

AGELOC META



MEET AGELOC META

Our always-on modern world is taking a toll. Stress, erratic work hours, poor sleeping habits, and eating on the run are throwing our body chemistry out of sync. In fact, only 1 in 8 of us is metabolically healthy.* This is an alarming statistic, considering metabolic health is not only how our bodies interact with our lifestyles, but also includes a full range of biochemical processes that affects every part of our health. It's time to rethink what being healthy means.

ageLOC Meta is here to help with a daily dose of anthocyanins. Backed by seven years of groundbreaking, exclusive-to-Nu Skin research, it's powered by anthocyanins—natural health-beneficial compounds found in the deepest purple berries and black rice. This formula features our very own anthocyanin blend, shown to help support metabolic health:** ageLOC Meta is perfect for today's hectic world because it helps counteract the effects of your modern lifestyle when combined with healthy eating, regular exercise, and better sleep.**

WHY YOU'LL LOVE IT

- Helps support metabolic health.**
- Helps support core metabolism for improved well-being**
- Helps support vital organ health including the liver and heart.**
- Helps support a healthy inflammatory balance/immune activity for healthy cellular function.**
- Helps promote a healthy microbiome for better gut health.**
- Helps improve the antioxidant defense system, reducing oxidative stress.**

- Helps maintain healthy blood glucose.**
- Fits within the ageLOC brand by targeting the sources of metabolic health.
- Provides our exclusive ageLOC Meta anthocyanin blend, standardized to 215 mg of anthocyanins per serving.

WHAT POWERS IT

Anthocyanins are powerful compounds with potent antioxidant effects found in dark purple plants. In addition to their antioxidant properties, some anthocyanins also support healthy inflammatory balance and immune function. That's why eating a diet rich in anthocyanins is such a smart thing to do.

Because we knew not all anthocyanins are created equal, we set out to discover exactly which ones could provide the health benefits we wanted to target. Our groundbreaking research revealed that Cyanidin and Delphinidin are the two most effective anthocyanins at supporting better overall metabolic health. We also discovered that consuming the right amount can help provide further support, but the unfortunate reality is, globally, the average adult consumes less than 25 mg per day, which is not nearly enough. This required deeper investigative digging to determine the perfect formulation, i.e., the best blend and the optimal amount.

ageLOC Meta proudly contains our exclusive ageLOC Meta anthocyanin blend—rich in potent Cyanidin and Delphinidin—

*Araújo J, Cai J, Stevens J. Preva. Metab Syndr Relat Disord. 2019;17(1):46-52. doi:10.1089/met.2018.0105

AGELOC® META

ideally sourced from three superfoods: black currants, bilberries, and black rice. That's 215 mg of powerful metabolic support to help you reach your health goals.

HOW TO USE IT

Take four softgels daily.

TRY THESE WITH IT

- LifePak® Elements
- LifePak®
- LifePak® Nano
- ageLOC® Youth
- Pharmanex® ProBio PCC

LEARN MORE ABOUT IT

Is this a weight-loss product?

Definitely not! ageLOC Meta does not cause weight-loss, nor does it replace exercise. Instead, it supports the metabolic benefits of a healthier lifestyle when combined with good nutrition, enough sleep, and regular exercise.** It's important to remember our metabolic health affects so much more than weight—it's a complicated set of chemical processes that's responsible for converting nutrients into energy for use and storage, breaking down and building new tissues, and eliminating cellular waste.

I'm active, I'm healthy! Why do I need this product?

Think of metabolic health (or biochemistry) as being a spectrum—with positive choices on one end and less positive on the other, and we're always moving back and forth within that range. ageLOC Meta can help us in our pursuit of enjoying more time on the healthy side.

What is metabolic health?

Metabolic health refers to a range of biochemical processes that affect every part of our bodies. These processes, in turn, affect the following: inflammatory response, immune response, vital organs like the heart and liver, metabolism, and microbiome and gut health.

Being metabolically healthy is determined in a huge way by our lifestyle. That's why it's important to ask ourselves if we're getting enough sleep, eating healthy, and doing our best to avoid stress. Here's why—metabolic health has a

direct impact on how our bodies respond to our lifestyle choices. For example, if we're metabolically healthy, a night of sleeping poorly will have a smaller impact than it would if we're metabolically unhealthy.

PLEASE NOTE: to enhance understanding, we use the terms "biochemistry" and "metabolic health" interchangeably.

What are the benefits of taking ageLOC Meta?

