



Essential Minerals and Multivitamins

Supporting mineral and vitamin status in your patients.



Minerals and Vitamins - Vital for Health

Vital Minerals and Vitamins – Are Your Patients Deficient?

Minerals and vitamins are an essential component of any holistic health plan and are vital for a host of physiological processes including:



Hormone production



Bone development and structure



Cellular energy production



Red blood cell development

Exclusive Meta Mag® Magnesium, Meta Zn® Zinc and Meta Fe® Iron – Enhanced Bioavailability to Correct Your Patient's Deficiencies

Minerals come in many forms and are often difficult to absorb due to:

- Minerals being bound by food ligands, such as phytates.
- Dissociation in the upper gastrointestinal tract.
- Poor compliance due to side effects including diarrhoea and nausea.

As with so many essential nutrients, the mineral and vitamin intake from a typical western diet is far below ideal. Depleted soils and poor quality food choices contribute to broad mineral and vitamin deficiencies in Australian and New Zealand populations.

Metagenics uses only the highest bioavailable minerals to increase absorption and reduce side effects in your patients. Meta Minerals work in the following ways (Figure 1) to ensure therapeutic patient outcomes:

- Meta Minerals do not bind to anti-nutrients (i.e. lectins, oxalates and phytates).
- Meta Minerals resist dissociation in the upper gastrointestinal tract.
- Meta minerals confer superior absorption over other mineral forms.
- Prevention of unwanted digestive side effects (i.e. laxation, constipation and nausea) improving patient compliance.

Metagenics calcium products contain calcium hydroxyapatite, providing calcium supplementation in a highly bioavailable form. Hydroxyapatite is a comprehensive whole bone concentrate that delivers highly absorbable forms of calcium, phosphorous and bioactive growth factors.

Benefits include:

- 26% calcium plus phosphorus in the ratio found in bone.
- Both phosphorus and calcium play essential interdependent roles in bone health.¹
- Type 1 collagen to form the matrix that holds calcium and other mineral crystals in place.
- Growth factors to promote osteoblast activity. Hydroxyapatite has been shown to maintain bone mineral density.

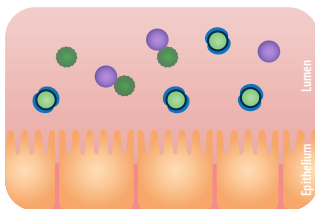
Metagenics Comprehensive Mineral Supplementation

Minerals and vitamins are not found in isolation in nature. Therefore, all Metagenics mineral formulas contain bioavailable minerals plus cofactors to further support absorption, utilisation and correction of deficiency states.

Other key benefits of the range include:

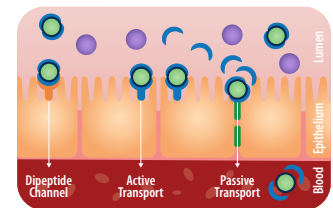
- Activated B vitamins, such as pyridoxal 5-phosphate (vitamin B6).
- Levomefolic acid (5-MTHF) and Methylcobalamin (Co-methylcobalamin) (vitamin B12).
- Scientifically proven ingredients.
- Therapeutic dosages of minerals and vitamins.

Meta Mag®, Meta Fe® and Meta Zn® do not bind with anti-nutrients or dissociate.



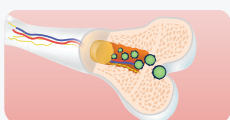
Meta Minerals are tightly bound to two glycine molecules, which prevents binding to anti-nutrients i.e. lectins, oxalates and phytates, and prevents dissociation in the upper gastrointestinal tract. This increases absorption and reduces common digestive symptoms of mineral supplementation including laxation, constipation and nausea.^{1,2,3,4}

Enhanced passive transport.



Glycine buffers intestinal pH, increasing passive uptake of Meta Mag®, Meta Fe® and Meta Zn®.⁶

Unlike Meta Minerals, free minerals compete for absorption through mineral channels, whereas a portion of Meta Minerals may be absorbed through dipeptide channels, increasing their absorption.



Calcium hydroxyapatite - a whole bone extract.

A bioavailable form of calcium, combined with phosphorous, bioactive growth factors and type 1 collagen that increases absorption and osteoblast activity.⁷

KEY

- Meta Minerals
- Other mineral compounds
- Glycine
- Binders

Figure 1: Meta Minerals for Enhanced Absorption.

The Metagenics Mineral and Vitamin Range: Selecting the Best Formulation for Your Patient

Mg

MAGNESIUM SUPPLEMENTATION

Meta Mag®
plus supporting
herbs and nutrients

Everyday Magnesium Replenishment



Fibroplex MagActive Range

Specialised Magnesium Formulations



IRON SUPPLEMENTATION

Bioavailable Iron

Treatment



Hemagenics Iron Advanced

Maintenance



Hemagenics Iron Maintain

Ca

CALCIUM SUPPLEMENTATION

Calcium hydroxyapatite

Treatment



Calcitite Osteo (Tablets)

Treatment



Calcitite Osteo Powder

Maintenance



Calcitite Protect



ZINC SUPPLEMENTATION

Meta Zn®

Treatment



Meta Zinc with Vitamin C
(Powder)

Maintenance



MetaZinc



EVERYDAY MINERAL AND VITAMIN SUPPLEMENTATION

Broad spectrum
mineral and vitamin
replenishment



High Strength
Multivitamin



Female Multivitamin



Male Multivitamin



Multi-Minerals



Fibroplex MagActive Powder

Meta Mag® Magnesium and Active Bs for Daily Magnesium Supplementation.

Contents: 210 g (15 days) and 420 g (30 days) oral powder

Order Code: Neutral: FMANS (210 g), FMANL (420 g)

Raspberry: FMARS (210 g), FMARL (420 g)

Storage: Store below 30°C

- Helps prevent symptoms associated with magnesium deficiency.¹
- Supports healthy muscle function.²
- Highly bioavailable Meta Mag® with active B vitamins, in raspberry or neutral flavour.

