UltraMeal® Medical Foods
Manage metabolic syndrome and CVD without the risk of serious adverse events.
An Effective Lifestyle Therapy for Conditions Related to Metabolic Syndrome & CVD—without Serious Adverse Effects

Because of the potential adverse events associated with conventional and “polypharmacy” approaches, leading health organizations recommend lifestyle intervention as the preferred treatment for the cluster of conditions related to metabolic syndrome and cardiovascular disease (CVD). That’s where UltraMeal medical food programs make a noticeable difference.

The need for a safer approach

Patients with metabolic syndrome have multiple metabolic risk factors that include abdominal obesity, elevated triglycerides and/or LDL cholesterol, low HDL cholesterol, elevated blood pressure, insulin resistance, and a pro-inflammatory state (e.g., elevated C-reactive protein). The risk-to-benefit assessments of conventional approaches for managing insulin resistance, lipid metabolism, and blood pressure have led many national health experts to establish recommendations for lifestyle intervention (e.g., diet, exercise) before pharmaceutical or combination therapies are considered.

The need for a more effective lifestyle therapy approach

Some dietary plans may result in positive body mass index (BMI) changes without anticipated improvement in other objective markers of metabolic syndrome. That’s because a loss of lean muscle tissue may be increasing the fat-to-lean body mass ratio, resulting in an unhealthy body composition. A growing body of research suggests that a Mediterranean-style diet—lower in calories and rich in nutrient-dense whole grains, legumes, and vegetables—may help fight conditions related to chronic inflammation, including metabolic syndrome. And incorporating targeted nutrition with an effective lifestyle intervention can produce even greater objective results than dietary changes and exercise alone.

Empowering patients to address the underlying pathologies

Only the UltraMeal Program offers a powerful combination of clinically demonstrated medical food support, simple exercise, and a science-based eating plan—a modified Mediterranean diet with a low-glycemic-load to help balance blood sugar levels. With the UltraMeal Program, which can be followed long term to both manage metabolic syndrome and reduce risk to more serious diseases, patients learn lifetime habits and see measurable results within weeks. But just as important are the results that they feel, such as increased energy and a renewed commitment to taking care of their health.

“Put my patients on meds when I don’t have to? I don’t think so.”
Clinically Demonstrated Support for Metabolic Syndrome and CVD

Clinical studies with each successive UltraMeal medical food formulation used in combination with a low-glycemic-load diet and simple exercise regimen continue to demonstrate success versus dietary changes and exercise alone.2,5

UltraMeal® Medical Food for Metabolic Syndrome

Clinically tested UltraMeal is a medical food designed to nutritionally support the management of conditions associated with metabolic syndrome. To enhance patient compliance, UltraMeal is available in convenient powdered mixes and portable bar forms with a variety of flavor options.

Patient benefits:
- Promotes the loss of fat while helping to maintain lean muscle mass
- Provides a low-glycemic-index meal option with all essential vitamins and minerals
- Dairy-free source of calcium for bone health
- UltraMeal powder available in Vanilla, Dutch Chocolate, Chocolate Mint, Strawberry Supreme, Mocha, Banana Blast, Country Peach & Raspberry flavors

UltraMeal bar available in: Chocolate Raspberry, Chocolate Banana, Chocolate Fudge, Apple Cinnamon & Lemon Zinger flavors

Recommended uses:
- Altered body composition
- Central obesity
- Hypertriglyceridemia
- Hypercholesterolemia
- Statin intolerance
- Poor food choices into signals of poor health. The UltraMeal® PLUS Medical Food Program was shown to more effectively address CVD risk factors than a low-glycemic-load (LGL) eating plan and exercise alone.2

Lipid Parameters
- Statistically greater reductions in fasting serum cholesterol & cholesterol/HDL ratio
- Statistically greater reductions in triglycerides & triglyceride/HDL ratio

HDL Level
- Statistically significant increase in HDL ("good") cholesterol

Apolipoprotein Parameters
- Persistent lowering effects on apoB and apoB/apoA ratio
- ApoB may be a better indicator of CVD risk than total cholesterol or LDL

ApoB/apoA ratio is a newly recognized, increasingly significant indicator of CVD risk

UltraMeal PLUS 360° Medical Food Clinical Study. In a 12-week, open-labeled, randomized, 2-arm study of 64 subjects fulfilling 3 or more metabolic syndrome criteria, the UltraMeal PLUS 360° Medical Food Program was found to more effectively address CVD risk factors than a low-glycemic-load (LGL) eating plan and exercise alone.2

