



DYNAMIC

CARDIO-METABOLIC

Nutritional Support for Cardio-Metabolic Health*

CHOCOLATE



Dynamic Cardio-Metabolic Supplementation

Dynamic Cardio-Metabolic is a delicious drink formula containing a comprehensive mix of macro- and micronutrients. Dynamic Cardio-Metabolic promotes overall health and well-being by supporting healthy blood lipid profiles and optimal blood glucose balance.* It is an easily digested, low-carbohydrate source of pea protein isolate and organic brown rice protein with concentrated levels of vitamins, minerals, and BCAAs.

Key benefits and quality differences of Dynamic Cardio-Metabolic include:

- Supports healthy blood lipid profiles*
- Supports cardio-metabolic and cardiovascular health*
- Promotes overall health and well-being*
- Supports healthy oxidative stress*
- Supports optimal blood glucose balance*

How the Ingredients in Dynamic Cardio-Metabolic Work

The plant sterols contained in Dynamic Cardio-Metabolic help support blood lipid absorption processes in the intestinal micelles.*¹ Plant sterols belong to the family of molecules found in the cell membranes of plants.² Clinical studies show that a diet low in saturated fat and high in whole foods supports cardio-metabolic health.*^{1,2,3}

Niacin also may help promote healthy lipid levels already in a normal range.*⁴ Numerous clinical studies show a positive connection between cardiovascular and cardio-metabolic health and niacin consumption.*^{4,5,6} Niacin may help support healthy lipid levels already in a normal range by relaxing blood vessels and promoting healthy circulation.*⁶

Dynamic Cardio-Metabolic also contains dietary fiber in the form of gum arabic oleo resin powder and glucomannan known for their role in promoting cardio-metabolic health and promoting healthy digestive function.*^{7,8} Pea protein isolate and organic brown rice protein are plant-based proteins that provide additional support for digestive and heart health.*⁹

Dynamic Cardio-Metabolic also includes a comprehensive mix of vitamins, minerals, and BCAAs to further support cardiovascular and cardio-metabolic health and overall well-being.* The mix of vitamins and minerals in Dynamic Cardio-Metabolic support micronutrient levels in the body for overall health.*¹⁰ Clinical evidence shows that supplementing with BCAAs is associated with promoting cardio-metabolic health.*^{11,12}

For more information, visit: www.nutridyn.com

Why Use Dynamic Cardio-Metabolic?

Dynamic Cardio-Metabolic is an ideal nutritional supplement that promotes healthy blood lipid profiles and optimal blood glucose balance with evidence-based ingredients.* Dynamic Cardio-Metabolic contains a comprehensive mix of vitamins, minerals, plant sterols, BCAAs, and prebiotic fiber to support numerous health benefits.* Dynamic Cardio-Metabolic contains no artificial sweeteners, gluten, GMOs, or added sugars.

Supplement Facts

Serving Size: About 1 Scoop

Servings Per Container: 14

Ingredients:	Amount	%DV*
Calories	140	
Total Fat	2.5 g	3%*
Saturated Fat	1 g	4%*
Total Carbohydrate	10 g	4%*
Dietary Fiber	4 g	14%*
Protein	17 g	
Vitamin A (as retinyl palmitate)	375 mcg RAE	42%
Vitamin C (ascorbic acid)	50 mg	56%
Vitamin D3 (as cholecalciferol)	12.5 mcg (500 IU)	63%
Vitamin E (as d-alpha tocopheryl acetate)	5 mg	33%
Thiamin (as thiamine HCl)	5 mg	417%
Riboflavin	5 mg	385%
Niacin (as niacinamide)	15 mg NE	94%
Vitamin B6 (as pyridoxal-5-phosphate)	5 mg	294%
Folate (as calcium L-5-methyltetrahydrofolate) (BioFolate®)	400 mcg DFE	100%
Vitamin B12 (as methylcobalamin)	250 mcg	10,417%
Biotin	150 mcg	500%
Pantothenic Acid (as calcium-d-pantothenate)	2.5 mg	50%
Calcium (as dicalcium phosphate)	120 mg	9%
Iron	6.3 mg	35%
Phosphorous (from dicalcium phosphate)	63 mg	5%
Iodine (as potassium iodide)	38 mcg	25%
Magnesium (as magnesium citrate)	100 mg	24%
Zinc (as zinc gluconate)	15 mg	136%
Selenium (as L-selenomethionine)	52.5 mcg	95%
Copper (as copper gluconate)	2 mg	222%
Chromium (as chromium picolinate)	1,000 mcg	2,857%
Sodium	210 mg	9%
Potassium	340 mg	7%
Glucomannan (from umbrellarum root extract)	1.5 g	**
Gum Arabic Tree Gum Resin Powder	1.5 g	**
Plant Sterols	1.14 g	**
L-Lysine (as lysine HCl)	850 mg	**
L-Leucine	700 mg	**
L-Valine	500 mg	**