Each dose (7 g) contains:

Magnesium glycinate dihydrate (Meta Mag® - Magnesium bisglycinate)	3 g
Equivalent Magnesium	300 mg
Taurine	600 mg
Glutamine	500 mg
Ascorbic acid (Vitamin C)	300 mg
Calcium hydrogen phosphate	269 mg
Equivalent Calcium	63 mg
Monobasic potassium phosphate	182 mg
Equivalent Potassium	52 mg
Acetyl levocarnitine hydrochloride (Acetyl-L-Carnitine)	118 mg
Pyridoxal 5-phosphate monohydrate (Vitamin B6)	50 mg
Nicotinamide (Vitamin B3)	50 mg
Riboflavin sodium phosphate (Riboflavin 5-phosphate sodium)	2.6 mg
Equivalent Riboflavin (Vitamin B2)	1.9 mg
Chromium nicotinate	250 micrograms
Equivalent Chromium	25 micrograms
Mecobalamin (Co-methylcobalamin) (Vitamin B12)	150 micrograms
Selenomethionine	62.5 micrograms
Equivalent Selenium	25 micrograms

Excipients (Raspberry): Malic acid, citric acid, flavours (natural raspberry and strawberry), colloidal anhydrous silica, natural colour and steviol glycosides.

Excipients (Neutral): Malic acid, citric acid, maltodextrin, colloidal anhydrous silica and steviol glycosides.

Directions for use: Adults: Add 1 scoop (7 g) to 200 mL of water or juice twice daily.

Free from animal products, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast, soy protein and salt. Free from artificial colours, flavours and preservatives. Sweetened with steviol glycosides.

Contains 52 mg potassium per 7 g dose.

Meta Mag® is a registered trademark of Balchem Corp.



Fibroplex MagActive Tablet

Meta Mag® Magnesium with Active Vitamin B6 for Every Day Magnesium Supplementation.

Contents: 90 tablets (30 days)

Order Code: FMAT

Storage: Store below 30°C

- Helps prevent symptoms associated with magnesium deficiency.¹
- Supports healthy muscle function.²
- Provides 200 mg elemental magnesium featuring exclusive Meta Mag®, a highly bioavailable magnesium, in convenient tablet form.

Each tablet contains:

Magnesium glycinate dihydrate (Meta Mag® - Magnesium bisglycinate)	1 g
Equivalent Magnesium	100 mg
Magnesium amino acid chelate	500 mg
Equivalent Magnesium	100 mg
Total equivalent Magnesium	200 mg
Zinc amino acid chelate (Meta Zn® - Zinc bisglycinate)	40 mg
Equivalent Zinc	8.0 mg
Pyridoxal 5-phosphate monohydrate (Vitamin B6)	15 mg
Chromic chloride hexahydrate	1 mg
Equivalent Chromium	200 micrograms

Directions for use: Adults: Take 1 tablet three times daily.

For magnesium supplementation: Take 1 tablet daily.

Free from animal products, corn, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast and soy protein. Free from artificial colours, flavours and preservatives.

Meta Mag® is a registered trademark of Balchem Corp.

WARNING - Stop taking this medication if you experience tingling, burning or numbness and see your healthcare practitioner as soon as possible. [Contains vitamin B6].

Clinical Benefits:

Preventing magnesium deficiency and associated symptoms: Magnesium intake has been shown to be inadequate in teenagers aged 14 to 18 years (61% of males and 72% of females) and adults over 19 years of age were found to have inadequate magnesium intake (41% males and 35% females).³ Indicators of magnesium deficiency include muscle symptoms (weakness, spasms or cramps) and/or fatigue,^{2,5} which may be induced by conditions such as exercise⁶ or emotional stress.⁴

Magnesium has a relaxing effect on smooth muscle.⁷ It is used for muscular spasm, cramping and irregular contractibility of muscle.⁷ Magnesium is able to depress the excitability of the muscle fibre membrane and inhibit contraction to exert a muscle relaxant effect.⁸

Meta Mag® is a unique chelated form of magnesium. This form of magnesium has demonstrated superior bioavailability due to its ability to traverse the challenging forces in the digestive system.

Vegan friendly: Fibroplex MagActive Tablet is free from animal products.



Hemagenics Iron Advanced

Enhanced Bioavailability, High Potency Iron with Active B12 and 5-MTHF.

Contents: 30 capsules (VegeCaps) (30 days)

Order Code: HIA

Storage: Store below 30°C

- Assists normal red blood cell production.¹
- Provides active B12, 5-MTHF and 24 mg of highly bioavailable iron bisglycinate (Meta Fe®).
- Vegetable capsule suitable for vegetarians and vegans. Also suitable for pregnancy.

Each capsule contains:

Iron amino acid chelate (Meta Fe® – Iron bisglycinate)	120 mg
Equivalent Iron	24 mg
Calcium ascorbate dihydrate	100 mg
Equivalent Ascorbic acid	80 mg
Mecobalamin (Co-methylcobalamin)	500 micrograms
Pyridoxine hydrochloride (Vitamin B6)	5.0 mg
Levomethylfolate calcium	216 micrograms
Equivalent Levomefolic acid (5-Methyltetrahydrofolate)	200 micrograms

Directions for use:

Adults: Take 1 capsule daily with food.

Clinical Benefits:

Ideal for vegetarians and vegans: Vegetarians and vegans may require additional iron due to their dietary choices. Hemagenics Iron Advanced is formulated with a vegetable capsule to help meet the needs of vegetarian and vegan clients with a highly bioavailable form of iron.⁶ Iron bisglycinate (Meta Fe®) has been shown to remain intact for absorption despite changes in acidity and the presence of food ligands such as phytates in the gut.⁷

Highly absorbable form of iron: Iron bisglycinate (Meta Fe®) is covalently bound to two molecules of the smallest amino acid (glycine), allowing absorption through the gut mucosa via the efficient amino acid uptake pathways. Owing to iron bisglycinate's (Meta Fe®) facilitated absorption through the gut mucosa, there is no dissociation in the digestive tract, minimising the side effects common amongst other forms of iron.²

Normal red blood cell production: Adequate intake of iron, vitamin B12, and vitamin B6 are required for normal red blood cell production. Hemagenics Iron Advanced offers a comprehensive formula supplying high potency active vitamin B12 and 5-MTHF.

Free from animal products, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast, soy protein and salt. Free from artificial colours, flavours and preservatives.



Hemagenics Iron Maintain

Iron, Specialised Probiotic and Vitamin C to Support Dietary Iron Absorption.

Contents: 60 capsules (VegeCaps) (60 days)

Order Code: HIM

Storage: Store below 25°C. Shelf stable.

- Support dietary iron absorption through the clinically researched combination of a specialised probiotic strain and nutrients.
- Convenient daily iron supplementation to maintain normal iron levels without unwanted gastrointestinal side effects.
- Reduce fatigue and maintain energy levels.

Each capsule contains:

Ferrous fumarate	38 mg
Equivalent Iron	12.5 mg
<i>Lactobacillus plantarum</i> 299v	10 billion CFU (organisms)
Ascorbic acid (Vitamin C)	80 mg

Directions for use: Adults: Take 1 capsule daily.

