

**Cardio MetX™ with GlucoPhenol™**  
 NPN 80077687

**DESCRIPTION**

Cardio MetX™ is a unique blend of cranberry, strawberry and amla fruit extracts combined with a bioavailable form of chromium to support cardiovascular health and glucose metabolism. All three branded ingredients, Capros®, GlucoPhenol™ and Zychrome®, show clinical support for healthy blood lipid, blood glucose and insulin levels.

**FUNCTIONS**

**GlucoPhenol™** is a concentrated combination of strawberry and cranberry extracts selected for their polyphenol content. The extracts were studied in partnership with Atrium Innovations and Laval University to show that polyphenols from Orléans strawberry and cranberry support insulin sensitivity in men and women. Fruit concentrated extracts also provide antioxidant support; for example, cranberry juice was shown to lower lipid oxidation and increase plasma antioxidant capacity in women.

**Capros®**, the Indian gooseberry also known as amla, is a rich source of ellagitannins and has a wide range of polyphenolic bioactive compounds, including flavonoids, kaempferol, ellagic acid and gallic acid. As an extract, amla standardized to 60% tannins has been shown to support cardiovascular health at a dose of 500 mg daily.

Chromium has been used to help balance blood glucose levels. Studies show that **Zychrome®**, a mineral chelate that combines chromium with niacin and L-cysteine, is more effective at supporting healthy glucose metabolism. Chelated minerals are bound to amino acids to help increase their absorption by the body.

**INDICATIONS**

- Cardiovascular support
- Healthy glucose metabolism
- Antioxidant activity

**FORMULA (#202234-60HYC-C)**

Each Capsule Contains:

Chromium (chromium dinicocysteinat) <sup>Δ</sup> .....	200 mcg
Capros® Amla ( <i>Phyllanthus emblica</i> ) Fruit Extract (20:1) .....	250 mg
(60% tannins, 5 g dried equivalent)	
GlucoPhenol™ .....	150 mg
Providing:	
Orléans strawberry	
( <i>Fragaria x ananassa</i> var. <i>Orléans</i> ) Fruit Extract (10:1) .....	108.9 mg
(1089 mg dried equivalent)	
Cranberry ( <i>Vaccinium macrocarpon</i> ) Fruit Extract (2.5:1) .....	41.1 mg
(102.75 mg dried equivalent)	
Polyphenols .....	25 mg

Non-medicinal ingredients: Hypromellose (capsule), cellulose.

Capros® is a registered trademark of Natreon, Inc.

GlucoPhenol™ is a trademark used by Douglas Laboratories under license.

<sup>Δ</sup> Zychrome® brand Chromium Dinicocysteinat is a trademark of InterHealth N.I.

**SUGGESTED USAGE**

Adults: Take 1 capsule 2 times daily before meals or as directed by your healthcare practitioner. Consult your healthcare practitioner for use beyond 3 months.

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**RISK INFORMATION**

Consult your healthcare practitioner prior to use if you are pregnant, breastfeeding, taking blood thinners, have diabetes or a history of kidney stones. Discontinue use and consult your healthcare practitioner if you experience symptoms of hypoglycemia including feelings of anxiety, dizziness, tremor, sweating, nausea or headache or if you develop abdominal pain, fever or vomiting. Laxative effect may occur, in which case, discontinue use.

**STORAGE**

Store in a cool, dry place. Keep out of reach of children.

**REFERENCES**

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**For more information on Cardio MetX™ visit [douglaslabs.ca](http://douglaslabs.ca)**

Douglas Laboratories  
490 Elgin Mills Road E.  
Richmond Hill, ON L4C 0L8  
866-856-9954  
[douglaslabs.ca](http://douglaslabs.ca)



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