



Awarded & clinically proved **natural metabolic support**

metabolaid® is a proprietary, patented botanical ingredient based on hibiscus and lemon verbena extracts.

The combination of its active compounds, mainly anthocyanins in the hibiscus and verbascoside in the lemon verbena extract, has been scientifically proven to act synergistically, enhancing their weight management and cardiovascular health effects.

MECHANISM OF ACTION: AMPK ACTIVATION

The mechanism by which **metabolaid®** exerts its effect in the adipose tissue, muscles and liver is through the activation of the AMPK pathways.

AMPK acts as a metabolic switch in the cells. When it is activated, it increases the mitochondrial activity, cascading into increased energy consumption and favoring the use of stored energy (i.e. fat stored in the adipose tissue). This ultimately causes the body fat to be "burned off." For this reason, AMPK activation has been considered as a therapeutic target to treat obesity .

Our studies have shown that the combination of hibiscus and lemon verbena extracts, purified in anthocyanin and verbascoside content, respectively, at the ratio found in **metabolaid®**, has a synergistic effect on AMPK activation, increasing over 6-fold that of the individual extracts! [1]

METABOLAID® HELPS TO:

CONTROL CRAVINGS: THE GUT-BRAIN AXIS

May help regulate satiety and reduce cravings

GLP-1 + **55%**

Ghrelin -**10%**

REDUCE BLOOD PRESSURE: MAINTAIN A HEALTHY HEART

May help maintain healthy blood pressure

-**12%** systolic BP in 6 weeks

May help maintain healthy cholesterol and triglyceride levels

-**20%** LDL

INCREASE FAT BURN: AMPK ACTIVATION

-**6%** Body weight/fat in 8 weeks



- 9 scientific publications
- 7 clinical studies



The project has received funding from the **European Union's Horizon 2020** research and innovation programme under grant agreement No 783838



* These statements have not been evaluated by any regulatory administrations. This product is not intended to diagnose, treat, cure or prevent any disease.

● Placebo ● Metabolaid 500 mg/day

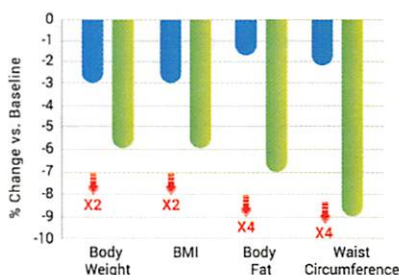
Increases loss of body weight and fat mass

Improves blood pressure and resting heart rate

CLINICAL STUDY RESULTS COMBINING DIET AND METABOLAID [2], [3]

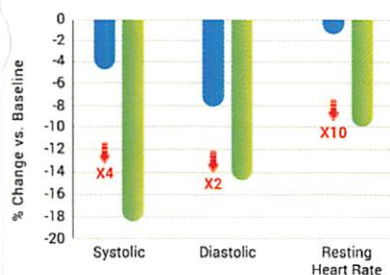
100 volunteers (in 2 clinical trials)
8 weeks

>4kg weight loss and >6cm less waistlength in 2 months.



CLINICAL STUDY RESULTS COMBINING DIET AND METABOLAID [2], [3]

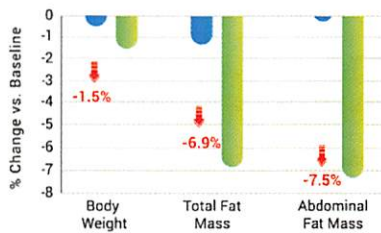
100 volunteers (in 2 clinical trials)
8 weeks



CLINICAL STUDY RESULTS METABOLAID WITHOUT DIET [4]

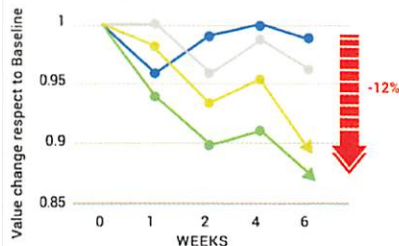
84 volunteers
12 weeks

>2kg of pure fat lost in 3 months, measured by DEXA scan in overweight subjects.



