

Only **1 in 8**  
Americans has  
good metabolic  
health

*InSea<sup>2</sup>*



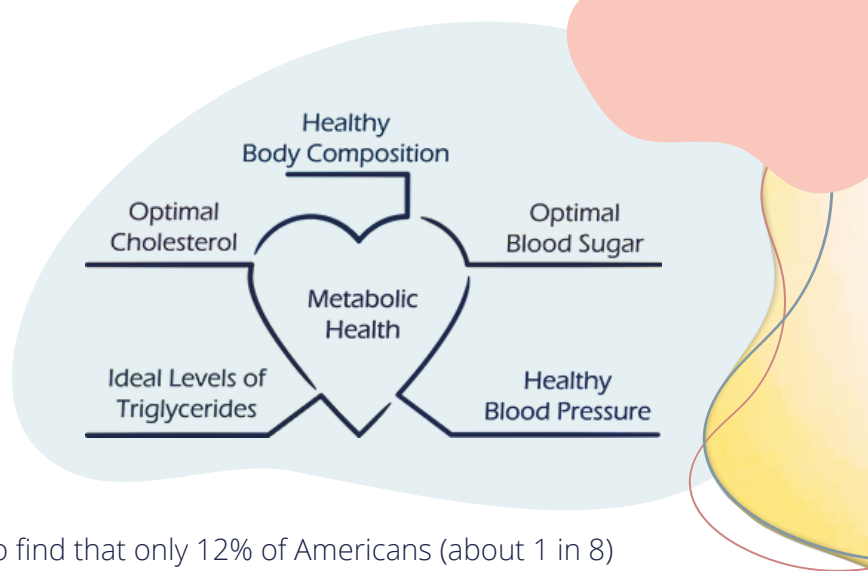
How can you support optimal  
metabolic health?

NEW CLINICAL STUDY!

SHOWS SIGNIFICANT METABOLIC BENEFITS  
OF INSEA2<sup>®</sup> IN A 6-MONTH TRIAL.<sup>†</sup>

<sup>†</sup> This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

For years people have reduced the notion of metabolic health to that of losing weight. We now know it in fact involves the optimal maintenance of five key health components, all under the influence of insulin signaling.



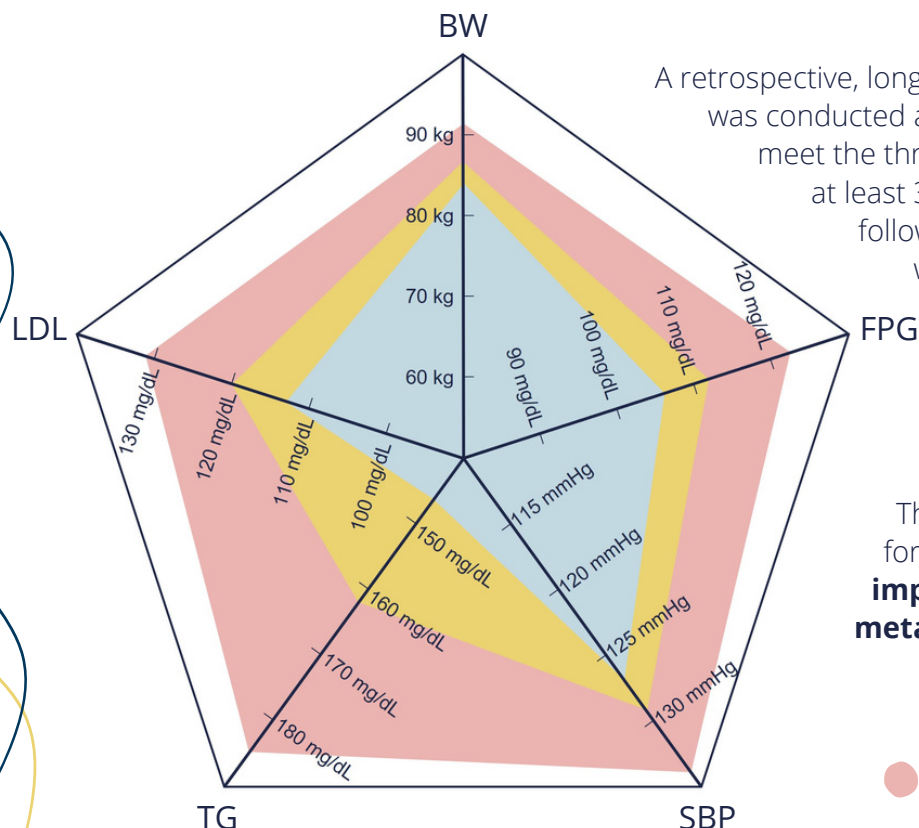
In 2019, Araujo *et al.* used US NHANES data to find that only 12% of Americans (about 1 in 8) were meeting the health threshold on all five components, leaving a whopping **88% in need of support**.

Araújo *et al.* J. Metab Syndr Relat Disord. 2019 Feb;17(1):46-52.

## Keys to metabolic health

**Diet** and **exercise** play a central role in supporting optimal insulin signalling and metabolic health. The Mediterranean Diet coupled with the practice of at least 3h per week of moderate intensity physical activity has been shown to improve all components. Certain dietary supplements may also provide a much-needed support.

### New Clinical Study on InSea2®



A retrospective, longitudinal, observational study was conducted among 505 volunteers failing to meet the threshold for metabolic health on at least 3 components. Physicians followed their health over 6 months while they take a daily supplement containing 250 mg of InSea2® and 7.5 µg of chromium picolinate, before 2 to 3 meals per day.

The study shows that the formulation **significantly improved all components of metabolic health**.<sup>†</sup>

Nicolucci *et al.* J Diabetes Res. 2021 Sep 30;2021:3389316

● Baseline ● D90 ● D180

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