

MET-Rx[®]

ENGINEERED NUTRITION[®]



WEIGHT
MANAGEMENT

THERMO CRUSH

A THERMOGENIC FOR A LEANER BODY

MET-Rx Xtreme Thermo Crush is a truly effective weight management solution, helping you achieve your weight management goals as part of your diet and training regime. Thermo Crush is a unique natural formula containing some of the most sought after ingredients.

CLA

CLA can help change your body composition by reducing body fat and preserving lean body mass. It does this by inhibiting lipoprotein lipase, an enzyme responsible for removing fat from the blood; with this enzyme suppressed, less fat is broken down and stored as body fat.

Guarana and thermogenesis

Guarana is a herb found in the Brazilian rainforest; it has been used for centuries to help reduce hunger and relieve fatigue. It stimulates the adrenal glands, releasing hormones that enhance thermogenesis – the body's ability to free fatty acids and use them for energy (fat loss). These effects can be enjoyed without adverse side effects, although you should ensure adequate hydration during and after heavy training.

The benefits of green tea

Green tea is believed to help weight loss in two ways: Regulation of glucose and increasing thermogenesis. Normally simple carbohydrates are absorbed quickly by the blood, triggering the release of hormones that convert most of the glucose to body fat. Green tea seems to regulate this glucose conversion to body fat, keeping it available for immediate use of energy. This automatically reduces the amount of body fat your body creates. It also increases thermogenesis. Green tea intensifies levels of fat oxidation and the body's production of heat, which releases energy (calories), even without being active. The metabolic rate is increased, meaning that more calories are being burned even at rest.



Size	Flavours	Key ingredients	Why buy Thermo Crush?
120 caps	Tasteless	<ul style="list-style-type: none"> • Tonalin™ CLA 166.7mg • Guarana extract 303.3mg • Ginger root 20mg • Green tea extract 75mg • Black tea & white tea extract 12.5mg 	<ul style="list-style-type: none"> • Helps to reduce body fat • Promotes lean muscle mass • Burn off calories whilst resting

CLA

TO HELP LOSE WEIGHT AND PROMOTE MUSCLE TONE

If you are looking for a sports supplement to help kick start your weight loss efforts, then MET-Rx CLA is the one for you. CLA will not only help with your weight loss program but will also help turn that unwanted body fat into lean muscle mass.

What is CLA?

Conjugated linoleic acid (CLA) is an isomer of linoleic acid (one of the essential fatty acids). The form of CLA found most commonly in dietary supplements is manufactured from vegetable oils such as sunflower oil or safflower oil. One of the leading brands of CLA, Tonalin™, and the one on which the majority of studies has been conducted, is derived from safflower oil.

Strongest evidence

Of all the supplements claiming to help with weight loss, the supplement with the strongest evidence to support its effectiveness is CLA. There has been a variety of research in the past several years which supports the claim that CLA reduces body fat.

How does it work?

CLA works in the body via a process known as repartitioning, in which the CLA is said to help switch calories from food into healthy muscle tone tissue whilst helping the body to burn stored fat cells.

Should you use CLA

If you're training hard and still finding it hard to lose weight, or frustrated by the fact that the weight isn't coming off quickly enough, then MET-Rx's CLA could help you reach your weight management goals more quickly.

Quick and easy

MET-Rx CLA comes in easy to swallow taste-free capsules. Simply take 1 to 2 capsules, three times daily, preferably with a meal.



Size	Flavours	Key ingredients	Why buy CLA?
90 caps	Tasteless	<ul style="list-style-type: none"> Tonalin™ 1,000mg (78-84% conjugated linoleic acid) 	<ul style="list-style-type: none"> Assist in the reduction of body fat Promotes lean muscle mass May support immune system

THERMO SURGE

A THERMOGENIC FOR HIGH ENERGY LEVELS

MET-Rx Thermo Surge actively helps weight management by curbing the appetite while keeping energy levels high. Thermo surge combines a collection of natural products used to aid digestion and help with weight management.