Clinical Benefits:

Hemagenics Iron Maintain provides a novel approach to long-term iron supplementation, to assist with low energy and absorption of haem and non-haem iron without disrupting gastrointestinal (GI) health. Nearly two in five Australian women (15 – 50 years) do not consume enough dietary iron, while over 50% of females who use iron supplements, do so for energy or low dietary intake.^{1,2} Increases in veganism, vegetarianism and flexitarianism have seen a subsequent shift in healthy iron status. While plant-based foods are rich in non-haem iron, it is harder to absorb than haem iron as sources often contain compounds such as polyphenols, oxalates and other minerals that impede absorption and utilisation.³ Hemagenics Iron Maintain combines *Lactobacillus plantarum* 299v, with microencapsulated iron and vitamin C, to improve iron absorption, reduce dosing requirements and prevent GI side effects.^{5,6}

Clinical trials of 299v combined with ferrous fumarate and vitamin C show improved absorption of iron ranging between 23% to 50%.^{7,8,9}

Studies in females of reproductive age show that when 299v is combined with microencapsulated iron, dietary and supplemental absorption increases by 23% compared to iron without 299v.¹⁰ Further research in 20 to 40 year old females found that the combination of 299v with iron and vitamin C, increased iron absorption by 50%.¹¹ A randomised double-blind controlled trial in females with iron deficiency (in the absence of anaemia) found increased absorption of non-haem iron was significantly higher when consuming 299v fortified food, compared to non-fortified foods.¹²

299v and vitamin C assists iron absorption and prevents iron loss in the following ways:

- 299v adheres to mucin in the intestines, increasing secretory mucin which helps bind iron, assisting absorption and preventing iron from being passed through the GI tract. Iron transporters are also concentrated in mucin vesicles.¹³
- 299v helps produce organic acids (i.e. lactic acid), lowering local pH and converting iron into soluble complexes for improved absorption.¹⁴
- 299v activates phytases (due to increased lactic acid) in foods to hydrolyse phytates, reducing ability to bind to iron.¹⁵ Vitamin C further assists absorption of non-haem iron, while also counteracting the inhibitory effects of phytates and polyphenols on iron.¹⁶
- 299v supports a healthy GI environment through anti-inflammatory effects, maintaining both intestinal integrity and bowel regularity, while also exerting anti-pathogenic activity, and increasing short chain fatty acid production.^{17,18,19}

Free from animal products, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast and soy protein. Free from artificial colours, flavours and preservatives.



MetaZinc

High Strength, Bioavailable Zinc Tablets.

Contents: 60 tablets (60 days) and 120 tablets (120 days)

Order Code:* MZ1S (60 tablets), MZ1L (120 tablets)

Storage: Store below 30°C

- Support healthy immune system function.¹
- Assist in the management of mild acne and minor wound healing.^{2,3}
- Supports sperm health and motility.
- Contains easily absorbed, low nausea, exclusive Meta Zn® with co-factors manganese and activated B6.
- High strength tablet with a break bar to allow for flexible dosing.

Each tablet contains:

Zinc amino acid chelate (Meta Zn® - Zinc bisglycinate)	250 mg
Equivalent Zinc	50 mg
Pyridoxal 5-phosphate monohydrate (Vitamin B6)	50 mg
Manganese amino acid chelate	19 mg
Equivalent Manganese	3.0 mg

Directions for use:

Adults and children over 14 years:

Acute: Take 1 tablet daily with food.

Maintenance: Take ½ tablet daily with food.

Clinical Benefits:

Supports healthy immune function. Zinc deficiency can affect the healthy functioning of cells necessary for normal immune function, particularly the T lymphocytes which require zinc for numerous processes.⁵ This can lead to reduced antibody production and compromised cellular function of the innate immune system, including alteration of natural killer cell activity, phagocytosis and the generation of oxidative burst.⁶ These alterations are considered to be important contributors to increased susceptibility to infections.⁷

Adequate zinc status is essential for optimising male reproductive health. Zinc is required to support testosterone production and spermatogenesis.⁸ Oxidative stress may cause structural damage to sperm DNA, reduced sperm motility and defective sperm membrane integrity.⁹ The antioxidant action of zinc, due to its membrane stabilising activity, may inhibit lipid peroxidation of sperm and protect against free radical damage.¹⁰

Wound healing and skin integrity: Zinc and manganese both play crucial roles in wound healing and connective tissue repair due to collagen synthesis.¹¹ Key mechanisms of zinc in acne management include anti-inflammatory effect on granulocytes, regulation of androgen metabolism and retinol-binding protein synthesis.¹²

Zinc bisglycinate has been shown to have superior absorption compared to other forms of zinc:¹³ Zinc bisglycinate is absorbed intact and not ionised like other forms of zinc, resulting in less side effects such as nausea, commonly experienced with zinc supplementation.¹⁴

Free from animal products, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast and soy protein. Free from artificial colours, flavours and preservatives.

*Not available in New Zealand.



Meta Zinc with Vitamin C

High Strength, Bioavailable Zinc Powder with Vitamin C and Activated B6.

Contents: 114 g powder (30 days) and 228 g powder (60 days)

Order Code:* Orange: MZOS (114 g), MZOL (228 g)

Raspberry: MZRS (114 g), MZRL (228 g)

Storage: Store below 30°C

- Prevent zinc deficiency.¹
- Reduce duration of colds.^{2,3}
- Meta Zn® - Zinc bisglycinate powder is easily absorbed with little side effects, such as nausea. It's high strength, great tasting, and suitable for use in children.

Each dose (1.9 g) contains:

Calcium ascorbate dihydrate	605 mg
Equivalent Ascorbic acid (Vitamin C)	500 mg
Zinc amino acid chelate (Meta Zn® - Zinc bisglycinate)	125 mg
Equivalent Zinc	25 mg
Pyridoxal 5-phosphate monohydrate (Vitamin B6)	10 mg
Betacarotene	2.0 mg
Colecalciferol	12.5 micrograms
Equivalent Vitamin D3	500 IU

Directions for use:**

Children 4 to 13 years for immune support: Add ¼ metric teaspoon (0.95 g) to 100 mL of water once daily with food. Drink immediately.

Adults and teenagers: Acute: Add ½ metric teaspoon (1.9 g) to 200 mL of water twice daily with food. Drink immediately.

Maintenance: Add ½ metric teaspoon (1.9 g) to 200 mL of water once daily with food. Drink immediately.