CLINICAL STUDY RESULTS METABOLAID WITHOUT DIET [5], [6]

55, 80 volunteers
6, 12 weeks

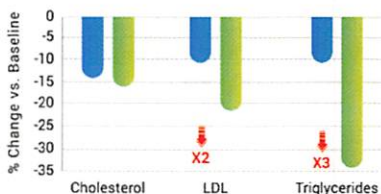


Improves lipidic profile

CLINICAL STUDY RESULTS COMBINING DIET AND METABOLAID [2], [3]

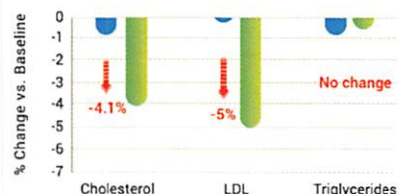
100 volunteers (in 2 clinical trials)
8 weeks

>30mg/dl Cholesterol, LDL and Triglycerides lost in 2 months.



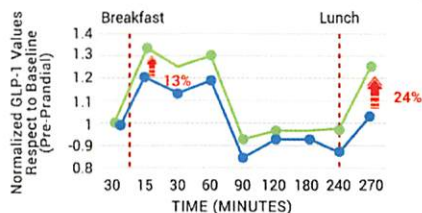
CLINICAL STUDY RESULTS METABOLAID WITHOUT DIET [4]

84 volunteers
12 weeks



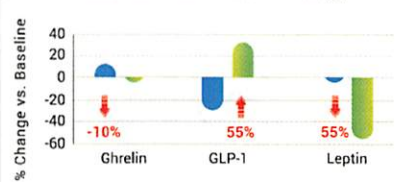
Increases satiety effect, through Gut Hormone regulation

CLINICAL STUDY RESULTS METABOLAID WITHOUT DIET [7]



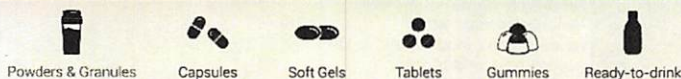
CLINICAL STUDY RESULTS COMBINING DIET AND METABOLAID [2]

Ghrelin: Hunger Inducing
GLP-1: Satiety Inducing
Leptin: High in Obesity



HIGHLY VERSATILE FOR ALL APPLICATIONS

metabolaid® is supplied as a powder that is easy to formulate in tablets, capsules and ready to drink supplements.
Daily recommended dosage: 500 mg/day.



REFERENCES CLINICAL STUDIES PUBLISHED ON METABOLAID®

- [1] Lee YS et al (2018). Metabolaid® Combination of Lemon Verbena and Hibiscus Flower Extract Prevents High-Fat Diet-Induced Obesity through AMP-Activated Protein Kinase Activation. *Nutrients* 10(9): pii: E1204.
- [2] Boix-Castellón M et al (2018). Hibiscus and lemon verbena polyphenols modulate appetite-related biomarkers in overweight subjects: a randomized controlled trial. *Food Funct* 9(6):3173-3184.
- [3] Herranz-Lopez M et al (2019). Differential effects of a combination of Hibiscus sabdariffa and Lippia citrifolia polyphenols with AMPK-activating capacity in overweight/obese subjects: A randomized controlled trial. *Scientific Reports* 9. Article number: 2999.
- [4] Marhuenda J et al (2020). A Randomized, Double-Blind, Placebo-Controlled Trial to Determine the Effectiveness of a polyphenolic extract (Hibiscus sabdariffa and Lippia citrifolia) in the reduction of body fat mass in healthy subjects. *Food* 9(1): 55.
- [5] Marina Boix-Castellón, María Herranz-López, Mariño Clivares-Vicente, Paula Campoy, Nuria Caturra, Jonathan Jones, Juan M. Zazo, Enrique Roche, Vicente Micó. Effect of metabolaid® on pre- and stage 1 hypertensive patients: A randomized controlled trial. *Journal of Functional Foods*, Volume 84, 2021, 104583, ISSN 1756-4645. <https://doi.org/10.1016/j.jff.2021.104583>
- [6] Marhuenda J, Perez-Piñero S, Arcusa R, Victoria-Montesinos D, Cánovas F, Sánchez-Macarro M, García-Muñoz A.M., López-Román F.J. A Randomized, Double-Blind, Placebo-Controlled Trial to Determine the Effectiveness of a Polyphenolic Extract (Hibiscus sabdariffa and Lippia citrifolia) for Reducing Blood Pressure in Prehypertensive and Type 1 Hypertensive Subjects. *Molecules* 2021, 26, 1783. <https://doi.org/10.3390/molecules26061783>
- [7] Serna A. et al. Effectiveness of a polyphenolic extract (Lippia citrifolia and Hibiscus sabdariffa) on appetite regulation in overweight and obese grade I population: an 8-week randomized, double-blind, cross-over, placebo-controlled trial. *Eur J Nutr* 2021 Sep 30.

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