UltraInflamX®
Medical Food
Clinically Tested, All-Natural Approach to Managing Inflammation

Patient Benefits:

- Specifically formulated to support patients with symptoms or conditions associated with inflammation, such as:
  - Inflammatory conditions of the intestinal tract, skin, or joints
  - Immunologic or autoimmune dysfunction
  - Bronchial asthma
  - Osteoarthritis
  - Rheumatoid arthritis

- Provides a scientifically designed blend of nutrients to:
  - Rebalance eicosanoid metabolism
  - Support anti-inflammatory activity
  - Combat oxidative stress
  - Support detoxification pathways
  - Promote healthy gastrointestinal function

- Comes with step-by-step program instructions and dietary recommendations

Scientifically formulated and clinically tested to decrease inflammatory damage and promote healing in patients with chronic inflammatory conditions.
Clinically proven! UltraInflamX and a managed elimination program support inflammatory control.

RESULTS OF CLINICAL AND CASE STUDIES

Clinical Trial: Fibromyalgia
A 6-week clinical pilot trial to evaluate the effects of UltraInflamX was conducted in 21 patients with fibromyalgia lasting 6 months or longer. Subjects were divided into two groups—Protocol A received UltraInflamX with no dietary changes, Protocol B received UltraInflamX with dietary changes.1

Figure 1
A significant improvement was observed in mental functioning (P<0.05) as assessed by the SF-36* questionnaire. (Scores higher than 50 indicate compromised functioning.)

Case Study**: Ulcerative Colitis
A 52-year-old white female presented with a diagnosis of ulcerative colitis. Her main complaints were 3 to 4 liquid or ill-formed bowel movements per day, which included explosive-type gas and occasional blood. The patient’s initial sedimentation rate† was assessed initially, and again at 4 weeks. Her MSQ†† score was assessed initially, again at 4 weeks, and once more at 12 weeks.3

Figure 2
After just 4 weeks on the UltraInflamX Program, the patient’s sedimentation rate decreased from 30 to 20 mm/h (reference range is 0-30). This result suggests a decrease in overall inflammation.

Figure 3
The patient had a substantial decrease in her MSQ score after 12 weeks on the UltraInflamX Program. (A score of <30 is generally associated with few or low-intensity symptoms.)

Table: SF-36 Mental Component Summary (MCS) Scores before (initial) and after (final) intervention for fibromyalgia subjects who completed protocol A or B

<table>
<thead>
<tr>
<th>Sedimentation Rate (mm/h)</th>
<th>Before Program</th>
<th>After 4 Weeks on UltraInflamX Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protocol A</td>
<td>Protocol B</td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>20</td>
<td></td>
</tr>
</tbody>
</table>

**The information provided in this Case Study describes the results of one patient under the care of a licensed healthcare practitioner and may not be a typical response.

1 A blood test that detects and monitors inflammation in the body. It measures the rate at which red blood cells (RBCs) in a test tube separate from blood serum over time, becoming sediment in the bottom of the test tube. The sedimentation rate increases with more inflammation.

11 The Medical Symptoms Questionnaire (MSQ) is a clinical tool for the evaluation of general physical symptoms. Total scores above 75 are generally associated with substantial symptomatology and disability; scores below 30 generally indicate few or low intensity symptoms.

WHAT SETS ULTRAINFLAMX APART?

• Clinically Proven. In clinical and case studies, dietary programs that include UltraInflamX have shown a significant reduction in symptoms related to inflammation.3 Unlike our competitors, we conduct human research for real-life efficacy.

• History of clinical use. Not only has UltraInflamX been extensively researched at the Functional Medicine Research Center, the clinical research arm of Metagenics, but also used by thousands of patients in clinics spanning the globe.

