

**Cardio MetX™  
w/Glucophenol®**

**DESCRIPTION**

Cardio MetX™ is a unique blend of cranberry, strawberry and amla fruit extracts combined with a bioavailable form of chromium to provide cardiometabolic support.† 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 high polyphenol content. The extracts were studied in partnership with Atrium Innovations and Laval University to show that polyphenols from Orleans 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 healthy biomarkers of stress, including CRP, and support normal blood lipid, glucose, and 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 insulin levels.† Chelated minerals are bound to amino acids to help increase their absorption by the body.

**INDICATIONS**

Cardio MetX is indicated for individuals that desire support of their cardiovascular and insulin systems to contribute to overall cardiometabolic health.†

**FORMULA (#202234)**

One vegetarian capsule contains:

Chromium (as Chromium Dinicocysteinate*).....	200 mcg
Capros® amla fruit Extract ( <i>Phyllanthus emblica</i> )(Standardized to 60% tannins).....	250 mg
Glucophenol® proprietary blend.....	150 mg
Providing 25 mg of polyphenols from strawberry ( <i>Fragria vesca</i> var Orleans) fruit extract and cranberry ( <i>Vaccinium macrocarpon</i> ) fruit extract	

Other Ingredients: hydroxypropyl methylcellulose (capsule), cellulose.

\*Zychrome® brand Chromium Dinicocysteinate. Zychrome is a trademark of InterHealth N.I.  
Capros® is a registered trademark of Natreon, Inc.

**SUGGESTED USE**

Adults take 1 capsule before a meal twice daily or as directed by your health care practitioner.

**SIDE EFFECTS**

No adverse side effects have been reported.

## Cardio MetX™ w/Glucophenol®

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

### REFERENCES

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

† These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

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