



Pro L-Glutamine Formula

- Glutamine plays a critical role in digestive health and immune function; maintains cell function and regeneration.
- Helps build and maintain muscle mass



Pro Magnesium Formula

- Magnesium promotes the maintenance of a healthy heart, blood pressure and cellular energy
- Highly digestible and bioavailable Magnesium Citratet



Adrenal Calm

- An effective blend of amino acids and nutrients that provide support for a calmer brain.
- Contains GABA, a powerful neurotransmitter that calms nerves and regulates sleep cycles.



Adrenal Energy

- Stimulates the brain by encouraging the production of neurotransmitters.
- Improves concentration, movement, emotional response, attention and focus



CoQ10 with Lipoic Acid

- Bio identical CoQ10 that is manufactured in the US and is exceptionally pure
- Contains the universal antioxidant, Lipoic Acid, which can neutralize free radicals anywhere in the body



B-Complex with Metafolin

- B vitamins are necessary for energy production and the function of your blood, hormones and nervous system
- Metafolin is a patented form of folate that is rapidly absorbed by the body



Pro L-Carnitine Formula

- Carnitine is necessary for fatty acid metabolism and energy production in cardiac and skeletal muscle
- Provides powerful support for achieving and maintaining cognitive health and memory



Sleep & Mood Formula

- Supports the healthy production of neurotransmitters that regulate appetite, mood and melatonin production
- Contains the most biologically available precursors, ensuring improved sleep and mood



Pro Omega 3 Intensive Formula

- Highly concentrated Omega 3's help maintain normal blood pressure, triglycerides and normal brain and vision function
- Contains 90-95% pure Omega 3's per capsule; free of chemical solvents and fillers



GET STARTED

Erb Family Wellness

972-556-9595

www.ErbFamilyWellness.com



MaximizedLiving™

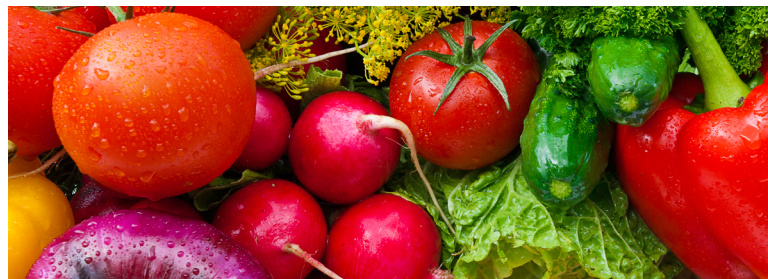


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Patient Process

So what does your experience with Maximized Metabolix look like? Although all of our testing and supplementation is customized to ensure the best results for each patient, you can view a blueprint of the process below and learn how to **get started now**.

- 1 Connect with a Maximized Living Doctor
- 2 Attend an informational session to learn about Customized Metabolic Assessment
- 3 Complete a Lifestyle Risk Questionnaire to determine your areas of risk
- 4 Review areas of risk with ML Doctor and receive and Initial Nutrition Assessment
- 5 Pick up testing kit from ML Doctor
- 6 Complete testing kit at home and return to lab via FedEx
- 7 Lab Results are available 2 weeks after lab kits are returned
- 8 Schedule a visit with your ML doctor to review your personalized results and determine what supplementation and nutritional plan is right for you
- 9 Complete Therapeutic Plan for 3-6 months
- 10 Re-test and continue therapeutic supplements or switch to a maintenance plan

Nutrition is essential

Why was the program created?

Maximized Metabolix Program (MM) focuses on Maximized Living's Essential #3: **Maximized Quality Nutrition**. The program aims to help patients become the healthiest they've ever been. The Maximized Metabolix Program will help you lose weight, reboot your hormones, reverse inflammation, maximize performance and defy aging.

Purpose:

The foundation of MM is to recognize the root cause of illness through the identification and correction of nutritional deficiencies.

MM uses a Customized Metabolic Assessment (CMA) to identify 8 key areas where you might benefit from supplementation. The CMA will help your doctor create a customized nutrition and supplementation plan that will correct your deficiencies.

This approach allows us to discover nutritional deficiencies before they have the opportunity to develop into chronic and life threatening illnesses. The customized support that MM provides not only stops disease from developing, but can reverse the course of illness.

This method is a cost effective approach to wellness because it eliminates the use of unnecessary supplements by focusing your treatment on what you really need.

The result: Less illness and optimal wellness over the course of your lifetime

Key components



Maximized Metabolix Book

This book by Dr. Ben Lerner explains the science behind the Maximized Metabolix program and presents practical applications that you can begin to implement immediately.



Customized Metabolic Assessment (CMA)

This test identifies key nutritional deficiencies and lays the foundation for a plan to address them.



Maximized Metabolix Supplementation

World class supplementation developed by Maximized Living and Genova addresses specific nutritional deficiencies based on the findings of your CMA.



Follow-up Lab Work

Once desired outcomes have been achieved, follow-up lab work will facilitate maintenance protocols to make sure you continue to build health through nutrition.



Certified Doctors

Doctors who perform MM testing undergo rigorous training and certification to be able to deliver the program to their patients. You can trust in their expertise and resources.

