



METABOLIQ®
infusions

METABOLIQ® Infusions

Product Profile:
Reds and Greens



METABOLIQ®—A Complete Lifestyle Management System

Qivana’s comprehensive METABOLIQ® System is based on the most exciting breakthroughs in weight loss research in decades. This new understanding has led to the development of a total lifestyle approach to weight loss and weight management proven to be simple to use and sustainable for life.

The METABOLIQ® Burn and Max Burn Systems were originally formulated to nourish and maintain your active muscles, reset and recharge your metabolism, and naturally maximize loss of body fat. These Systems are based on eating the right proportions of high-quality proteins, smart carbohydrates, and intelligent portions of friendly fats. Getting these components correctly balanced will burn fat and improve lean muscle tissue as well as stabilize your blood sugar, reduce typical energy crashes, eliminate cravings, and halt hunger pangs. METABOLIQ is about improving your body’s ability to function and achieve optimal health. The METABOLIQ Systems have now been expanded to long-term health maintenance with the addition of Qivana superfood antioxidant Reds and Greens.

A Diet Rich in Superfoods—Fruits and Vegetables

We all know we should eat plenty of vegetables and fruits every day as a part of a nutritious and balanced diet, and to maintain a healthy weight. In fact, a Harvard University study concluded that there is compelling evidence demonstrating a diet rich in fruits and vegetables promotes good health and helps prevent the onset of disease. Fruits and vegetables contain phytonutrients that aren’t found in other foods. These micro-nutrients are essential for optimal health. So what does “plenty” mean and how does the average American measure up? On average, Americans get a total of just three servings of vegetables and fruits each day with very little of the bright green vegetables or the red, purple and blue fruits. The latest dietary guidelines call for at least five servings of vegetables and 2 to 3 servings of fruits per day. Chances are you’re not getting enough.

METABOLIQ® Infusions: Reds and Greens

METABOLIQ Infusions Reds and Greens are an incredibly convenient, tasty, and satisfying way to ensure you get more of the fruits and vegetables your body requires every day for increased health and longevity. Simply adding 1-2 Infusions packet(s) to your METABOLIQ Shake allows you to dramatically increase your daily fruit or vegetable servings and provide the most powerful combination fruits and vegetables found in nature. That’s because each Infusions Greens or Reds is packed with micro-nutrient rich green and red superfoods. What is a superfood? According to the Oxford English Dictionary, a superfood is a food that is considered especially nutritious and beneficial to health and well-being. Combined with a METABOLIQ Shake, Infusions offer a complete meal-on-the-go packed with a complete macronutrient



formula plus micro-nutrients from the best red and green superfoods. For optimal flavor, you can add 1-2 Greens or one Reds packet in each shake.

Infusions: Reds

The METABOLIQ Infusions Reds is a blend of red, purple, and blue fruits in the form of dried fruit powders, extracts, concentrates, or juice powders. The dried fruits include black currant, raspberry, and blueberry powder. The powders are dried under gentle conditions to maintain nutrient content. The blend also contains a unique grape concentrate. This concentrate is made from whole grape pomace (including juice and skin) from the Rubired grape variety grown in Central California. The Rubired cultivar is rich in the anthocyanin Malvidin 3,-5 diglucoside, which has been shown to have the highest free radical scavenging activity of any of the grape anthocyanins. The grape concentrate is standardized to a potent 40% grape polyphenols.

This formula also contains a pomegranate water extract standardized to 10% polyphenols and 4% ellagic acid. Ellagic acid is a natural compound with antioxidant, antiviral, anti-microbial and immune enhancing activity. Lastly, this formula contains spray dried strawberry juice powder, which is a good source of Vitamin C.

Research suggests that dietary supplementation with red or purple fruits (such as blueberries, strawberries and grapes) that are high in antioxidants can decrease free radicals and oxidative stress. Overall, free radicals and oxidative stress have been implicated in the development of at least 50 conditions associated with aging. Oxidative stress increases as we age, but also increases with a poor diet, stress, pollution, and even with intense exercise. Diets high in antioxidants have the potential to protect our cells from free radical damage.

Consuming a diet high in nutrient and antioxidant-rich fruits and vegetables can promote good health and prevent the onset of disease. With Infusions Reds, you will provide your body with the nutritional anthocyanin equivalent of three cups of red grapes, plus two grams of fiber. Infusions Reds contains all natural ingredients and is gluten free with no preservatives or artificial flavors.

Infusions: Greens

The Greens blend contains nutrient rich green superfoods including barley grass, blue-green algae, green tea and green vegetables such as spinach and broccoli powders. We use the barley grass leaf of the plant as opposed to the grain. Our barley grass has greater nutritional value because it is harvested at its peak young growth phase, with its shoots being less than 1 foot tall. It is carefully dehydrated to maintain its nutrient content. Barley grass is rich in beta-carotene, B vitamins, amino acids, antioxidants, and chlorophyll. It also contains numerous minerals such as potassium, calcium, phosphorus, and magnesium, as well as fiber.

In addition, it has a complex polysaccharide from the African Acacia plant. This dietary fiber can help support normal cholesterol levels, promote satiety, and absorb and eliminate toxins in the digestive system.

Our proprietary Green Tea Extract from premium select green tea leaves is



standardized to 90% polyphenols, 80% catechins, and 40% EGCG. Green Tea extract is one of the most thoroughly researched herbal products and has been shown to have numerous health benefits. Research on green tea extract and its health benefits has shown it can help support healthy cholesterol levels already within a normal range, increase energy expenditure and fat oxidation (for weight management programs), support healthy blood sugar levels already within a normal range, provide liver support for detoxification, and support the immune system*. The green tea extracts protective action appears to be the destruction of free radicals.

Chlorella and spirulina are nutrient-dense natural blue-green algae, providing key nutritional elements including an array of vitamins, minerals, essential fatty acids, amino acids, nucleic acids (RNA and DNA), chlorophyll, and a broad spectrum of phytochemicals such as carotenoids and phycocyanins. Both ingredients are good sources of a digestible vegetarian protein. These green superfoods support optimal immune health, detoxification and nervous system health. The spirulina and chlorella in our Greens blend are Fair-Trade Certified. This independent certification assures that our high quality ingredients satisfy the stringent fair trade social and environmental standards required for Fair for Life Social & Fair Trade certification by IMO.

Research suggests that dietary supplementation with green vegetables which are high in antioxidants (such as spinach, broccoli, and kale) can decrease free radicals and oxidative stress and make important contributions to one's health. Overall, free radicals and oxidative stress have been implicated in the development of at least 50 conditions associated with aging. Oxidative stress increases as we age, but also increases with a poor diet, stress, pollution, and even with intense exercise. Diets high in antioxidants have the potential to protect our cells from this free radical damage.

Consuming a diet high in nutrient and antioxidant-rich fruits and vegetables can promote good health and prevent health challenges. With just a single serving of METABOLIQ Infusions Greens, you will provide your body with the nutritional equivalent antioxidant value of a full serving of broccoli, the potent power of a cup of green tea's catechins, plus two grams of fiber. The chlorella adds another unique advantage because it supports the removal of GI toxins. Infusions Greens contains all natural ingredients and is gluten free with no preservatives or artificial anything.*