Clinical Benefits:

Meta Zinc with Vitamin C provides superior absorption and bioavailability, without the side effects, including nausea. Zinc in Meta Zn® – Zinc bisglycinate is covalently bound to two glycine molecules. As glycine is the smallest amino acid, the whole Meta Zn® – Zinc bisglycinate molecule is small enough to be absorbed through abundant protein absorption channels instead of competing for few mineral absorption channels. The covalent bond is strong enough that it is not affected by stomach acid therefore preventing interactions with the gastro-intestinal lumen, where other forms of zinc may irritate and cause nausea and stomach upsets.

Deficiencies of vitamin C and zinc severely suppress immune response. Low zinc status may increase susceptibility to infectious diseases, such as diarrheal diseases or viral infections, as well as impact both T and B lymphocyte function, and the production of thymic hormone in the thymus.¹ Vitamin C and zinc support epithelial barriers, cellular proliferation and antibody production.¹

Vitamin C is necessary for:

- Leucocyte and macrophage functions
- Neutrophil motility and phagocytosis
- Antimicrobial activity
- Interferon synthesis and antihistamine properties¹

Zinc is required for regulating protein synthesis and tissue growth, as well as cellular signalling⁴. During early development, cellular activity may be particularly sensitive to zinc deficiency, which has been shown to compromise cognitive function.⁴

Meta Zinc with Vitamin C is also used for male health⁶. In particular, for sperm health and testosterone production.

Zinc plays an important role in wound healing⁷. Therefore, it can be used in the management of acne.

Free from dairy protein, lactose, eggs, gluten, wheat, nuts, yeast, soy protein and salt. Free from artificial colours, flavours and preservatives.

*New Zealand stocks Orange 114 g only. Order code: NZMZOS.

**Directions differ in New Zealand. Contact NZ Clinical Support on 0508 227 744 for further information.

WARNING - Stop taking this medication if you experience tingling, burning or numbness and see your healthcare practitioner as soon as possible. [Contains vitamin B6].



Calcitite Osteo

Assists in the Prevention of Osteoporosis.

Contents: 60 tablets (15 days) and 120 tablets (30 days)

Order Code: COT60, COT120

Storage: Store below 30°C

- Assist in the prevention of osteoporosis.¹
- Hydroxyapatite to reduce bone loss and support healthy bone density in post menopausal women.²
- Supportive nutrients for healthy bone mineralisation and formation, connective tissue repair.^{3,4,5}

Each tablet contains:

Hydroxyapatite	980 mg
Equivalent Calcium	250 mg
Equivalent Phosphorus	108 mg
Ascorbic acid (Vitamin C)	125 mg
Borax (Sodium borate)	13 mg
Equivalent Boron	1.5 mg
Zinc amino acid chelate (Meta Zn® - Zinc bisglycinate)	13 mg
Equivalent Zinc	2.5 mg
Manganese amino acid chelate	7.8 mg
Equivalent Manganese	1.3 mg
Phytomenadione (Vitamin K1)	50 micrograms
Colecalciferol	6.25 micrograms
Equivalent Vitamin D3	250 IU
Dry herbal extract:	
Glycine max (Soy), pressed seed cake	56 mg
Derived from dry pressed seed cake	9 g

Directions for use: Adults: Take 2 tablets twice daily with food.

Free from dairy protein, lactose, eggs, gluten, wheat, nuts and yeast. Free from artificial colours, sweeteners, flavours and preservatives.



Calcitite Osteo Powder

Assists in the Prevention of Osteoporosis.

Contents: 234 g oral powder (30 days) Passionfruit flavour

Order Code: COPP

Storage: Store below 30°C

- Assists in the prevention and treatment of osteoporosis.¹
- Hydroxyapatite to reduce bone loss and support healthy bone density in post menopausal women.²
- Supportive nutrients for healthy bone mineralisation and formation, connective tissue repair.^{3,4,5}
- Delicious passionfruit flavour for improved compliance.

Each dose (3.9 g) contains:

Hydroxyapatite	2 g
Equivalent Calcium	500 mg
Equivalent Phosphorus	216 mg
Ascorbic acid (Vitamin C)	250 mg
Borax (Sodium borate)	26 mg
Equivalent Boron	3.0 mg
Zinc amino acid chelate (Meta Zn® - Zinc bisglycinate)	25 mg
Equivalent Zinc	5.0 mg
Manganese amino acid chelate (Manganese bisglycinate)	16 mg
Equivalent Manganese	2.5 mg
Phytomenadione (Vitamin K1)	100 micrograms
Colecalciferol	12.5 micrograms
Equivalent Vitamin D3	500 IU
Dry herbal extract:	
Glycine max (Soy), pressed seed cake	113 mg
Derived from dry pressed seed cake	18 g

Directions for use: Adults: Add 1 scoop (3.9 g) to 200 mL of water twice daily with food. Stir well and take immediately.

Free from dairy protein, lactose, eggs, gluten, wheat, nuts, yeast and salt. Free from artificial colours and flavours. Contains soya bean products.

Clinical Benefits:

Hydroxyapatite contains naturally occurring bone growth factors and trace minerals⁵ (Figure 1). Multiple studies on post-menopausal women have shown supplementation with calcium hydroxyapatite to maintain bone mass and significantly increase bone mineral density (Figure 2).^{5,2} Hydroxyapatite calcium has shown superior performance in maintaining bone density over other forms of calcium including calcium carbonate.⁵ Its clinical success may be associated with the wide range of natural elements present, including transforming growth factor β (TGF) and insulin like growth factor 1 (IGF 1) which act locally to affect osteoblast proliferation and differentiation.⁷

