



### Your Metabolic Type has been determined as **Fast Oxidation Dominant**

Fast Oxidizers need to reduce their rate of cellular oxidation to achieve better metabolic balance and improved health. Your Eating Plan emphasizes foods that our research has shown to decrease oxidative rate. It also takes into account foods that may cause, exacerbate, and improve your main health challenge (if you indicated you have one). Follow your Eating Plan carefully to achieve optimum results.

Fast Oxidizers in general need a higher protein and fat, and lower carbohydrate intake (e.g., 30% carb, 40% protein, 30% fat). They are more capable of being meat eaters than other Metabolic Types. They do poorly on vegetarian and high carbohydrate diets, exhibiting weight gain, mood swings, fatigue, increased appetite and sweet cravings. *It is vital that your protein, fat, and carbohydrate ratios be "fine-tuned" to your unique requirements at each meal.* (See your "[Eating Right](#)" report.) By following this report carefully, you can achieve a high protein and fat diet that is right for your Metabolic Type *without having to count calories or weigh food portions.*

The supplements listed below have been carefully formulated specifically for the Fast Oxidation Dominant to decrease the Oxidation Rate\*. Creation of these proprietary and unique formulations carefully considered not only specific nutrients, but equally important, determined specific proportions *and* matched specific nutrient carriers to the intended metabolic effect on both the target system and the body pH. The combination of these factors makes these formulations *unique* and incredibly *effective* for their purpose\*. Their designs are based on over 25 years of Metabolic Typing research and clinical experience involving tens of thousands of patients and thousands of practitioners. Like the foods on your Eating Plan, they help balance your metabolism for maximum energy production and utilization. Combining the power of the right diet *and* the correct supplements for your Metabolic Type, can dramatically improve the rate of changes that may occur as well as the desired result. Be sure to read the full story at [www.metabolictypingonline.com/Supplement.aspx](http://www.metabolictypingonline.com/Supplement.aspx). You owe it to yourself!

If you are taking other supplements at this time, please consider this: Using supplements that are not specific to your unique Metabolic Type may defeat the entire point of determining your type – *to find what really works for you.* Eating the right diet but taking the wrong supplements can completely undermine the beneficial results of your program. We strongly recommend incorporating these supplements into your daily routine. Please remember that it is a good idea to complete another Metabolic Typing Online Questionnaire in 3 to 6 months. During the process of metabolic rebalancing and rebuilding, it is quite common that your current "functional" Metabolic Type can shift and change more than once before stabilizing into your "genetic" type, the Metabolic Type you were born with. Until that time, periodic reevaluations are necessary to adjust your diet and supplement program, if and when necessary, to address any changes in your specific Metabolic Type requirements.

Supplement Name	Breakfast	Lunch	Dinner
The following 4 supplements are essential for your specific Metabolic Type:			
<b>MT Balance</b>	1 capsule	1 capsule	1 capsule
<b>Oxi-2 MT</b>	1 capsule	1 capsule	1 capsule
<b>Enzaid 2</b>	1 to 3 capsules (1 for small meal, 3 for large)	1 to 3 capsules (1 for small meal, 3 for large)	1 to 3 capsules (1 for small meal, 3 for large)
<b>Either: EFA MT</b> (vegetarian oils)	1 capsule	1 capsule	1 capsule
<b>Or: Omega MT</b> (pure fish oil)			
The following supplement is optional, but strongly recommended for your particular health profile:			
<b>HLC High Potency</b>	1 capsule	(None)	(None)

## Order your **Metabolic Typing Supplements** today!

USA: 1-800-323-3842 or [www.UltraLifeInc.com/Metabolic.asp](http://www.UltraLifeInc.com/Metabolic.asp)

Europe: [www.mt-order.com](http://www.mt-order.com)

\* These statements have not been evaluated by the FDA. Our products are not claimed to treat, cure or prevent any specific disease.