Citrulline, and other ingredients. pathway through its propriety blend of Alpha Lipoic Acid, Luecine, Citrulline, and other ingredients.

kinase) is a protein based enzyme that regulates cellular energy, known as “AMPK” (adenosine-monophosphate-activated protein kinase) to better stimulate your metabolic “master switch” that responds effectively penetrate every part of the cell. This ability allows ALA to more energy production, stimulates muscle protein synthesis, supplements essential vitamins lost while dieting, and removes harmful toxins and waste products released from fat during the weight loss process.

The process of weight loss can cause muscle loss and feelings of fatigue, which makes losing weight even harder. To counter these effects, Switch contains both Leucine and Citrulline to keep your body operating at its most efficient level.

Leucine is a powerful branched chain amino acid (BCAA) that helps stimulate skeletal muscle protein synthesis. Essentially, when your body is Leucine deficient it is signaled that there is insufficient protein available for protein synthesis, which shuts down the muscle building activity our bodies need to support healthy weight loss. And because muscle burns three times as many calories as fat per pound, the more muscle you have, the more calories you burn. Switch also has the powerful amino acid Citrulline to help keep your energy levels up and to counteract the negative effects of exercise. Citrulline works by assisting ATP production in the body and helping to increase post exercise Creatine levels in the muscle, which gives you more sustained energy and endurance. By helping to eliminate metabolic pollutants like Lactic Acid and Ammonia, Citrulline also ensures you’ll recover more quickly and stay on track with your exercise goals.

To maximize its effectiveness, Switch™ is designed to work synergistically with Max’s Curb™ Slimming Bar. The ideal mix of soluble and insoluble fiber in the Curb Slimming Bar gives a better feeling of “fullness” while keeping the digestive system regular. This helps provide much of your recommended daily fiber intake, giving you more sustained energy and endurance.

A System Like No Other
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2 Gran, P. and Cameron-Smith, D. The actions of exogenous leucine on mTOR signaling and amino acid transporters in human myotubes in BMC Physiology. http://www.biomedcentral.com/1472-6793/11/10
a source of healthy carbohydrates to keep the heart, liver, and digestive system clean, healthy and working optimally.

Both of these products make up our Meta-Switch Weight Loss System, created to be easy and flexible enough to work with any other weight loss system. Empowering your mind and body in this way allow you to make the necessary switches in your life to healthier eating habits and a more active lifestyle to maximize your weight loss.

Unique Attributes
Switch™ is one of the only metabolic boosters that increases metabolism without increasing heart rate or blood pressure.
Switch does not increase the amount of AMPK in the brain, naturally reducing hunger pangs and food cravings.
Switch allows for continued protein synthesis and ATP production during weight loss, giving you energy and endurance while reducing exhaustion and fatigue.
Switch’s proprietary blend includes the patented ingredient RiboCeine®, which supports glutathione’s vital role in removing toxins, reducing cellular inflammation, and neutralizing free radical damage.

Working synergistically with the Curb Slimming Bar, the Meta-Switch Weight Loss system burns food and fat at an optimal rate while effectively removing food and fuel waste from the body.

Product Benefits
Promotes a more fully-functioning and healthier metabolic system.
Reduces feelings of hunger and food cravings.
Helps reduce pro-inflammatory compounds in the body.
Helps remove toxins and waste created by fat and fuel burning.

Supporting Ingredients
Switch’s main ingredients compromise a proprietary blend designed to:

1) raise the body’s metabolic activity
2) lower the amount of AMPK in the brain to encourage feelings of fullness and satiation
3) promote the creation of food into fuel
4) maintain muscle and protein levels lost while dieting and
5) increase glutathione levels to reduce cellular inflammation, remove toxins, and support the body’s immune system.

The proprietary blend is supported by the inclusion of several additional supplements. These vitamins and minerals (Vitamin D2, Thiamine, ... and Potassium) are found in lower levels in obese individuals. By normalizing the levels of these essential vitamins, individuals on diets are able to stay healthy during the weight loss process and avoid deficiencies that can lead to health problems like bone loss, kidney stones, and anemia.

Directions for Use
Take two capsules three times daily, 30 minutes before each meal with 12 oz. of water.

Guarantee / Warning
This product has been manufactured in the USA in strict conformance with industry standards. Purity and potency guaranteed. Store in a cool, dry place not to exceed 30° C (86° F).
Warning: Keep out of the reach of children. This product is for adult use only. It is not intended for use by young children, pregnant women, or nursing mothers.

Nutrition Facts

<table>
<thead>
<tr>
<th>Supplement Facts</th>
<th>Amount Per Serving</th>
<th>Daily Value %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin D2 (as Ergocalciferol)</td>
<td>333.34 IU</td>
<td>83.3%</td>
</tr>
<tr>
<td>Thiamine</td>
<td>1 mg</td>
<td>66.7%</td>
</tr>
<tr>
<td>Vitamin B6 (as Pyridoxine)</td>
<td>5 mg</td>
<td>250%</td>
</tr>
<tr>
<td>Vitamin B12 (as Methylcobalamin)</td>
<td>25 mcg</td>
<td>416%</td>
</tr>
<tr>
<td>Potassium (as Potassium Citrate)</td>
<td>7.2 mg</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>Proprietary Blend:</td>
<td>661 mg</td>
<td>*</td>
</tr>
<tr>
<td>Alpha Lipoic Acid, Ginseng (as Ginseng Root American Panax), Citrulline (as Citrulline Malate), Leucine, RiboCeine® (D-Ribose-L-Cysteine), Pantotheine.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* % Daily values not established.

Other Ingredients
Gelatin Capsules, Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide
FAQs

How many capsules am I supposed to take in a day?
A – We recommend you take a total of 6 Switch™ capsules a day. Two about 30 minutes before each meal, three meals a day.

Can I snack? Should I take the capsules before I snack?
A – Snacks are definitely allowed in the Meta-Switch System, but we recommend that you control the amount of snacks you have during a day. The Meta-Switch program requires that you substitute a Curb™ Slimming bar for at least one of your snacks in a day. You do not need to take the Switch capsules prior to a snack, unless that snack is replacing one of your regular meals for that day.

What if I skip a meal?
A – We do not recommend skipping meals, but if you do happen to miss one meal take 2 Switch capsules around the time that you normally would and then after 30 minutes follow with a snack. We do not recommend taking the capsules without following up with some food.

After taking the capsules, what if I don’t wait the full 30 minutes before eating?
A – The capsules are at their most effective when they are absorbed into the bloodstream, which takes approximately 30 minutes. You will still get the benefits of the Switch capsules if you eat right after you take them, but not at the optimal level.

What if I forget to take my pills, or go off the program for a few days?
A – The Meta-Switch program is all about giving you a steady, sustainable diet. It’s important to get your metabolism in a good rhythm of burning fuel and resting. If you miss a few doses, don’t compensate by taking extra pills at different parts of the day, just keep following your regular routine.

I don’t have any water nearby, can I dry-swallow the capsules?
A – You should always take Switch capsules with water, at least at the recommended amount of 12 oz. Water helps the capsules be digested and absorbed into the blood stream, aids in food digestion, and removes waste. Drinking water in a consistent manner is essential to staying healthy and reducing weight.

Does the Meta-Switch™ Weight Loss System work with other weight loss programs?
A – Yes, Meta-Switch™ is designed to be flexible enough to work with as many weight loss programs as possible.

Can I take other Max products while using the Meta-