Illness is not a normal part of aging

The prolonged course of illness and disability from chronic diseases results in extended pain and suffering and decreased quality of life. And most chronic diseases are caused by unhealthy lifestyle habits:

• 91% of type 2 diabetes is caused by unhealthy habits and forms of behavior.¹
• 84% of annual healthcare spending is for 50% of the population with 1 or more chronic conditions.²
• 1 of 4 adults has 2 or more chronic health conditions.²
• 7 of the top 10 mortality causes in 2010 were chronic diseases.²

What does “better health” mean to you?

Everybody wants high energy, mental clarity, full function, and absence of disease well into old age. It’s yours for the taking!

What do you want?

- More strength
- Greater sex drive
- More energy
- Clearer thinking
- More “good” days
- Less stress
- Better mood
- Less pain
- Better sleep quality
- Better mobility
- Greater control over health
- More independence

FirstLine Therapy programs are available only through select healthcare practitioners.

Ask you healthcare practitioner if FirstLine Therapy is right for you.

Reversing and delaying chronic illness

Extensive scientific research demonstrates that many of the chronic diseases associated with aging can be prevented or even treated by adopting a healthy lifestyle:

- Heart disease
- Stroke
- Diabetes
- Obesity
- High cholesterol
- Metabolic syndrome
- Osteoporosis
- High blood pressure

Healthy living begins with FirstLine Therapy.

FirstLine Therapy is a specialized therapeutic lifestyle program unlike any other. It targets the underlying causes of chronic illness by incorporating a sensible eating plan, exercise, nutritional supplementation, and stress management.

FirstLine Therapy helps you:
- Take simple steps every day that will enhance health and help prevent disease
- Adopt habits of living that may delay the onset of illness in old age and possibly reverse disease progression and risk factors

Your personal FirstLine Therapy program includes:
- Initial exam and follow-up testing
- Practitioner consultations
- Program guidebook
- Solutions for staying active
- Simple eating guidelines with recipes
- Progress tracking
- Lifestyle counseling
- Nutritional product recommendations

Ask your healthcare provider how a FirstLine Therapy program may benefit you.

The FirstLine Therapy Difference

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<thead>
<tr>
<th>The FirstLine Therapy Difference</th>
<th>The following key characteristics are unique to the FirstLine Therapy program:</th>
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<tr>
<td>FirstLine Therapy is not just a weight loss program.</td>
<td>It’s a personalized lifestyle medicine program designed to help you achieve optimal health.</td>
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<tr>
<td>The FirstLine Therapy eating plan is different.</td>
<td>Most programs are focused on lowfat diets. But FirstLine Therapy emphasizes the importance of a low-glycemic eating plan.</td>
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<td>FirstLine Therapy incorporates medical foods and nutritional supplements.</td>
<td>The appropriate use of medical foods and supplements may enhance program effectiveness and may help shorten the time it takes for you to achieve your goals.</td>
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<td>FirstLine Therapy has been demonstrated to be effective in multiple clinical studies.</td>
<td>Most programs lack clinical evidence of effectiveness. Clinical studies conducted and overseen by the Metagenics Functional Medicine Research Center®—including a multicenter trial at 3 respected universities—have demonstrated impressive results for metabolic syndrome patients who combined a targeted medical food with the FirstLine Therapy eating plan.1,2</td>
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