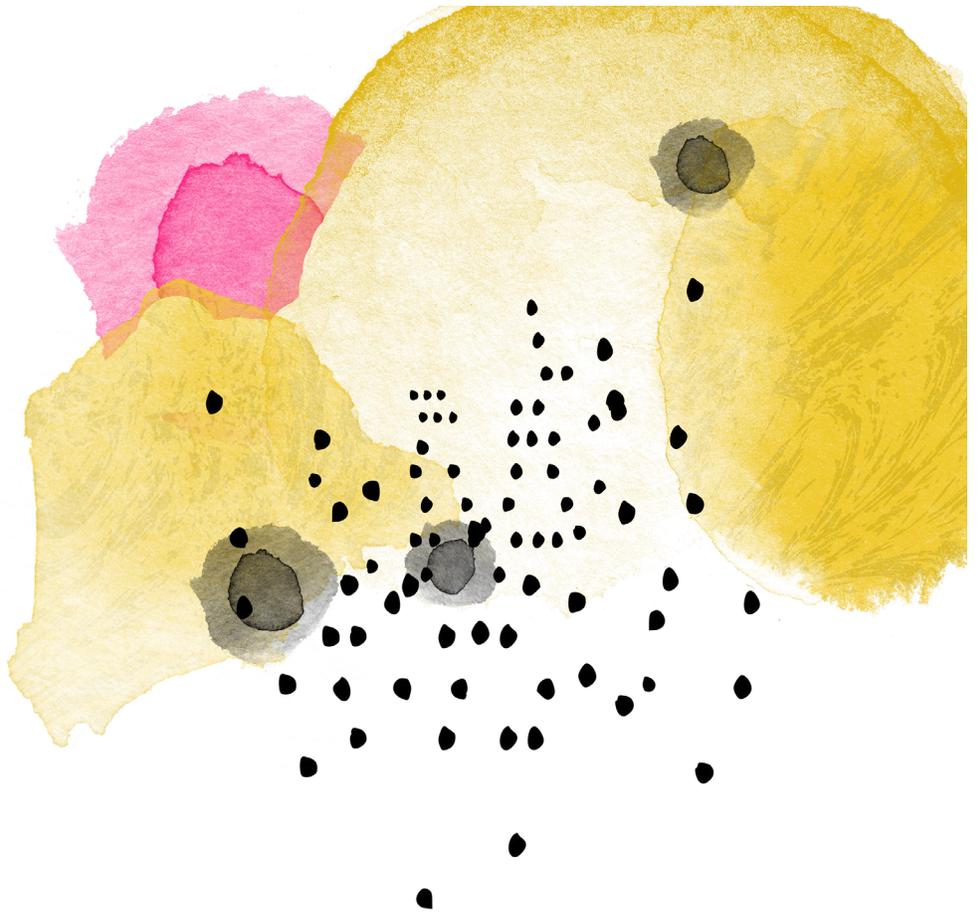


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# MediBolic<sup>®</sup>

Vanilla cinnamon flavored

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Rice and pea protein-based nutritional supplement with added soluble fiber, a complete multi-vitamin/mineral complex, and additional unique botanicals and nutrients for weight and metabolic support.\*

## Key nutritional features



Gluten-free



Provides vegan protein



Includes a complete multiple vitamin-mineral component



Dairy-free



Contains 12 grams of highly digestible fiber



Provides specific botanicals and nutrients that address various aspects of metabolic syndrome\*

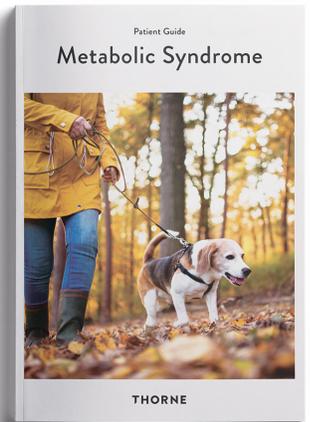
\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Metabolic syndrome

If your health-care practitioner has told you that you have metabolic syndrome, you are not alone. As many as one in three U.S. adults is afflicted with this syndrome. Although it can seriously impact your health, the good news is there are steps you can take to reduce or even reverse its potential negative health consequences. Nutritional supplementation is an important factor in helping to reverse the course of metabolic syndrome.\*

## Wellness guide

Ask your health-care practitioner for a copy of Thorne's patient guide, "Metabolic Syndrome" when you begin your program. The patient guide has educational information about metabolic syndrome, as well as dietary recommendations, nutritional supplement protocols, and lifestyle support tips. You will also find recipes (see suggestions below) for making great-tasting shakes using MediBolic®, as well as healthy meal-planning recipes.



## Nutty vanilla

### Ingredients

- 1 scoop MediBolic
- 1/8 c Cashews blended with 2 oz of water until creamy
- 4 oz Water
- 1/8 tsp Organic vanilla powder or vanilla extract
- 1 Tbsp Chia seeds

For a **strawberry twist**, add 1/4 cup organic strawberries.

## Coconut cashew banana

### Ingredients

- 2 scoops MediBolic
- 8-10 Finely ground cashews
- 12-14 oz Coconut milk
- 1 tbsp Coconut milk yogurt
- 1/2 Banana

## Almond cinnamon roll

### Ingredients

- 2 scoops MediBolic
- 12-14 oz Almond milk
- 1/8 tsp Almond extract

For **extra richness**, one tablespoon of plain, honey, or vanilla yogurt, or one-half of a banana, or several almonds ground to a powder can be added.

## Apple pie

### Ingredients

- 2 scoops MediBolic
- 4 oz Unsweetened organic applesauce
- 1 shot Espresso
- 12-14 oz Water or milk of choice

For an **extra cold shake**, freeze applesauce ahead of time.

## Latte & cinnamon roll

### Ingredients

- 2 scoops MediBolic
- 12-14 oz Organic non-fat milk (or nut milk)
- 1 shot Espresso
- 1/2 Banana (optional)
- 1-2 Ice cubes

## Pumpkin

### Ingredients

- 2 scoops MediBolic
- 12-14 oz Coconut milk (or another type of milk)
- 3-4 tbsp Canned organic pumpkin

For **extra richness**, add 2 tbsp yogurt (plain, vanilla, or honey yogurt, or a non-dairy "yogurt" such as yogurt made from coconut milk).

For **additional spice**, add a dash of pumpkin pie spice.

# THORNE

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