Ingredients:

Ingredients:	Amount	%DV*
Bitter Melon Fruit Extract	250 mg	**
Organic Cassia Bark Powder	200 mg	**
Fenugreek Seed Extract	150 mg	**
Hops Aerial Parts Extract	125 mg	**
L-Isoleucine	100 mg	**
Gymnema Leaf Extract	67 mg	**

Amino Profile

Alanine	707 mg
Arginine	1,344 mg
Aspartic Acid	1,697 mg
Cystine	170 mg
Glutamic Acid	2,734 mg
Glycine	593 mg
Histidine	437 mg
Isoleucine	761 mg
Leucine	1,316 mg
Lysine	1,168 mg
Methionine	169 mg
Phenylalanine	884 mg
Proline	673 mg
Serine	785 mg
Threonine	565 mg
Tryptophan	147 mg
Tyrosine	486 mg
Valine	859 mg

Other Ingredients: Pea Protein Isolate, Cocoa Bean Powder processed with Alkali, Isomalt Powder, Organic Brown Rice Protein, Natural Flavor, Silica, Stevia Leaf Extract.

BioFolate® is a federally registered trademark of MTC Industries, Inc.

Directions: Shake canister before scooping. Mix 1 scoop in 10-12 ounces of water twice daily or as recommended by your healthcare practitioner. Consume within 5 minutes of reconstitution. If blending, blend no longer than 15 seconds.

Warning: If pregnant, nursing, or taking medication such as blood sugar lowering medication, consult your healthcare practitioner before use. To be used under the supervision of a healthcare practitioner.

Caution: Keep out of reach of children.

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* 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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Research Review: Dynamic Cardio-Metabolic

Clinically Validated Ingredients for Heart Health*

This innovative nutritional supplement harnesses the power of a comprehensive mix of macro- and micro-nutrients in a delicious drink mix to support cardio-metabolic health.*

Dynamic Cardio-Metabolic is unique because it supports both healthy blood lipid profiles and optimal blood glucose balance.* The ingredients were selected due to the numerous clinical studies showing their ability to promote the complex nature of cardio-metabolic health.*

The easily digested, low-carbohydrate source of pea protein isolate and organic brown rice protein also contains concentrated levels of the following nutrients:

- **Plant sterols** – to support blood lipid absorption processes*
- **Niacin** – to promote healthy lipid levels already in a normal range*
- **Prebiotic dietary fiber** – to promote healthy digestive function needed for heart health*
- **BCAAs** – to promote healthy blood glucose levels already in a normal range*
- **Vitamins and minerals** – to support micronutrient levels in the body for overall health*

Plant Sterols to Support Blood Lipid Absorption Processes*

The plant sterols in Dynamic Cardio-Metabolic help support blood lipid absorption processes in the intestinal micelles and help promote whole-body healthy blood lipid metabolism.*^{1,2}

The typical Western diet is low in plant sterols, with research suggesting that supplementation would help promote cardiovascular and cardio-metabolic health.*³ Numerous clinical studies have demonstrated that supplementation with plant sterols helps to promote overall heart health, including healthy blood lipid metabolism.*^{4,5,6,7}

