

SUPPLEMENT GUIDE

METABOLIC HEALTH

Who can benefit from Metabolic Health?

- Individuals who want to optimize fat metabolism and body composition
- Men and women who want to combat abdominal weight gain
- Anyone experiencing a slowing metabolism or having trouble maintaining desired weight with a healthy diet



BERBERINE

Benefits of Berberine:

- Promotes healthy blood sugar metabolism and insulin sensitivity
- Studies have shown that Berberine can be effective in helping maintain a healthy weight
- Supports healthy cholesterol levels



CREATINE

Benefits of Thorne's Creatine Monohydrate Powder:

- Lean Body Mass: Enhances strength and promotes lean body mass
- Cognition: Supports cognitive function and a healthy body composition
- Cellular Energy Production: Creatine helps the cells of the body more efficiently create energy, thus benefiting exercise capacity



PREBIOTIC+

Prebiotic + is a unique blend of gut health ingredients that supports your digestive health and immune function. Unlike traditional fiber-based prebiotic formulas, which can cause gas and bloating and take days to begin working, Prebiotic + goes to work in hours and does not cause excess gas or bloating.



[**SHOP NOW**](#)

SUPPLEMENT GUIDE

COLLAGEN FIT

Benefits of Collagen Peptides:

- Nutrient support for joints, muscles, bones, and skin
- Promotes the growth of lean muscle mass
- Supports muscle repair and recovery
- Strengthens connective tissue
- Enhances skin, hair, and nail health



WHEY PROTEIN

Protein is essential for muscle repair and maintenance. Supplementing the diet with a high-quality whey protein can make reaching your macro goals easier.

Benefits of Whey Protein:

- Helps maintain healthy muscle mass
- Supports muscle repair after injury or training
- Benefits a healthy weight



RELORA PLUS

Individuals who are occasionally anxious, and who eat when stressed, can have trouble maintaining an optimal weight. Studies have demonstrated that the active plant constituents in Relora® can achieve a healthy cortisol level (cortisol is a marker of adrenal stress), support a healthy DHEA level, minimize stress-related eating, and support weight management efforts.



VITAMIN D 5000

Benefits of Thorne's Vitamin D-5000:

- Supports healthy teeth and bones
- Promotes lean muscle mass and helps maintain muscle strength
- Enhances the absorption and retention of calcium
- Supports healthy brain function
- Promotes cardiovascular health and immune function



[**SHOP NOW**](#)