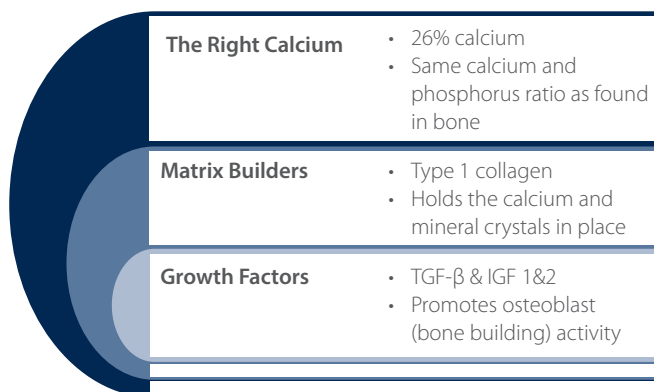
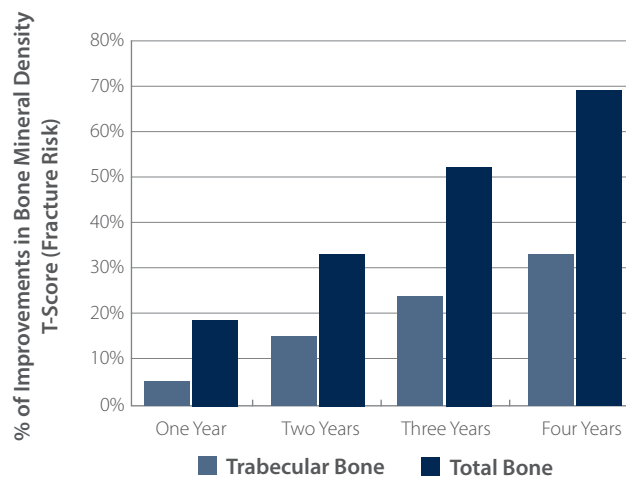


Figure 1: Hydroxyapatite – A Calcium for Building Bones.



Fernandez-Perea et al. Prevention of Osteoporosis: Four-Year Follow-Up of a Cohort of Postmenopausal Women Treated with an Ossein-Hydroxyapatite Compound. Clin Drug Invest. 2007; 27(4):227-232.

Figure 2: Hydroxyapatite May Enhance Bone Mineral Density.

A meta-analysis of 10 randomised, controlled clinical trials on 608 subjects found that soy isoflavones significantly increase spine bone mineral density.⁶ The meta-analysis showed a significant 20.6 mg/cm² increase in spine bone mineral density in subjects consuming soy isoflavones, when compared with those who did not.⁶ Further improvements were found in subjects after six months consuming the soy isoflavones with an average 28.5 mg/cm² increase.⁶



Calcitite Protect

A Calcium Supplement to Support Skeletal Strength.

Contents: 120 tablets (40 days)
Order Code: CTH120 (120 tablets)
Storage: Store below 30°C

- Ensure normal development of bone and teeth and support skeletal strength.^{1,2}
- Supporting nutrients to assist in absorption of calcium.²
- Convenient calcium supplementation for all ages.

Each tablet contains:

Hydroxyapatite	1000 mg
Equivalent Calcium	255 mg
Equivalent Phosphorous	110 mg
Calcium hydrogen phosphate dihydrate	479 mg
Equivalent Calcium	112 mg
Total equivalent Calcium	367 mg
Borax (Sodium borate)	8.8 mg
Equivalent Boron	1.0 mg
Phytomenadione (Vitamin K)	27 micrograms
Colecalciferol (Vitamin D3)	8.3 micrograms
Equivalent Vitamin D3	333 IU

Directions for use:

Adults: Take 1 tablet three times daily with meals.

Clinical Benefits:

A meta-analysis of 12 randomised controlled trials has shown 700 IU to 800 IU of vitamin D to enhance skeletal strength. Vitamin D significantly reduced the risk of hip fracture by 26% and non-vertebral fracture by 23%.⁶ Vitamin D has also been shown to play a role in musculoskeletal function, with vitamin D receptors being identified in human muscle tissue. In a separate, double-blind RCT, 800 IU of vitamin D significantly improved musculoskeletal function, reducing the amount of falls in older patients by 49% over three months.⁷

Highly bioavailable calcium: Microcrystalline hydroxyapatite is a comprehensive whole bone concentrate consistently showing superior bioavailability over other forms of calcium.^{1,4} It delivers highly absorbable forms of calcium, phosphorous and bioactive growth factors including transforming growth factor- β , insulin like growth factors, type 1 collagen, glycosaminoglycans and trace minerals to positively impact bone density.⁵

Vitamin D for optimal calcium absorption: Vitamin D is involved in the efficiency of intestinal calcium absorption and also in the parathyroid hormone regulation of serum calcium levels. In a low vitamin D state, the intestine absorbs 10% to 15% of dietary calcium compared to 30% to 40% with adequate vitamin D levels.² Calcitite Protect contains 333 IU of vitamin D per tablet to assist calcium absorption and enhance skeletal strength.

A two year study involving 60 postmenopausal women evaluated the efficacy of calcium hydroxyapatite (3.32 g/day) and calcium carbonate in the maintenance of optimal bone mineral density. Only calcium hydroxyapatite maintained bone mineral density, while calcium carbonate and the control group showed a significant reduction in bone mineral density (Figure 1).³ Similar results have also been demonstrated in a separate study of 40 postmenopausal women. Calcium hydroxyapatite significantly slowed the loss of trabecular bone in comparison to calcium carbonate over 20 months at a dose of 1.4 g calcium/day (Figure 2).¹

Free from dairy protein, lactose, eggs, gluten, wheat, nuts, yeast, soy protein and salt. Free from artificial colours, flavours and preservatives.



High Strength BioEssentials

Bioavailable Multivitamin and Mineral to Support the Body's Nutritional Needs.

Contents: 60 tablets (30 days) and 120 tablets (60 days)
Order Code: BE60, BE120
Storage: Store below 30°C

- Practitioner strength, daily multivitamin.
- Contains activated B vitamins and high strength, bioavailable minerals for enhanced absorption for best patient outcomes.
- Helps maintain the body's nutritional needs when a specialist diet is being followed.
- Herb free multivitamin to limit potential interactions.
- Suitable for long term use while under Practitioner guidance.

Each tablet contains:

