



MediBolic®

MediBolic is the nutritional cornerstone of the Thorne Metabolic Syndrome Program

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.* The cornerstone of the Thorne Metabolic Syndrome Program is **MediBolic**.

MediBolic:

- Provides vegan protein
- Contains 12 grams of highly digestible fiber
- Includes a complete multiple vitamin-mineral component
- Provides specific botanicals and nutrients that address various aspects of metabolic syndrome*
- Is gluten-free and dairy-free



MediBolic can be mixed in water or blended with healthy ingredients for a great-tasting smoothie (see reverse side for recipes).



THORNE RESEARCH

*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.

Ask your health-care practitioner for a copy of the Patient Guide, “**Changing The Course – 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 smoothies using **MediBolic**, as well as healthy meal-planning recipes.



Make a great smoothie with **MediBolic®**

Pumpkin Smoothie

- 1 serving (2 scoops) of MediBolic
- 12-14 ounces of coconut milk (another type of milk can be substituted)
- 3-4 tablespoons of canned organic pumpkin

For extra richness, two tablespoons of yogurt can be added (plain, vanilla, or honey yogurt, or a non-dairy “yogurt” such as yogurt made from coconut milk can be substituted). For additional spice, a dash of pumpkin pie spice can be added.

Apple Pie Smoothie

- 1 serving (2 scoops) of MediBolic
- 1 four-ounce container of unsweetened organic applesauce (which can be frozen ahead of time if you want your smoothie extra cold)
- 12-14 ounces of water or milk of choice (organic cow’s milk, nut milk, coconut milk, etc.)

Coconut Cashew Banana Smoothie

- 1 serving (2 scoops) of MediBolic
- 8-10 finely ground cashews
- 12-14 ounces of coconut milk
- 1 tablespoon of coconut milk yogurt
- One-half of a banana

Latte and a Cinnamon Roll

- 1 serving (2 scoops) of MediBolic
- 12-14 ounces of organic non-fat milk (or nut milk of choice)
- 1 shot of espresso
- One-half of a banana can be added for extra thickness
- 1-2 ice cubes

Almond Cinnamon Roll Smoothie

- 1 serving (2 scoops) of MediBolic
 - 12-14 ounces of almond milk
 - 1/8 of a teaspoon of 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.

