

Metabolism Gold

DIETARY SUPPLEMENT



Body weight and sport

An optimal body composition is important to get the most from your athletic performance. What is optimal differs per sport and per person. For many athletes reaching or maintaining their ideal weight is an important goal. Body weight is particularly important in some sports, such as weight-class sports or sports with a significant aesthetic aspect. As athlete it can also be a challenge to control your weight during periods of injury or holidays.

Metabolism Gold

Metabolism Gold has been developed specifically to help athletes control their weight and maintain an ideal body weight. Green tea extract with EGCG is an important ingredient in Metabolism Gold. Green tea with EGCG stimulates fat burning and helps control body weight¹. Metabolism Gold also contains the mineral chromium, which helps regulate blood sugar levels. The various B vitamins in Metabolism Gold also promote the metabolism of carbohydrates and fats. ID-alG™ is an extract obtained from brown seaweed (*Ascophyllum nodosum*). This entirely natural ingredient is naturally rich in polyphenols and minerals. Metabolism Gold also contains 75 mg caffeine per dose.

Energy balance

Energy balance is important for maintaining a healthy weight. This means that the energy you consume via food should equal the energy you use (energy in = energy out). When you use more energy than you consume via your diet, you lose weight (energy in < energy out). If you eat more than you use, you gain weight (energy in > energy out). A healthy diet combined with an active lifestyle is fundamental in maintaining a good body composition and Metabolism Gold can be used for further support.

Metabolism Gold is particularly interesting:

- When weight control is a goal
- During injury
- During a rest period after a competition season
- At the start of the season
- After achieving ideal weight (in the run-up to peak activity)

A Multi Health Support Gold (without B6) supplement can also be used during a period of weight control.

NZVT Certified

Metabolism Gold is produced in accordance with the anti-doping standards and other standards of the NZVT system (Anti-Doping Authority for the Netherlands) and therefore displays the NZVT logo. Metabolism Gold can be used by top athletes with confidence, so that they can concentrate on delivering an optimum athletic performance with peace of mind.

Special ingredients

BioPerine™

ID-alG™

Additional information

This product does not contain any known allergens and is suitable for vegetarians and vegans

Recommended use

Take two capsules a day with plenty of water, preferably spread over the day and with a meal.

Health Claims

- Green tea with EGCG supports fat burning ¹
- Contains 75 mg caffeine per daily dose
- B vitamins support energy metabolism
- Green tea with EGCG supports weight control ¹

¹ Health claims pending European recognition.



SPORT
ULTIMATE DOPE-FREE SPORTS SUPPLEMENTS



Metabolism Gold

DIETARY SUPPLEMENT

Composition per daily dose (two vegetarian capsules)			
Ingredient	Quantity	% RI	Compound
Vitamin B1 (as thiamine nitrate)	1.1 mg	100	
Vitamin B2 (as riboflavin)	1.4 mg	100	
Vitamin B3 (as nicotinamide)	16 mg	100	
Vitamin B5 (as D-calcium pantothenate)	6 mg	100	
Vitamin B6 (as Pyridoxine HCL)	1.4 mg	100	
Vitamin B9 (as folic acid)	200 µg	100	
Vitamin C (as ascorbic acid)	80 mg	100	
Vitamin D2 (vegetarian, as ergocalciferol)	5 µg	50	
Iron (as fumarate)	7 mg	50	
Chromium (as picolinate)	60 µg	150	
Green tea extract; contains:	480 mg	*	
– EGCG	192 mg	*	
ID-aIG™	100 mg	*	
Caffeine (Green tea extract, caffeine anhydrous)	75 mg	*	
BioPerine®	2 mg	*	
RI = Reference intake / * RI not determined			

ID-aIG™ is a trademark of Nexira
BioPerine® is a trademark of Sabinsa Corporation

¹ Health claims pending European recognition.
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