Cinnamon, Dill Weed and Ginger.

Cinnamon is high in antioxidant activity which helps to cancel out harmful free radicals within the body. Dill Weeds aids in combating flatulence and stomach cramps. Ginger has been traditional taken to relieve the symptoms of nausea and calm the stomach. The combination of Cinnamon, Dill weeds and Ginger all help to provide a healthy digestion system

Yerba Mate

Yerba Mate (pronounced "yerba mahtay") is a cultural drink of Guarani Indians of South America, Mate contains ingredients that help keep its drinkers healthy and energetic. Made from the leaves of a small evergreen holly tree, Yerba Mate (*Ilex paraguariensis*) is grown in several countries in South America. It is generally used as a source of caffeine considered to be more healthful than that found in coffee.

Yerba Mate is used it to boost immunity, cleanse and detoxify the blood, tone the nervous system, restore youthful hair color, retard aging, combat fatigue, stimulate the mind, control the appetite, reduce the effects of debilitating disease, reduce stress, eliminate insomnia, and so forth.

Yerba Mate was thought to contain caffeine. It turns out that it contains mateine. A chemical that holds some of the pick me up qualities of caffeine, without the addiction and other problems associated with caffeine.



Size	Flavours	Key ingredients		Why buy Thermo Surge?
120 taps	Tasteless	<ul style="list-style-type: none"> • Dill weed extract 25mg • Ginger root 125mg • Guarana seed 111mg • Yerba mate 125mg 		<ul style="list-style-type: none"> • Helps to reduce body fat • Promotes lean muscle mass • Curbs your appetite

EFA'S

A BALANCED BLEND OF ESSENTIAL FATTY ACIDS

MET-Rx HARDCORE Essential Fatty Acids (EFA's) provide a potent combination of omega 3, omega 6 and omega 9 – the 'good' fats sought after by athletes and healthy-eaters. EFA's cannot be produced by the body and therefore must be obtained via your diet.

What are essential fatty acids?

Essential fatty acids (EFAs) play an important role in the rebuilding and production of new cells, the metabolism of body fat, and many other vital health functions. These fats cannot be produced by the body and need to be supplied through diet or supplementation. Deficiencies in EFAs have also been associated with hormonal imbalance and degenerative diseases.

Correcting deficiencies in essential fatty acids

People participating in sport or training regularly are inclined to become deficient in essential fatty acids. Deficiencies in essential fats reduced the body's ability to burn fat as energy, have a negative effect on hormonal health and reduce the capacity to grow and preserve muscle. MET-Rx EFA's are a potent combination of Omega 3, 6 & 9 essential fatty acids that help to correct EFA deficiencies. Athletes supplementing with EFA report rapid reduction in body fat percentage and increased muscle size, definition and density. MET-Rx EFA's precise blend of natural oils has been carefully formulated to supply an ideal ratio of omega 3, 6 & 9 fatty acids.

A potent combination of omega oils

EFAs play an important role in many vital biological actions such as fat metabolism, cellular function and healthy skin. The powerful new MET-Rx's EFA's formula uses the most potent sources of EFAs: coldwater fish oil, flaxseed oil and starflower oil. These sources supply an ideal ratio and quantity of Omega 3, 6 and 9 fatty acids, including EPA/DHA gamma-linolenic acid and alpha-linolenic acid. Vitamin E has also been added, which naturally prevents the oxidation of omega oils.



Size	Flavours	Key ingredients		Why buy EFA's?
60 caps	Tasteless	<ul style="list-style-type: none"> • Vitamin E 3.36mg a-TE (5 I.U.) • Fish oil 400mg • Flaxseed oil 400mg • Starflower oil 400mg 		<ul style="list-style-type: none"> • Assists body fat reduction • Supports sustained weight loss • Ideal omega 3, 6 & 9 ratios • Concentrated sports formula