Our years of proprietary research and scientific query have led to the discovery that ageLOC Meta can help shift the body's biochemistry toward a healthier mode.** It does this by helping support the sources of metabolic health—courtesy of a breakthrough formula, a Nu Skin exclusive. Think of it as your inside track to staying on goal. Combined with healthy eating, regular exercise, and better sleep, ageLOC Meta helps counteract your modern lifestyle.**

Who should take ageLOC Meta?

Our research shows that every adult will benefit from taking ageLOC Meta daily. However, people who are pregnant, lactating, or taking prescription medication should consult with their physician before use.

How does Meta fit into the ageLOC brand?

The ageLOC brand is driven by a philosophy of providing the latest innovations that target the sources of aging, rather than simply treating signs and symptoms. ageLOC Meta is right at home because it targets the sources of metabolic health to help you thrive.

What kind of research went into ageLOC Meta?

Seven years of our own proprietary research went into formulating ageLOC Meta. We unlocked the science, and analyzed different anthocyanin plant extracts to discover which are most effective at supporting metabolic health. From here, we began conducting preclinical and then clinical studies—following our rigorous 6S Quality Process to maintain quality, efficacy, and safety controls throughout every stage, of course. We're passionate in our pursuit of scientific discoveries that lead to the creation of innovative, high-quality products.

KEY SCIENTIFIC STUDIES

1. Araújo J, Cai J, Stevens J. Prevalence of Optimal Metabolic Health in American Adults: National Health and Nutrition Examination Survey 2009–2016. *Metab Syndr Relat Disord.* 2019;17(1):46–52. doi:10.1089/met.2018.0105
2. Sebastian RS, Wilkinson Enns C, Goldman JD, et al. A New Database Facilitates Characterization of Flavonoid Intake, Sources, and Positive Associations with Diet Quality among US Adults. *J Nutr.* 2015;145(6):1239–1248. doi:10.3945/jn.115.213025
3. Azzini E, Giacometti J, Russo GL. Antiobesity Effects of Anthocyanins in Preclinical and Clinical Studies. *Oxid Med Cell Longev.* 2017;2017:2740364. doi:10.1155/2017/2740364
4. Cremonini E, Mastaloudis A, Hester SN, et al. Anthocyanins inhibit tumor necrosis alpha-induced loss of Caco-2 cell barrier integrity. *Food Funct.* 2017;8(8):2915–2923. doi:10.1039/c7fo00625j
5. Cremonini E, Daveri E, Mastaloudis A, et al. Anthocyanins protect the gastrointestinal tract from high fat diet-induced alterations in redox signaling, barrier integrity and dysbiosis. *Redox Biol.* 2019;26:101269. doi:10.1016/j.redox.2019.101269
6. Daveri E, Cremonini E, Mastaloudis A, et al. Cyanidin and delphinidin modulate inflammation and altered redox signaling improving insulin resistance in high fat-fed mice. *Redox Biol.* 2018;18:16–24. doi:10.1016/j.redox.2018.05.012
7. Hester SN, Mastaloudis A, Gray R, Antony JM, Evans M, Wood SM. Efficacy of an Anthocyanin and Prebiotic Blend on Intestinal Environment in Obese Male and Female Subjects. *J Nutr Metab.* 2018;2018:7497260. Published 2018 Sep 13. doi:10.1155/2018/7497260
8. Yang L, Ling W, Du Z, et al. Effects of Anthocyanins on Cardiometabolic Health: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Adv Nutr.* 2017;8(5):684–693. Published 2017 Sep 15. doi:10.3945/an.116.014852

WHAT'S IN IT

Supplement Facts

Serving Size: 4 softgels		Servings Per Container: 30	
AMOUNT PER SERVING:	% DV	AMOUNT PER SERVING:	% DV
Calories	15	Cholesterol	0 mg 0%
Total Fat	1 g 1.5%**	Total Carbohydrates	1 g 0%**
Saturated Fat	0 g 0%**	Total Sugars	0 g
Trans Fat	0 g	Incl. Added Sugars	0 g 0%**
ageLOC® Meta Blend (standardized to 215 mg total anthocyanins)			
Black Rice (<i>Oryza sativa L.</i>) Extract		600 mg	†
Black Currant (<i>Ribes nigrum</i>) Fruit Extract		200 mg	†
Bilberry (<i>Vaccinium myrtillus</i>) Fruit Extract		97.2 mg	†

† Daily Value not established. **Percent Daily Values are based on a 2,000 calorie diet.

OTHER INGREDIENTS: Olive Oil, Gelatin, Glycerin, Sunflower Lecithin, Beeswax.