• Key anti-inflammatory phytonutrients. Patented, research-based blend of specific types and amounts of nutrients designed to address underlying inflammatory reactions. Ginger (Zingiber officinale), an inhibitor of pro-inflammatory prostaglandin and thromboxane production. Curcumin, (Curcuma longa) scavenges nitric oxide, is an antioxidant, and inhibits production of pro-inflammatory prostaglandins.4 Curcumin is clinically used for postoperative inflammation, and both ginger and curcumin are clinically used for rheumatoid arthritis as well as osteoarthritis. Hesperidin, found in citrus foods, inhibits histamine release resulting in analgesic and anti-inflammatory activities.4,7

• Promotes healthy GI function. L-glutamine supports the integrity of the gastrointestinal mucosa barrier and may be beneficial in the prevention of bacterial translocation and intestinal inflammation.6

• Potent antioxidant nutrients. Nutritional blend of: mixed carotenoids, zinc, manganese, selenium, quercetin, rutin, rosemary, and vitamins A, C, and E to reduce free radical generation, which can perpetuate inflammation.5,10

• Free of common allergens. Free of dairy products, gluten, wheat, egg, soy, corn protein, and yeast—as well as artificial flavorings, sweeteners, and colors.

• Low allergy potential rice protein. Derived from a patented process, UltraInflamX contains rice protein concentrate with a lower allergy potential than normal rice. Fortified with the amino acids threonine and lysine, UltraInflamX provides a complete, easily digested source of protein.

• Easy to use. A nutrient-dense, powdered form allows for easy mixing in water or in juice for a pleasant-tasting beverage. Available in Original and delicious Chocolate Orange flavors to suit a variety of tastes.
THE ULTRAINFLAMX PROGRAM

The UltraInflamX Program includes three phases designed to control health challenges that may be related to chronic inflammation. You may choose to tailor the suggested phase lengths in order to meet your patient’s needs.

- **Phase 1** (Days 1-7): During Phase 1 patients eliminate potentially allergenic foods while slowly increasing their intake of UltraInflamX.
- **Phase 2** (Days 8-25): During Phase 2 patients follow the recommended dietary program along with two servings of UltraInflamX daily.
- **Phase 3** (Days 26 and beyond): During Phase 3 patients consult with their healthcare practitioner and decide how to continue the program.

Patients mix two scoops of UltraInflamX with 8-10 ounces of water, blend, and drink slowly. (Patients may use diluted fruit or vegetable juices depending on tolerance.) This nutrient-rich powder makes an excellent breakfast beverage, a simple morning or afternoon snack, or a satisfying bedtime snack! Also convenient for patients who are traveling or on the go.

In certain cases, you may choose for your patients to use UltraClear SUSTAIN® medical food instead of UltraInflamX. UltraClear SUSTAIN was developed for patients with gastrointestinal problems. For more information, refer to the UltraInflamX & UltraClear SUSTAIN patient guide.

PROGRAM MATERIALS

- **UltraInflamX Patient Guide.** Comprehensive program guide with recipes, meal plans, and FAQs.
- **Quick-Start Guide.** Simple guide for those who want to get started immediately.
- **Modified Step Program.** Outlines a gradual approach to the program.
- **Commonly Asked Questions.** Helps practitioners answer questions patients often ask about the program.

For More Information on UltraInflamX and Inflammation Management

- **Prescribing Information.** A technical description of UltraInflamX, indications, and ingredients and their mechanisms of action.
Nutrient Profile:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Percent of Total Energy</th>
</tr>
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<tbody>
<tr>
<td>Protein</td>
<td>30% of calories</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>48% of calories</td>
</tr>
<tr>
<td>Fat</td>
<td>22% of calories</td>
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</tbody>
</table>

Nutrition Information per Serving

- Serving Size: 2 Scoops (52 g)
- Calories: 200
- Fat: 5 g
- Cholesterol*: 0 mg
- Sodium: 100 mg
- Potassium: 400 mg
- Total Carbohydrate: 28 g
- Simple: 7 g
- Dietary Fiber: 4 g
- Protein: 15 g

