuropathy, kidney or vision damage), lower cardiovascular risk (lower blood pressure, triglycerides, increased HDL, better endothelial function), reduced cell proliferation (tumors), less water retention, less fat storage and easier fat release from the adipose cells.

**This product works well with Designs for Health PaleoGreens™, EndoTrim™, PaleoFiber™ and CLA**

**References**


To contact Designs for Health, please call us at (800) 847-8302, or visit us on the web at www.designsforhealth.com.