A meta-analysis of 124 human studies showed how 1 g/day of plant sterols helped support blood lipid absorption processes.*⁸ Dynamic Cardio-Metabolic exceeds the baseline criteria for consumption of plant sterols along with multiple other clinically validated ingredients to support cardio-metabolic health.*

Niacin to Promote Healthy Lipid Levels Already in a Normal Range*

Niacin supports healthy lipid levels already in a normal range by relaxing blood vessels and promoting healthy circulation.*^{9,10} Numerous clinical studies show a positive connection between cardiovascular and cardio-metabolic health and niacin consumption.*^{11,12}

A systematic review and meta-regression of eleven clinical trials with nearly 10,000 subjects demonstrated that niacin supports cardio-metabolic and cardiovascular health by promoting healthy lipid levels already in a normal range.*¹¹

Another meta-analysis revealed that consuming niacin as part of a meal also helped support a healthy hormonal balance needed for cardio-metabolic and cardiovascular health.*¹³ Niacin promotes cardio-metabolic and cardiovascular health by supporting balanced catecholamines (including dopamine, norepinephrine, and epinephrine) produced in the adrenal glands after eating.*¹³

Prebiotic Dietary Fiber to Promote Healthy Digestive Function*

Dynamic Cardio-Metabolic also contains prebiotic dietary fiber in the form of gum arabic oleo resin powder (also known as acacia fiber) and glucomannan, known for their role in promoting cardio-metabolic health and promoting healthy digestive function.*^{14,15} Pea and organic brown rice plant-based protein powder provide additional support for digestive and heart health.*¹⁶

Clinical studies show that prebiotic fiber helps support healthy blood glucose levels already in a normal range and promotes healthy lipid levels already in a normal range.*^{17,18,19} Gum arabic oleo resin powder and glucomannan have highly soluble fiber content that forms a gel-like substance in the intestines which promotes healthy bacterial growth beneficial to cardiovascular and cardio-metabolic health.*^{17,18,19}

BCAAs to Promote Healthy Blood Glucose Levels Already in a Normal Range*

Clinical evidence shows that supplementing with BCAAs is associated with promoting cardio-metabolic health.*^{20,21,22,23} Research shows that BCAAs play a pivotal role in the biosynthesis of sterols and glucose in addition to protein synthesis.^{22,23} These studies consistently show that consuming BCAAs promotes healthy blood glucose levels already in a normal range.*^{20,21}

Vitamins and Minerals for Overall Health and Well-Being*

The mix of vitamins and minerals in Dynamic Cardio-Metabolic support micronutrient levels in the body for healthy and balanced systems.* By supporting overall health and well-being, the vitamins and minerals in Dynamic Cardio-Metabolic support cardiovascular and cardio-metabolic health.*

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Why Use Dynamic Cardio-Metabolic?

Dynamic Cardio-Metabolic is an ideal nutritional supplement that promotes healthy blood lipid profiles and optimal blood glucose balance with evidence-based ingredients.*

Research suggests that additional health benefits of Dynamic Cardio-Metabolic may include:

- Supports healthy blood lipid profiles*
- Supports cardio-metabolic and cardiovascular health*
- Promotes overall health and well-being*
- Supports healthy oxidative stress*
- Supports optimal blood glucose balance*

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Cardio-Metabolic Health Support*





Why Use Dynamic Cardio-Metabolic?



Healthy Blood Lipid Profile*



Heart Health*



Healthy Glucose Balance*



Healthy Plant Sterols*



Healthy Stress Response*



Immune Health*

Dynamic Cardio-Metabolic is a delicious drink formula containing a comprehensive mix of vitamins, minerals, plant sterols, BCAAs, and prebiotic fiber to support numerous health benefits.* It is an easily digested, low-carbohydrate source of pea protein isolate and organic brown rice protein. Dynamic Cardio-Metabolic contains no artificial sweeteners or added sugars.

The ingredients in Dynamic Cardio-Metabolic may help support blood lipid profiles already in the normal range by relaxing blood vessels and promoting healthy circulation.* The plant-based protein and prebiotic fiber also promote healthy digestion and provide additional support for cardio-metabolic health.*



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