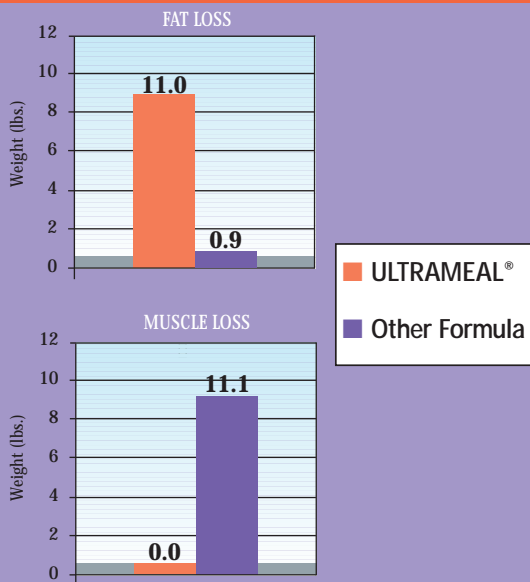


Study participants lost fat, not muscle with UltraMeal



In a 10-week clinical study, 34 participants followed the practitioner-supervised UltraMeal Body Composition Program (featuring UltraMeal shakes, dietary recommendations, and a simple exercise plan), while 12 subjects were placed on an unsupervised nutritional shake program using a leading over-the-counter beverage. Of the average 13 lbs. lost by the OTC drink participants, 85% (11 lbs.) was from healthy lean muscle mass. Of the average 11 lbs. lost by the UltraMeal Program users, the majority of the weight loss was from body fat with little or no loss of healthy, lean muscle mass.¹

Retaining muscle while losing excess body fat is the UltraMeal difference.

UltraMeal® Medical Food

Clinically Tested, Advanced Nutritional
Support for Healthy Body Composition

Patient Benefits:

- Specifically formulated to support patients with conditions associated with altered body composition, such as:
 - ▶ Dyslipidemia
 - ▶ Metabolic syndrome
 - ▶ Hypertension
 - ▶ Estrogen imbalance
- Provides a scientifically designed blend of nutrients to:
 - ▶ Promote a lean, healthy body composition
 - ▶ Support cardiovascular health
 - ▶ Promote healthy blood sugar management
 - ▶ Support estrogen balance
 - ▶ Promote bone health
 - ▶ Supply optimal, foundation nutrition
- Comes with step-by-step program instructions and dietary recommendations
- 8 delicious flavors in powdered beverage formulas—and a ready-to-eat bar—to promote patient compliance

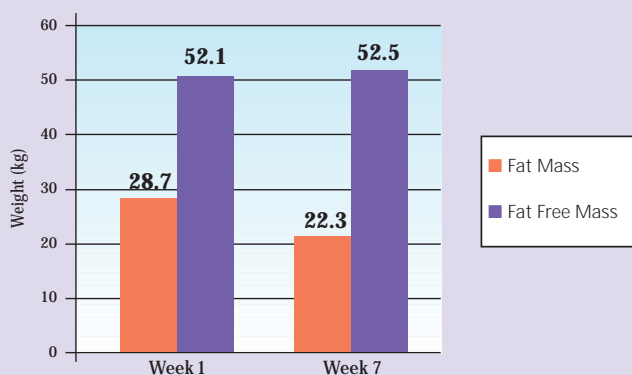
Backed by over 13 years of use by healthcare practitioners worldwide, UltraMeal has been clinically tested and shown to promote the loss of unhealthy body fat while helping to retain lean muscle tissue for healthy body composition.

Scientifically formulated, clinically tested UltraMeal helps reduce body fat while retaining healthy, lean tissue.

RESULTS OF CLINICAL AND CASE STUDIES

Published clinical research supports the ability of the UltraMeal Body Composition Program to reduce body fat while preserving lean muscle mass. And sustaining body composition improvements has been shown to reduce the risk of cardiovascular disease and type 2 diabetes, as well as help manage health conditions associated with excess body fat—such as dyslipidemia, hypertension, and insulin resistance.²

In an independent, 7-week study at the University of Oregon, a group of subjects (n=34) on the UltraMeal Program lost an average of 6.4 kg (14.1 lbs) of fat and gained an average of 0.4 kg (0.9 lbs) in lean body mass.³



At the Functional Medicine Research Center—the research arm of Metagenics—a recent individual case management study* illustrated the effects of a practitioner-supervised UltraMeal Program.⁴

	Reference Range	Before UltraMeal Program	8 Weeks Into UltraMeal Program
MSQ** Score		35	17
Weight (lbs)		177	156
BMI		28.6	25.2
Fasting Glucose (mg/dL)	70-110	86	72
Fasting Insulin (µIU/mL)	2-25	15.2	11
2-Hr Postprandial Glucose (mg/dL)	65-139†	119	58
2-Hr Postprandial Insulin (µIU/mL)	18-56††	59.2	3.6
Total Cholesterol (mg/dL)	120-200	209	141
Total Cholesterol: HDL (mg/dL)	<3.5 is optimal	4.4	3.5
Triglycerides (mg/dL)	10-175	130	87

These and other clinical studies demonstrate the ability of the UltraMeal Program to nutritionally support positive patient outcomes and help reduce the risk of serious health conditions.