	1 tablet	2 tablets
Macrominerals:		
Calcium citrate tetrahydrate	610 mg	1220 mg
Equivalent Calcium	125 mg	250 mg
Magnesium glycinate dihydrate (Meta Mag® - Magnesium bisglycinate)	525 mg	1050 mg
Equivalent Magnesium	52.5 mg	105 mg
Microminerals:		
Zinc amino acid chelate (Meta Zn® - Zinc bisglycinate)	50 mg	100 mg
Equivalent Zinc	10 mg	20 mg
Manganese amino acid chelate	17 mg	34 mg
Equivalent Manganese	2.75 mg	5.5 mg
Borax (Sodium borate)	13 mg	26 mg
Equivalent Boron	1.5 mg	3.0 mg
Chromic chloride hexahydrate	513 micrograms	1026 micrograms
Equivalent Chromium	100 micrograms	200 micrograms
Iron amino acid chelate (Meta Fe® - Iron bisglycinate)	12.5 mg	25 mg
Equivalent Iron	2.5 mg	5.0 mg
Potassium iodide	98 micrograms	196 micrograms
Equivalent Iodine	75 micrograms	150 micrograms
Selenomethionine	93 micrograms	186 micrograms
Equivalent Selenium	37.5 micrograms	75 micrograms
Vitamins and Antioxidants:		
Calcium ascorbate dihydrate	153 mg	306 mg
Equivalent Ascorbic acid (Vitamin C)	125 mg	250 mg
d-alpha-Tocopheryl acid succinate	16 mg	32 mg
Equivalent d-alpha Tocopherol (Vitamin E)	12.5 mg	25 mg
Betacarotene	2.0 mg	4.0 mg
Phytomenadione (Vitamin K1)	8.75 micrograms	17.5 micrograms
B Vitamins:		
Calcium pantothenate (Vitamin B5)	37.5 mg	75 mg
Thiamine hydrochloride (Vitamin B1)	25 mg	50 mg
Riboflavin sodium phosphate (Vitamin B2)	25 mg	50 mg
Nicotinamide (Vitamin B3)	25 mg	50 mg
Pyridoxal 5-phosphate monohydrate (Vitamin B6)	25 mg	50 mg
Levomethylfolate calcium	216 micrograms	432 micrograms
Equivalent Levomefolic acid (5-MTHF)	200 micrograms	400 micrograms
Mecobalamin (Co-methylcobalamin) (Vitamin B12)	250 micrograms	500 micrograms
Biotin	50 micrograms	100 micrograms

Directions for use: Adults: Take 1 tablet twice daily with food.

Free from animal products, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast, soy protein and salt. Free from artificial colours, flavours and preservatives. Meta Mag® is a registered trademark of Balchem Corp.



Male Essentials Multivitamin and Mineral

Men's Multi, with Milk Thistle, to Support Energy Production and Male Health.

Contents: 60 tablets (60 days), 120 tablets (120 days)
Order Code: MESS (60 tablets) and MESS120 (120 tablets)
Storage: Store below 30°C

- Men's multivitamin with zinc for male health.^{1,3}
- No added Copper.
- Provides 3.6 g of milk thistle to assist with liver health.⁴

Each tablet contains:

Phytonutrient:

Dry herbal extract:	
<i>Silybum marianum</i> (Milk thistle), seed	51 mg
Derived from min. dry seed	3.6 g
Std. to Flavanolignans calculated as silybin	43 mg

Antioxidants:

Ascorbic acid (Vitamin C)	50 mg
d-alpha-Tocopheryl acid succinate	25 mg
Equivalent d-alpha-Tocopherol (Vitamin E)	20 mg
Betacarotene	4.0 mg
Mixed (low-alpha type) tocopherols concentrate	2.5 mg
Phytomenadione (Vitamin K1)	80 micrograms
Colecalciferol (Vitamin D3)	13 micrograms
Equivalent Colecalciferol	500 IU

B Vitamins:

Nicotinamide (Vitamin B3)	100 mg
Calcium pantothenate (Vitamin B5)	50 mg
Thiamine hydrochloride (Vitamin B1)	50 mg
Pyridoxine hydrochloride (Vitamin B6)	30 mg
Riboflavin (Vitamin B2)	20 mg
Pyridoxyl 5-phosphate	5.0 mg
Mecobalamin (co-methylcobalamin) (Vitamin B12)	400 micrograms
Folic acid	400 micrograms
Biotin	50 micrograms

Minerals:

Calcium hydrogen phosphate dihydrate	258 mg
Equivalent Calcium	60 mg
Calcium citrate tetrahydrate	142 mg
Equivalent Calcium	30 mg
Magnesium glycinate dihydrate	100 mg
Equivalent Magnesium	10 mg
Dibasic potassium phosphate	78 mg
Equivalent Potassium	35 mg
Zinc sulfate monohydrate	55 mg
Equivalent Zinc	20 mg
Calcium amino acid chelate	50 mg
Equivalent Calcium	10 mg
Borax (Sodium borate)	27 mg
Equivalent Boron	3.0 mg
Manganese amino acid chelate	16 mg
Equivalent Manganese	2.5 mg
Chromic chloride hexahydrate	769 micrograms
Equivalent Chromium	150 micrograms
Molybdenum trioxide	188 micrograms
Equivalent Molybdenum	125 micrograms
Selenomethionine	65 micrograms
Equivalent Selenium	26 micrograms
Potassium iodide	52 micrograms
Equivalent Iodine	40 micrograms

Directions for use: Adults: Take 1 tablet daily with food.

Free from dairy protein, lactose, eggs, gluten, wheat, nuts, yeast and soy protein. Free from artificial colours, flavours and preservatives.

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Femme Essentials Multivitamin and Mineral

Women's Multi with Antioxidant Support.

Contents: 60 tablets (60 days) and 120 tablets (120 days)
Order Code: ESS (60 tablets) and ESS120 (120 tablets)
Storage: Store below 30°C

- Women's multivitamin with antioxidant support.¹
- Supports healthy hormone metabolism.²
- Contains broccoli sprouts.

Each tablet contains:

Phytonutrient:

<i>Brassica oleracea</i> var. <i>italica</i> (Broccoli), sprout powder	100 mg
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Antioxidants:

Ascorbic acid (Vitamin C)	50 mg
d-alpha-Tocopherol acid succinate	25 mg
Equivalent d-alpha-Tocopherol (Vitamin E)	20 mg
Betacarotene	4.0 mg
Mixed (low-alpha type) tocopherols concentrate	2.5 mg
Phytomenadione (Vitamin K)	80 micrograms
Colecalciferol (Vitamin D3)	12.5 micrograms
Equivalent Vitamin D3	500 IU

B Vitamins:

Nicotinamide (Vitamin B3)	100 mg
Calcium pantothenate (Vitamin B5)	50 mg
Thiamine hydrochloride (Vitamin B1)	50 mg
Pyridoxine hydrochloride (Vitamin B6)	40 mg
Riboflavin (Vitamin B2)	20 mg
Pyridoxal 5-phosphate	5.0 mg
Mecobalamin (Co-methylcobalamin) (Vitamin B12)	400 micrograms
Folic acid	400 micrograms
Biotin	50 micrograms

Minerals:

Calcium citrate tetrahydrate	190 mg
Equivalent Calcium	40 mg
Calcium hydrogen phosphate dihydrate	172 mg
Equivalent Calcium	40 mg
Calcium amino acid chelate	100 mg
Equivalent Calcium	20 mg
Magnesium glycinate dihydrate	
(Meta Mag® - Magnesium bisglycinate)	100 mg
Equivalent Magnesium	10 mg
Dibasic potassium phosphate	78 mg
Equivalent Potassium	35 mg
Zinc sulfate monohydrate	28 mg
Equivalent Zinc	10 mg
Borax (Sodium borate)	27 mg
Equivalent Boron	3.0 mg
Iron amino acid chelate (Meta Fe® - Iron bisglycinate)	25 mg
Equivalent Iron	5.0 mg
Manganese amino acid chelate	16 mg
Equivalent Manganese	2.5 mg
Chromic chloride hexahydrate	769 micrograms
Equivalent Chromium	150 micrograms
Potassium iodide	391 micrograms
Equivalent Iodine	299 micrograms
Molybdenum trioxide	150 micrograms
Equivalent Molybdenum	100 micrograms
Selenomethionine	65 micrograms
Equivalent Selenium	26 micrograms

Directions for use: Take 1 tablet daily with food.

