

# Metabolic Support Protocol

DEVELOPED IN COLLABORATION WITH DR. PENNY KENDALL-REED, N.D.\*



Did you know 84.5% of men and 68.5% of women in Canada are overfat? Overfat is defined as an excess of body fat that puts them at an increased risk of obesity-related diseases such as stroke, cancer and diabetes. Global levels of insulin resistance are close to 40%, yet according to the CDC, more than 84% of people go undiagnosed with insulin resistance.<sup>1</sup>

Three main hormones that control our metabolism are adiponectin, leptin and ghrelin. They regulate hunger, satiety, thermogenesis, insulin secretion, adipogenesis and adipolysis.

Designed by Dr. Penny Kendall-Reed, N.D. in collaboration with Pure Encapsulations®, the Metabolic Support Protocol is created to help you effectively address metabolic dysfunction in your patients. Products from other trusted Atrium Innovations brands such as Douglas Laboratories® have been added to provide a complete a robust protocol.

| MAIN CLINICAL CONCERN & PATIENT SYMPTOMS  | PRODUCT RECOMMENDATIONS   | RECOMMENDED DOSE   | CLINICAL INSIGHTS & CONSIDERATIONS                                       |
|---|---|--|--|
| <b>Weight loss with stable blood sugars:</b> <ul style="list-style-type: none"><li>• Difficulty losing weight despite a good diet and exercise regime.</li><li>• Weight gain despite a good diet and exercise regime.</li><li>• Never feeling satisfied or looking for something else to eat at the end of a meal.</li><li>• Possible rise in blood sugars.</li></ul> | Pure Encapsulations®<br><b>Resveratrol EXTRA</b><br>(Order Code: REE6C-C)<br><br>AND<br><br>Douglas Laboratories®<br><b>Berberine Balance</b><br>(Order Code: 201131-60HYC-C)<br><br>AND<br><br>Pure Encapsulations®<br><b>Acetyl L-Carnitine</b><br>(Order Code: ALC56C-C) | 1 capsule of each twice a day on an empty stomach (30 mins or more before food or 2 hours or more after) | To regulate GLP1 and ultimately balance leptin, adiponectin and ghrelin. |
|   | Pure Encapsulations®<br><b>XanthiTrim</b><br>(Order Code: XT6C-C )  | 2 capsules twice a day on an empty stomach if needed   | To further help break down fat and support thermogenesis.                |
| <b>Note:</b> Use a scoop of Pure Lean fiber in between meals to stretch stomach receptors and inhibit ghrelin for extra support.  |   |  |  |
| <b>Adjunct Tests:</b><br><input type="checkbox"/> Genetic Testing: MC4R, FTO, PPARg, ADIPOQ, TCF7L2, GIPR, IRS1, APOA2<br><input type="checkbox"/> Blood work: Fasting glucose, HgA1C, insulin.   |   |  |  |

\*Dr.Penny Kendall-Reed, N.D. is a retained advisor to Atrium Innovations.

These products may not be right for everyone. Always read and follow the label. Contact us for more information.