Each Serving Contains

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>% RDI</th>
</tr>
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<tbody>
<tr>
<td>Vitamin A (as retinyl palmitate)</td>
<td>50</td>
</tr>
<tr>
<td>Vitamin E (as mixed carotenoids)</td>
<td>50</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>300</td>
</tr>
<tr>
<td>Calcium (as calcium citrate)</td>
<td>275</td>
</tr>
<tr>
<td>Iron</td>
<td>1 mg</td>
</tr>
<tr>
<td>Vitamin D (as cholecalciferol)</td>
<td>25</td>
</tr>
<tr>
<td>Vitamin E (as d-alpha tocopheryl acetate)</td>
<td>300</td>
</tr>
<tr>
<td>Thiamin (as thiamin HCl)</td>
<td>2 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>3 mg</td>
</tr>
<tr>
<td>Niacin (as niacinamide)</td>
<td>175</td>
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<tr>
<td>Vitamin B6 (as pyridoxal-5'-phosphate)</td>
<td>250</td>
</tr>
<tr>
<td>Folic Acid</td>
<td>29 mcg</td>
</tr>
<tr>
<td>Vitamin B12 (as cyanocobalamin)</td>
<td>50</td>
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<tr>
<td>Biotin</td>
<td>50</td>
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<tr>
<td>Pantothenic Acid (as D-calcium pantothenate)</td>
<td>50</td>
</tr>
<tr>
<td>Phosphorus (as dicalcium phosphate)</td>
<td>200</td>
</tr>
<tr>
<td>Magnesium (as magnesium citrate)</td>
<td>280</td>
</tr>
<tr>
<td>Zinc</td>
<td>10 mg</td>
</tr>
<tr>
<td>Selenium (as selenomethionine)</td>
<td>75 mg</td>
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<tr>
<td>Copper (as copper gluconate)</td>
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<td>Manganese (as manganese gluconate)</td>
<td>100</td>
</tr>
<tr>
<td>Chromium (as ChromeMate® GTF)</td>
<td>60 mcg</td>
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<tr>
<td>Molybdenum (as molybdenum amino acid chelate)</td>
<td>38 mcg</td>
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<tr>
<td>N-Acetylcysteine</td>
<td>100 mg</td>
</tr>
<tr>
<td>L-Glutamine</td>
<td>750 mg</td>
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<tr>
<td>L-Threonine</td>
<td>34 mg</td>
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<tr>
<td>L-Lysine (as L-lysine HCl)</td>
<td>770 mg</td>
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<tr>
<td>Citrulline</td>
<td>100 mg</td>
</tr>
<tr>
<td>Hesperidin</td>
<td>200 mg</td>
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<tr>
<td>Quercetin</td>
<td>200 mg</td>
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<tr>
<td>Turmeric Rhizome Extract (Curcuma longa)</td>
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<tr>
<td>Rosemary Leaf Extract</td>
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<tr>
<td>D-Limonene</td>
<td>100 mg</td>
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<tr>
<td>Rutin</td>
<td>200 mg</td>
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<tr>
<td>Ginger Root Extract</td>
<td>100 mg</td>
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<tr>
<td>Sodium Sulfate</td>
<td>75 mg</td>
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</table>

Other Ingredients: Rice protein* concentrate, rice syrup solids, rice bran, olive oil, and medium chain triglycerides, natural flavors.

Directions: Blend, shake, or briskly stir two level scoops into eight ounces of chilled water or juice.

Form: 25.7 (728 g) Powder Container

References

1. Lewis D. Modification of inflammatory activity in rheumatoid arthritis patients treated with a modified diet and UltraInflamX. Study Site: Department of Medicine and Complementary Medicine Research Unit, Monash University, Australia. Unpublished data.


UltraInflamX and UltraBalance® medical foods are researched, developed, and manufactured by Metagenics, Inc.