Free from dairy protein, lactose, eggs, gluten, wheat, nuts, soy protein and salt. Free from artificial colours, flavours and preservatives.

Contains 45 mg potassium per tablet.

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Mineral Essentials

Multi-Mineral Supplementation with Apple Cider Vinegar.

Contents: 153 g oral powder (25 days) Vanilla flavour

Order Code: MIN153

Storage: Store below 30°C

- High strength, vegan, multi-mineral supplementation.¹
- Contains highly bioavailable minerals for enhanced absorption, as well as apple cider vinegar.^{2,3}
- Vanilla flavoured powder for daily compliance.

Each dose (6.1 g) contains:

Calcium hydrogen phosphate dihydrate	1.4 g
Equivalent Calcium	325 mg
Equivalent Phosphorus	251 mg
Potassium citrate	415 mg
Equivalent Potassium	150 mg
Magnesium glycinate dihydrate (Meta Mag® - Magnesium bisglycinate)	1.5 g
Equivalent Magnesium	150 mg
Silicon dioxide	50 mg
Iron amino acid chelate (Meta Fe® - Iron bisglycinate)	50 mg
Equivalent Iron	10 mg
Zinc amino acid chelate (Meta Zn® - Zinc bisglycinate)	50 mg
Equivalent Zinc	10 mg
Manganese amino acid chelate	31 mg
Equivalent Manganese	5.0 mg
Borax (Sodium borate)	8.8 mg
Equivalent Boron	1.0 mg
Potassium iodide	196 micrograms
Equivalent Iodine	150 micrograms
Molybdenum trioxide	180 micrograms
Equivalent Molybdenum	120 micrograms
Selenomethionine	250 micrograms
Equivalent Selenium	100 micrograms
Chromium nicotinate	500 micrograms
Equivalent Chromium	50 micrograms

Excipients: Apple cider vinegar powder, citric acid, natural flavours, steviol glycosides.

Directions for use:

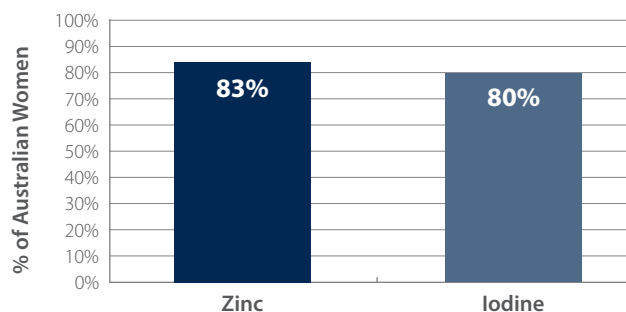
Adults: Add 1 ½ metric teaspoons (6.1 g) to 200 mL of water once daily with food.

Children 4 to 11 years: Add 1 metric teaspoon (4.07 g) to 100 mL of water once daily with food.

Clinical Benefits:

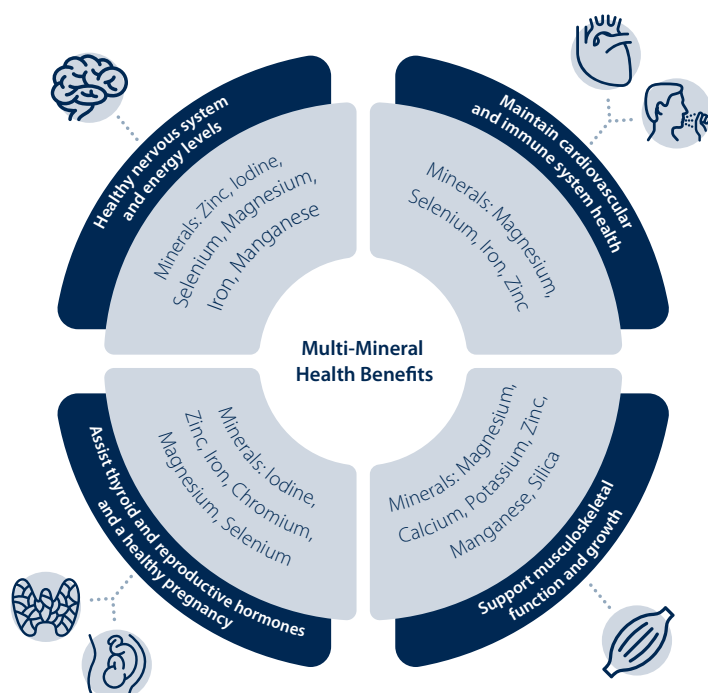
Highly bioavailable minerals: Mineral Essentials is formulated using bisglycinate forms of minerals (Meta Mag® Magnesium, Meta Fe® Iron and Meta Zn® Zinc) to provide greater bioavailability compared to other organic mineral forms. Bisglycinate forms are specifically used to help reduce conflicts for absorption as the bisglycinate form bypasses the normal competitive mineral uptake channels.²

Mineral Essentials is an ideal consideration for patients who may not be meeting their daily mineral intake. Some groups may be at risk of mineral deficiency and consideration needs to be given to certain individuals, based on age (i.e. children or older people), life stage (i.e. pregnancy), dietary intake (i.e. veganism) or health issues affecting mineral absorption.



Lukaski H. C. Magnesium, zinc, and chromium nutriture and physical activity Am J Clin Nutr 2000;72(suppl):585S-93S. Gibson RS, Heath AL, Ferguson EL. Risk of suboptimal iron and zinc nutriture among adolescent girls in Australia and New Zealand: causes, consequences, and solutions, Asia Pacific J Clin Nutr (2002) 11(Suppl): S543-S552

Figure 1: Mineral Deficiencies in Women.^{4,5}



Free from animal products, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast, soy protein and salt. Free from artificial colours, flavours and preservatives. Contains steviol glycosides.