WHAT SETS ULTRAMEAL APART?

- Clinically proven.** Published human studies, individual case management studies, and a 13-year history of successful clinical use worldwide.
- High quality protein base—PharmaSoy®.** A technologically advanced nutritional blend of superior soy protein, isoflavones, and dairy-free calcium—blended smooth for a “mouth feel” to complement patient preferences. Each UltraMeal serving provides 15 grams of non-genetically engineered, identity-preserved soy protein. Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. And calcium, along with regular exercise and a healthy diet, can play a significant role in reducing the rate of bone loss or bone thinning and in protecting bone strength.
- Body-ready folate—ActiFolate™.** A proprietary blend of biologically active folates that includes L-5-methyl tetrahydrofolate, 5-formyl tetrahydrofolate, and folic acid to promote healthy methylation and homocysteine levels.⁵⁻⁷
- Low glycemic index (GI).** Clinically tested and shown to have a low GI when referenced against both glucose (31) and white bread (44)—an ideal choice for blood sugar concerns.
- Significant isoflavone count.** Provides a guaranteed 17 mg of soy isoflavones per serving, primarily in the form of genistein and daidzein.
- Dietary fiber.** Two servings per day supply almost half the minimum daily fiber recommendation and supports a healthy body composition, cardiovascular health, and insulin management in those with blood sugar dysregulation.⁸⁻¹¹
- Complementary to restricted diets.** Free of dairy, wheat, gluten, yeast, and eggs. Also free of artificial flavors, colors, and sweeteners. And each serving is only 160 calories.
- Variety.** UltraMeal is available in 8 great-tasting natural flavors to promote optimal patient compliance. Also available: the ready-to-eat UltraMeal® Bar, UltraMeal® Plus with beta-sitosterol and other plant sterols, UltraMeal® RICE, and UltraMeal® WHEY.

*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.

**The Medical Symptoms Questionnaire® (MSQ) is a clinical tool for the evaluation of general physical symptoms. Scores below 30 generally indicates few or low-intensity symptoms.

†Glucose: Glucose levels modestly below the reference range may not be clinically significant unless accompanied by symptoms of hypoglycemia.

††Insulin: Reference ranges for insulin are not currently standardized. Levels below the reference range therefore may not be clinically significant unless accompanied by symptoms of hypoglycemia.

THE ULTRAMEAL PROGRAM

The UltraMeal Body Composition Program is a 4-week program designed to nutritionally support health challenges while promoting a leaner body composition for long-term health. The program may be tailored by healthcare practitioners to meet the needs of individual patients.



UltraMeal also provides an excellent source of foundation nutrition. Each serving provides high quality protein, carbohydrates, dietary fiber, a preferred source of fat exclusively from olive oil, and an enhanced micronutrient profile to supply 35% or more of the RDI for most vitamins and minerals (including 60% of the RDI for calcium in a dairy-free form).

Week 1: Patients consume 3 servings of UltraMeal per day while following a 1,000-calorie dietary plan as outlined with sample recipes. They also follow a simple exercise plan of 30 minutes of brisk walking 3 times per week.

Weeks 2-4: Patients consume 2 servings of UltraMeal per day while following a 1,400-calorie dietary plan as outlined with sample recipes. They continue to follow the same simple exercise plan.

Maintenance Program: Practitioners may wish to extend the length of the program or recommend a maintenance program that includes 1-2 servings of UltraMeal per day.

Patients simply mix 2 scoops of UltraMeal with 8 ounces chilled water for a delicious and satisfying meal option at home or on the go. The Patient Guide also includes shake recipe variations with added ingredients for even more variety.

PROGRAM MATERIALS

- **UltraMeal Patient Guide.** Comprehensive program guide with recipes, meal plans, and FAQs.
- **Quick-Start Guide.** Simple guide for those who wish to get started immediately.
- **Shaker Cups.** Portable plastic cups with a lid for easy mixing and meals on the go.
- **UltraMeal Challenge.** Annual health promotion contest with prizes. (Ask your representative for details.)