Summary of Lab Value Changes

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Arm 1: UltraMeal PLUS 360° Medical Food Program vs. Mediterranean-Style Mediterranean-Style Medical Food Plan &amp; Exercise</th>
<th>% Change</th>
<th>Arm 2: Mediterranean-Style Medical Food Plan &amp; Exercise Only</th>
<th>% Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Cholesterol (mg/dL)</td>
<td>-35.74*</td>
<td>-19.5%†</td>
<td>-25.60*</td>
<td>-8.4%</td>
</tr>
<tr>
<td>HDL-C (mg/dL)</td>
<td>10.26*</td>
<td>+7.0%</td>
<td>8.06*</td>
<td>+7.0%</td>
</tr>
<tr>
<td>LDL-C (mg/dL)</td>
<td>-28.38*</td>
<td>-21.3%</td>
<td>-15.06*</td>
<td>-8.4%</td>
</tr>
<tr>
<td>Triglycerides (mg/dL)</td>
<td>-55.32*</td>
<td>-37.5%†</td>
<td>-30.89</td>
<td>-14.3%</td>
</tr>
<tr>
<td>ApoB (mg/dL)</td>
<td>-13.55*</td>
<td>-19.9%†</td>
<td>-6.06*</td>
<td>-8.9%</td>
</tr>
<tr>
<td>ApoA1 (mg/dL)</td>
<td>3.06*</td>
<td>+7.0%</td>
<td>-1.01</td>
<td>-12.6%</td>
</tr>
<tr>
<td>ApoB/apoA1</td>
<td>-20.70*</td>
<td>-17.5%†</td>
<td>-15.06*</td>
<td>-9.5%</td>
</tr>
<tr>
<td>TCHol/HDL-C</td>
<td>-2.65*</td>
<td>+7.0%</td>
<td>1.06</td>
<td>+2.7%</td>
</tr>
</tbody>
</table>

† Statistically significant difference between arms.
* Statistically significant difference from baseline.

References
4. Lukaczer DO, Lerman RH, Minich DM, Schiltz B, Tripp ML. In a 12-month randomized diet trial comparing a soy and phytosterol beverage and exercise program with the American Heart Association Step One diet program, 2005 Experimental Biology meeting abstracts. The FASEB Journal.

Note: UltraMeal PLUS 360° and UltraMeal PLUS 360° RICE are not recommended for individuals taking anticoagulant medications. UltraMeal PLUS Medical Food may be an excellent alternative for these patients. UltraMeal PLUS Medical Food is available in Vanilla, Dutch Chocolate, Mocha & Strawberry Supreme flavors.
Clinical Applications At-a-Glance

Help your patients with clinically tested, low-glycemic-index formulas to promote a leaner body composition and address metabolic syndrome and cardiovascular disease. Use the algorithm below to identify the formulas that meet your patients’ individual needs.

<table>
<thead>
<tr>
<th>Target</th>
<th>Formula</th>
<th>Support &amp; Application</th>
<th>Dosage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Metabolic Syndrome</td>
<td>UltraMeal® Medical Food</td>
<td>• Altered Body Composition • Central Obesity • Insulin Resistance</td>
<td>Two servings daily</td>
</tr>
<tr>
<td></td>
<td>UltraMeal® Bar Medical Food</td>
<td>• Altered Body Composition • Central Obesity • Insulin Resistance</td>
<td>Two servings daily</td>
</tr>
<tr>
<td>Metabolic Syndrome &amp; CVD</td>
<td>UltraMeal® PLUS 360˚ Medical Food</td>
<td>• Hypercholesterolemia • Hypertriglyceridemia • Hypertension • An excellent alternative for patients taking anticoagulant medications.</td>
<td>Two servings daily</td>
</tr>
<tr>
<td></td>
<td>UltraMeal® PLUS 360˚ RICE Medical Food</td>
<td>• Hypercholesterolemia • Hypertriglyceridemia • Hypertension</td>
<td>Two servings daily</td>
</tr>
<tr>
<td></td>
<td>UltraMeal® PLUS 360˚ Medical Food</td>
<td>• Hypercholesterolemia • Hypertriglyceridemia • Hypertension</td>
<td>Two servings daily</td>
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Notice: These products are to be used under the direct supervision of a physician or other licensed healthcare practitioner. Do not engage in any diet supplying less than 800 calories per day without medical supervision.

"I’m changing my body and my health... without medication."

To order, call your Nutri-Dyn Representative or Customer Service

800 444 9998

If you’re a patient, talk to your healthcare provider today.
These certifications for Good Manufacturing Practices demonstrate the Metagenics commitment to purity and quality.

Metagenics is committed to using only environmentally-friendly papers and inks.