

META-SWITCH™
   
 WEIGHT MANAGEMENT SYSTEM

# SWITCH™

## SUPPLEMENT CAPSULE



### Purpose

Switch™ is a stimulant-free supplement designed to support the metabolizing of carbohydrates, proteins, and fats. Switch promotes healthy weight management by activating the AMPK pathway and providing supporting ingredients through its propriety blend of Alpha Lipoic Acid, Leucine, Citrulline, and other synergistic ingredients.

Paired with Curb™ to create the Max Meta-Switch™ Weight Management System, this assists your diet and exercise and keeps your body running healthy and clean.

### General Description

Switch's core ingredient, Alpha Lipoic Acid (ALA), is a powerful antioxidant that helps promote a healthy metabolism. Unlike most antioxidants, ALA is both fat and water soluble. This enables it to effectively penetrate every part of the cell. This ability allows ALA to better stimulate the metabolic "master switch" that responds to how much energy is available to the cells. This master switch, known as "AMPK" (adenosine-monophosphate-activated protein kinase), is a protein based enzyme that regulates cellular energy, metabolism, and even glutathione levels.

Acting as a fuel sensor for every cell in the body, AMPK turns on energy producing pathways to support metabolism. It can also reduce fat accumulation in the blood and other parts of the body and can improve insulin sensitivity.

Max International's Switch is designed to interact with AMPK to assist the metabolic system burn more fuel.

### Supporting Energy, Exercise, and Recovery

Switch capsules are designed with a proprietary blend of ingredients that are meant to support the process of weight management. This blend supports the break down of carbohydrates for more energy production, supports muscle protein synthesis, supplements essential vitamins lost while dieting, and supports the removal of harmful toxins and waste products released from fat during the weight management process.\*

The process of weight loss can cause muscle loss and feelings of fatigue which make effective weight management even harder. To counter these effects, Switch contains both Leucine and Citrulline to keep cells operating at their most efficient level.

Leucine is a powerful branched chain amino acid (BCAA) that helps stimulate skeletal muscle protein synthesis.<sup>1</sup> Essentially, Leucine deficiency signals that there is insufficient protein available for protein synthesis which shuts down the muscle building activity needed to support healthy weight loss.<sup>2</sup> Since muscle burns three times as many calories as fat per pound, more muscle mass equals more calories burned.

Switch also has the powerful amino acid Citrulline to help keep energy levels up and to counteract the negative effects of exercise. Citrulline works by assisting ATP production and helping to increase post exercise Creatine levels in the muscles which gives more sustained energy and endurance.<sup>3</sup> By helping to eliminate metabolic pollutants like Lactic Acid and Ammonia, Citrulline also supports recovery from exercise and exertion.

### A System Like No Other

To maximize its effectiveness, Switch is designed to work synergistically with Max's Curb Fiber Bar. The ideal mix of soluble and insoluble fiber in Curb gives a better feeling of "fullness" while keeping the digestive system regular. This helps provide recommended daily fiber intake, giving 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 Management System, created to be easy and flexible enough to work with any other weight management system, supporting the necessary switches towards healthier eating habits and a more active life style.

### Product Benefits

- Switch is one of the only supplement capsules meant to support metabolism without increasing heart rate or blood pressure.\*
- Switch supports the continued protein synthesis and ATP production during weight loss, supporting the creation of energy while reducing exhaustion and fatigue.\*
- Switch's proprietary blend includes the patented ingredient RiboCeine™ to support the production of glutathione.\*
- Working synergistically with Curb, the Meta-Switch system supports the burning of food and fat at an optimal rate while effectively removing food and fuel waste.\*

### Supporting Ingredients

Switch's main ingredients comprise a proprietary blend designed to:

- Supports the transformation of food into fuel\*
- Support the maintenance of muscle and protein levels that can be lost while dieting\*
- Support the level of glutathione to better 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 overweight 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.

<sup>1</sup> Norton, L.E. and Layman, D.K. Leucine Regulates Translation Initiation of Protein Synthesis in Skeletal Muscle after Exercise in The Journal of Nutrition. <http://jn.nutrition.org/content/136/2/533S.full>

<sup>2</sup> 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>

<sup>3</sup> Perez-Guisado, J. and Jakeman PM. Citrulline malate enhances athletic anaerobic performance and relieves muscle soreness PubMed. <http://www.ncbi.nlm.nih.gov/pubmed/20386132>

\* 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.



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### Suggested Use

Take two capsules three times daily, 30 minutes before each meal with 12 ounces (350 mL) of water.  
Store in a cool, dry place not to exceed 30° C (86° F).

### Guarantee

This product has been manufactured in the USA in strict conformance with industry standards. Purity guaranteed.

### Caution

Keep out of the reach of children. This product is for adult use only. It is not intended for use by children, pregnant women, or nursing mothers.

### Supplement Facts

Serving Size: 2 Capsules  
Servings per container: 90

	Amount Per Serving	% DV
<b>Vitamin D2</b> (as Ergocalciferol)	<b>333.34 IU</b>	<b>83.3%</b>
<b>Thiamine</b>	<b>1 mg</b>	<b>66.7%</b>
<b>Vitamin B6</b> (as Pyridoxine )	<b>5 mg</b>	<b>250%</b>
<b>Vitamin B12</b> (as Methylcobalamin )	<b>16 mcg</b>	<b>266%</b>
<b>Potassium</b> (as Potassium Citrate )	<b>7.2 mg</b>	<b>&lt;1%</b>
<b>Proprietary Blend:</b>	<b>661 mg</b>	†
Alpha Lipoic Acid, Ginseng (as Ginseng Root American Panax), Citrulline (as Citrulline Malate), Leucine, RiboCeine™ (D-Ribose-L-Cysteine), Pantethine.		

† Daily Values Not Established.

Other Ingredients: Vegetable Capsules, Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide.

RiboCeine™ US Patent 8,501,700

Gluten Free • Melamine Free

### FAQs

#### How many capsules am I supposed to take in a day?

We recommend you take a total of 6 Switch™ capsules a day. Take two capsules about 30 minutes before each meal, three meals a day.

#### Can I snack? Should I take the capsules before I snack?

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 suggests that you substitute a Curb 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.

#### Can I take more than two capsules with my meals?

We recommend that you take only two pills before each meal as the daily adult dosage.

#### What if I skip a meal?

We do not recommend skipping meals, but if you do miss a meal take 2 Switch capsules as you normally would and eat something at least 30 minutes later. We recommend always eating something after taking the Switch capsules.

#### After taking the capsules, what if I don't wait the full 30 minutes before eating?

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?

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?

You should always take Switch capsules with water at least at the recommended amount of 12 ounces. 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 Management System work with weight loss programs?

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-Switch program?

We recommend that you take Max's other products while using the Meta-Switch Management Weight Program. Our products are designed to work synergistically in promoting a healthier body.



#### Banned Substance Control Group Certified

Switch has received the highly coveted Banned Substance Control Group certification proving that Switch contains no trace of harmful anabolic agents or stimulants. Under the direction of anti-doping expert Don Catlin, M.D., professionals with years of experience use cutting-edge technology and vigorous testing methodology to test every submitted product. BSCG certification affirms this product is safe for elite and professional athletes everywhere.

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