For More Information on UltraMeal and Altered Body Composition

- **Prescribing Information.** A technical description of UltraMeal, indications, and ingredients and their mechanisms of action.
- **ANSR Article.** "Body Composition and Optimal Health." A technical review of altered body composition and natural treatments for associated conditions.
- **Metagenics.com.** Online reference tool featuring product news, literature, and BMI chart.
- **UltraMeal Program Brochure.** Brief program overview for your patients.
- **Wall Poster.** Framed illustration of conditions related to altered body composition.
- **Information Sheet.** Smaller version of the poster with explanatory text on the back.
- **Body Composition Brochure.** Patient-friendly education piece.
- **Body Mass Index (BMI) Chart.** With a "cling" back for a convenient and moveable display.
- **Counter Display.** Small, easel-back poster that links a healthy breakfast (like UltraMeal) and disease risk reduction.



UltraMeal

Nutrient Profile (Strawberry Supreme):

Caloric Distribution Percent of Total Energy

Protein	38% of calories
Carbohydrate	51% of calories
Fat	11% of calories

Nutritional Information per Serving (all flavors)

Serving size	2 scoops (47 g)
Servings per container	14
Calories	160
Fat*	2 g
Cholesterol**	0 mg
Sodium	180 mg
Potassium	510 mg
Total Carbohydrate	24 g
Simple	15 g
Complex	9 g
Dietary Fiber	4 g
Protein	15 g
Soy Isoflavones	17 mg

Each Serving Contains:

	% RDI
Vitamin A (as retinyl palmitate)	1,750 IU 35
Vitamin D (as cholecalciferol)	200 IU 50
Vitamin C (as ascorbic acid)60 mg 100
Vitamin E (as d-alpha tocopheryl acetate)11 IU 35
Thiamin (as thiamin hydrochloride)750 mcg 50
Riboflavin850 mcg 50
Niacin (as niacinamide)10 mg 50
Pantothenic Acid5 mg 50
(as D-calcium pantothenate)	
Vitamin B ₆ (as pyridoxine hydrochloride)25 mg 1250
Vitamin B ₁₂30 mcg 500
(as methylcobalamin and cyanocobalamin)	
Biotin150 mcg 50
Folate ¹ (as folic acid, L-5-methyl tetrahydrofolate ¹ , and 5-formyl tetrahydrofolate)	.500 mcg 125
Vitamin K40 mcg 50
Calcium (as calcium phosphate)600 mg 60
Iron (as ferrous fumarate)3 mg 17
Phosphorus460 mg 46
Iodine (as potassium iodide)75 mcg 50
Magnesium (as magnesium citrate) ¹180 mg 45
Zinc (as zinc citrate)9 mg 60
Copper (as copper gluconate)1 mg 50
Manganese (as manganese gluconate)1 mg 50
Molybdenum75 mcg 100
(as molybdenum amino acid chelate)	
Chromium (as chromium polynicotinate)100 mcg 83
Selenium (as selenomethionine)35 mcg 50

Other Ingredients (Strawberry Supreme): Soy protein isolate (PharmaSoy®), fructose, maltodextrin, soy fiber, corn bran, natural flavors, lecithin, olive oil, xanthan, carrageenan, and cellulose gum.

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

Form: 23.2 oz. (658 g) Powder Container

*Exclusively from olive oil, a preferred source of unsaturated fat.

**Information on cholesterol content is provided for individuals who, on the advice of a physician, are modifying their dietary intake of cholesterol.

¹Featuring **ActiFolate™**—a proprietary blend of active folates.

¹As Metafolin® U.S. Patent Nos. 5,997,915; 6,254,904.

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The great tastes of UltraMeal® Medical Food

- Vanilla
- Dutch Chocolate
- Banana Blast
- Strawberry Supreme
- Orange Dream
- Raspberry
- Country Peach
- Mocha

Also available:

UltraMeal® Bar

UltraMeal Bar is a medical food in ready-to-eat form, equal to a full serving of original UltraMeal.

UltraMeal Bar offers convenient nutritional support for healthy body composition and is available in delicious Chocolate Raspberry, Lemon Zinger, and Apple Cinnamon.



UltraMeal® Plus

UltraMeal Plus provides the same PharmaSoy® base and comprehensive nutrient levels as UltraMeal—with the addition of 2 grams of plant sterols (including 1 gram of beta-sitosterol) to nutritionally support healthy cholesterol levels. This convenient, functional food meal replacement beverage is available in delicious Natural Vanilla and Natural Dutch Chocolate.

UltraMeal® RICE

UltraMeal RICE is a functional food meal replacement for patients who may be sensitive to soy. UltraMeal RICE offers comprehensive nutritional support for healthy body composition and is available in delicious Natural Chocolate.



UltraMeal® WHEY

UltraMeal WHEY is a functional food meal replacement that features a high quality whey protein blend suitable for lactose intolerant individuals. In addition to promoting a healthy body composition, UltraMeal WHEY also may help to promote a healthy immune system and boost antioxidant defenses. Available in delicious Natural Vanilla and Natural Dutch Chocolate.

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



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