| MAIN CLINICAL CONCERN & PATIENT SYMPTOMS   | PRODUCT RECOMMENDATIONS  | RECOMMENDED DOSE   | CLINICAL INSIGHTS & CONSIDERATIONS  |
|--|--|--|---|
| <b>Difficulty losing weight with unstable blood sugars:</b> <ul style="list-style-type: none"> <li>• Difficulty losing weight despite a good diet and exercise regime.</li> <li>• Weight gain despite a good diet and exercise regime.</li> <li>• Never feeling satisfied or looking for something else to eat at the end of a meal.</li> <li>• Rise in morning fasting glucose, climbing HgA1C.</li> <li>• Fatigue after meals.</li> </ul>  | Pure Encapsulations®<br><b><u>Resveratrol EXTRA</u></b><br>(Order Code: REE6C-C)<br><br><b>AND</b><br>Douglas Laboratories®<br><b><u>Berberine Balance</u></b><br>(Order Code: 201131-60HYC-C)<br><br><b>AND</b><br>Pure Encapsulations®<br><b><u>Acetyl L-Carnitine</u></b><br>(Order Code: ALC56C-C) | 1 capsule of each twice a day on an empty stomach  | To regulate GLP1 and ultimately balance leptin, adiponectin and ghrelin.                          |
|  | Pure Encapsulations®<br><b><u>XanthiTrim</u></b><br>(Order Code: XT6C-C )  | 2 capsules twice a day on an empty stomach if needed   | To further help break down fat and support thermogenesis.   |
|  | Pure Encapsulations®<br><b><u>Metabolic Xtra</u></b><br>(Order Code: MX29C-C)  | 2 capsules twice a day on an empty stomach   | Continue until blood sugars are stable.   |
|  | <b>Adjunct Tests:</b> <ul style="list-style-type: none"> <li>❑ Genetic Testing: MC4R, FTO, PPARg, ADIPOQ, TCF7L2, GIPR, IRS1, APOA2</li> <li>❑ Blood work: Fasting glucose, HgA1C, insulin, glucose challenge test if needed.</li> </ul>   |  |   |
| <b>Difficulty losing weight and diabetic or insulin resistant:</b> <ul style="list-style-type: none"> <li>• Difficulty losing weight despite a good diet and exercise regime.</li> <li>• Weight gain despite a good diet and exercise regime.</li> <li>• Hunger or weakness in between meals</li> <li>• Never feeling satisfied or looking for something else to eat at the end of a meal.</li> <li>• Very unstable blood sugars.</li> <li>• Fatigue after meals.</li> <li>• Frequent inflamed tissues.</li> </ul> | Pure Encapsulations®<br><b><u>XanthiTrim</u></b><br>(Order Code: XT6C-C )  | 2 capsules twice a day on an empty stomach if needed   | To further help break down fat and support thermogenesis.   |
|  | Pure Encapsulations®<br><b><u>Metabolic Xtra</u></b><br>(Order Code: MX29C-C)  | 2 capsules twice a day on an empty stomach   | Monitor dosing along with pharmaceutical medications and glucose levels.                          |
|  | Pure Encapsulations®<br><b><u>NAC 900 mg</u></b><br>(Order Code: NA91C-C)<br><br><b>OR</b><br>Pure Encapsulations®<br><b><u>NAC + Glycine</u></b><br>(Order Code: NGY1C-C)   | 1 capsule twice a day on an empty stomach (30 mins or more before food or 2 hours or more after)<br><br><b>OR</b><br>1.5 scoops per day in water on an empty stomach | To reduce the excess IL6 stored in adipose tissue that prevents weight loss and inflames tissues. |
| <b>Adjunct Tests:</b> <ul style="list-style-type: none"> <li>❑ Genetic Testing: MC4R, FTO, PPARg, ADIPOQ, TCF7L2, GIPR, IRS1, APOA2</li> <li>❑ Blood work: Fasting glucose, HgA1C, insulin, glucose challenge test if needed.</li> </ul>   |  |  |   |

**Additional Information:**

There is a direct parallel relationship between cortisol and insulin. For every unit of cortisol increase, there is a 9.7 mU/L increase in insulin independent of diet and exercise via the alteration in leptin, adiponectin and ghrelin. Inflammation alters GLUT4 transport destabilizing blood sugars and impairs insulin signalling and secretion independent of diet and exercise.

For successful and permanent weight loss and metabolic control treat stress and inflammation at the same time according to their treatment protocols.

**Diet:**

There is no one size fits all diet. Our genetics determine exactly how much protein, carbohydrate and fat one should consume daily and how many times a day. Eating too much protein or too little carbohydrate for your genes can greatly increase inflammation, insulin secretion and weight. Consider utilizing PureInsight™ powered by PureGenomics® to incorporate your genetic dietary guidance.

Some key protein powders and functional foods to support your diet with include:

| Garden of Life®  |  |  |
|--|--|--|
| <b><u>All in One Protein</u></b><br><br>Order Code:<br>16047 (Vanilla)<br>16050 (Lightly Sweet)<br><br>Dose: 1 scoop as needed | <b><u>Raw Organic Protein</u></b><br><br>Order Code:<br>16152 (Vanilla)<br>16153 (Chocolate)<br>16151 (Unflavoured)<br><br>Dose: 1 scoop as needed | <b><u>Raw Organic Perfect Food</u></b><br><br>Order Code: 16061<br><br>Dose: 1 scoop as needed |

REFERENCE:

1. Ind J Endocrinol Metab 2018Jan;22(1):93-99, www.diabetes.ca

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