

## Has Your Belly Expanded?

It's a sad fact of life: as you age, you're more likely to put on weight around your midsection. Even those of you who had flat tummies in your 20s and early 30s may find that at around age 35, you've suddenly developed a roll of flab around your abdomen.

## Why? What's Changed?

It may surprise you to learn that with every passing decade, your metabolism slows down by about 3 percent. In other words, in your 50s you will burn about 10 percent less fat than you did in your 20s, even if you eat the same amount of calories. That fact, combined with a decrease in physical activity, helps explain why the typical American gains an average of one pound per year from age 30 on.

But just because it's normal to put on belly fat as you age doesn't mean it's healthy. In fact, belly fat — also called visceral fat — poses a number of health risks.

Ingredient	Daily Dose Used in Human Studies	Daily Dose Used in Metasol® <sup>§</sup>
Oligonol	100–200 mg	100 mg

<sup>§</sup>Serving size: 1 vegucap • Daily dose: 1-2 vegicaps

## Supplement Facts

Serving Size: 2 vegicaps

Servings Per Container: 30

Amount Per Serving	% Daily Value
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Oligonol® proprietary blend Low-molecular-weight polyphenol from lychee fruit extract and green tea leaf extract	200 mg †
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† Daily value not established.

Other ingredients: vegetable cellulose, vegetable magnesium stearate.

This product is suitable for vegetarians and gluten-free.



## Our Commitment to Clinical Efficacy

Every ingredient validated by human studies.  
Every dosage consistent with clinical research.  
No exceptions. No compromises.

**QOL Labs®, LLC**

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# Metasol™

QOL LABS®

Low-Molecular-Weight  
Lychee Polyphenol  
(Oligonol®)

Supports healthy metabolic biomarkers\*

Supports a healthy weight\*

For studies on each ingredient, please visit:

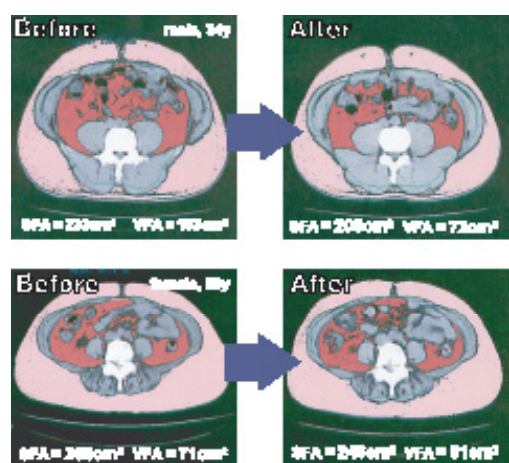
[www.humanclinical.org/Oligonol.html](http://www.humanclinical.org/Oligonol.html)

\* 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.

## Not All Body Fat Is the Same

No one really enjoys carrying around extra weight. But some kinds of fat are more worrisome than others.

Subcutaneous fat, which sits directly underneath the skin, may be unattractive, but it is quite harmless. Visceral fat, however, which gathers around the abdomen and internal organs, is a different story. In fact, visceral fat can negatively affect your health in a variety of ways. That's why health officials recommend keeping levels of this dangerous fat to a minimum.



Images of subcutaneous fat areas (SFA) and visceral fat areas (VFA) examined by computer tomography after 10 weeks of Oligonol® supplementation.

In addition to contributing to a more svelte figure, losing belly fat can also benefit your:

- Heart and blood vessels
- Blood sugar
- Gallbladder
- Blood pressure

## Clinical Study: 15 percent Reduction in Belly Fat

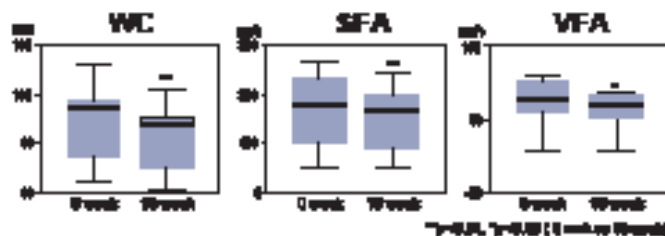
Derived from lychee, an exotic Asian superfruit, Metasol is a 100 percent natural breakthrough weight-loss product that has been clinically demonstrated to reduce belly fat.\*

In a recent randomized, double-blind, placebo-controlled study published in the *Journal of Functional Foods*, adult volunteers with an abdominal circumference exceeding 33.5 inches were divided into two groups. Twice a day, the first group took two 50 mg capsules of Metasol, while the other group took two placebo capsules.

At the end of ten weeks, those in the Metasol group had:

- Reduced their subcutaneous fat volume by 6% and visceral fat volume by 15%\*
- Shrunk their waist circumference by 3 centimeters\*
- Lost a significant amount of weight\*
- Increased their sensitivity to insulin\*
- Boosted their levels of adiponectin, a hormone that regulates fat metabolism\*

The placebo, meanwhile, caused no significant changes, eliminating any chance of a “placebo effect.”



Changes in waist circumference, subcutaneous fat area, and visceral fat area before and after 10 weeks of Oligonol supplementation.

## About Metasol

### What is it?

Made from the Asian superfruit lychee, Metasol is the world's first low-molecular-weight polyphenol. Polyphenols are the superstar antioxidants that have made green tea, chocolate and berries big news. There's just one problem: Most polyphenols are poorly absorbed due to their large size. Metasol, on the other hand, has been specially processed to have a low molecular weight, giving it unmatched bioavailability and efficacy. In 2008, Metasol received the prestigious Nutracon Award as the “Top Science-Backed Product of the Year.”



### How does it work?

Antioxidants are the components of fruits and vegetables thought to be largely responsible for their health-promoting effects. Polyphenols in particular have been suggested to regulate the metabolism of fats, and Metasol is no different.\* In fact, Metasol has been shown to increase the production of adiponectin, a hormone that facilitates fat metabolism — meaning it may activate your natural fat-burning ability.\*

### Is it safe?

Yes! Oligonol is derived from lychee, an Asian superfruit that has been part of the food supply for hundreds of years. The safety of Metasol has been confirmed in genotoxicity assays, as well as multiple animal and human studies — all of which showed no adverse effects from Metasol administration.

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