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Clinical Tools and Resources

All clinical tools and resources are available on  **Metagenics Institute™**

Visit metagenicsinstitute.com.au and you will find a wealth of information readily available, to assist you in your practice for free.



Clinical Tools



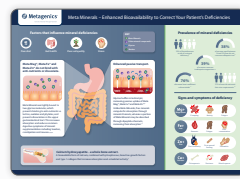
Technical Data



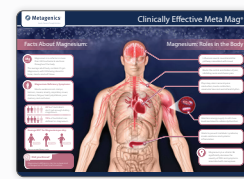
Treatment Protocols



Health Appraisal Questionnaire



Meta Minerals - Enhanced Bio-availability to Correct Your Patient's Deficiencies Infographic



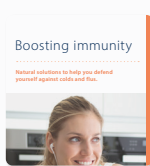
Clinically Effective Meta Mag® Infographic



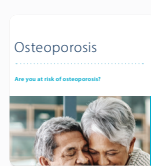
Patient Resources



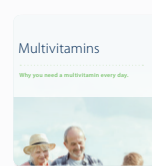
Magnesium Brochure (Pack of 15)



Immunity Brochure (Pack of 15)



Osteoporosis Brochure (Pack of 15)



Multivitamins Brochure (Pack of 15)



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Masterclass in Modern Nutrition: Clinical Management of Foundational Health Webinar



Iron Patient Video



Magnesium Patient Video



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- Clinical support (i.e. treatment plans/product prescriptions/test results and interpretation/contraindications);
- Writing resources (technical/patient/digital tools);
- Education;
- Researching cases (providing information and evidence to support your research/patient treatment needs).

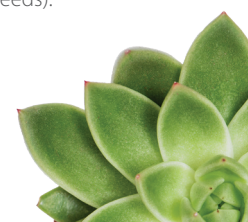
Our Clinical Support team can be reached on:

AUSTRALIA














1800 777 648
8:00 am – 5:00 pm AEST

NEW ZEALAND

0508 227 744
8:00 am – 5:00 pm



Essential Minerals and Vitamins Range Summary

	Product Highlights	Page		Product Highlights	Page
	Fibroplex MagActive Powder <i>Meta Mag® Magnesium and Active Bs for Daily Magnesium Supplementation.</i> <ul style="list-style-type: none"> • 300 mg Meta Mag® Magnesium • 600 mg Taurine • 500 mg Glutamine 	4		Calcitite Osteo Powder <i>Assists in the Prevention of Osteoporosis.</i> <ul style="list-style-type: none"> • 500 mg Calcium per dose • 500 IU Vitamin D per dose • Passionfruit flavour 	7
	Fibroplex MagActive Tablet <i>Meta Mag® Magnesium with Active Vitamin B6 for Every Day Magnesium Supplementation.</i> <ul style="list-style-type: none"> • 100 mg Meta Mag® • 40 mg Meta Zn® • 15 mg Vitamin B6 	4		Calcitite Protect <i>A Calcium Supplement to Support Skeletal Strength.</i> <ul style="list-style-type: none"> • 366.5 mg Calcium per tablet • 333.3 IU Vitamin D per tablet 	8
	Hemagenics Iron Advanced <i>Enhanced Bioavailability, High Potency Iron with Active B12 and 5-MTHF.</i> <ul style="list-style-type: none"> • 24 mg Meta-Fe® Iron • Provides active B12 and 5-MTHF 	5		High Strength BioEssentials <i>Bioavailable Multivitamin and Mineral to Support the Body's Nutritional Needs.</i> <ul style="list-style-type: none"> • Activated B vitamins • Contains Meta Mag®, Meta Fe® and Meta Zn® for improved absorption 	8
	Hemagenics Iron Maintain <i>Iron, Specialised Probiotic and Vitamin C to Support Dietary Iron Absorption.</i> <ul style="list-style-type: none"> • Clinically trialled combination of Lactobacillus plantarum 299v with Microencapsulated Iron and Vitamin C 	5		Male Essentials Multivitamin and Mineral <i>Men's Multi, with Milk Thistle, to Support Energy Production and Male.</i> <ul style="list-style-type: none"> • No added Copper • Contains 20 mg of Zinc 	9
	Meta Zinc with Vitamin C <i>High Strength, Bioavailable Zinc Powder with Vitamin C and Activated B6.</i> <ul style="list-style-type: none"> • 200 mg Meta Mag® Magnesium • 1.2 g Acetyl-L-Carnitine • 1 g Tyrosine 	6		Femme Essentials Multivitamin and Mineral <i>Women's Multi with Antioxidant Support.</i> <ul style="list-style-type: none"> • Contains bisglycinate forms of iron and magnesium for higher bioavailability • Provides 100 mg of broccoli sprout powder, a source of sulforaphane 	9
	MetaZinc <i>High Strength, Bioavailable Zinc Tablets.</i> <ul style="list-style-type: none"> • 50 mg Zinc per tablet • 50 mg Vitamin B6 • One-a-day dose 	6		Mineral Essentials <i>Multi-Mineral Supplementation with Apple Cider Vinegar.</i> <ul style="list-style-type: none"> • Contains Meta Mag®, Meta Fe® and Meta Zn® for improved absorption, as well as apple cider vinegar • Vanilla flavoured powder for daily compliance 	10
	Calcitite Osteo <i>Assists in the Prevention of Osteoporosis.</i> <ul style="list-style-type: none"> • 250 mg Calcium per tablet • 250 IU Vitamin D per tablet 	7			

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 Metagenics Institute



References available on request.

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Metagenics Australia
 741 Nudgee Road,
 Northgate, Queensland 4013.
 PO Box 675,
 Virginia BC, Queensland 4014.

Ph: (07) 3117 3300
 Fax: (07) 3117 3399
 Ph: Country and Interstate
 1800 777 648

Metagenics NZ
 22B William Pickering Drive,
 Rosedale, Auckland 0632.
 PO Box 35383,
 Browns Bay, Auckland 0753.

Ph: (09) 478 2540
 or 0508 227 744
 Fax: (09) 478 2740
 or 0508 227 733

 metagenics.com.au
 metagenicsinstitute.com.au
 ANZ_info@metagenics.com
 ANZ_orders@metagenics.com
 metagenics.co.nz
 metagenicsinstitute.co.nz
 ANZ_infonz@metagenics.com
 ANZ_orders@metagenics.com

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