



Metabolic Balance is a customizable meal planning program which was developed by a doctor in Germany in 2002. The program is available in more than 35 countries, Canada included.

The purpose of the Metabolic Balance program is to lose weight.

There **are no artificial** drinks, pills, or injections – **only everyday foods from the grocery store**, selected and combined in particular proportions.

Each meal plan is created specifically for the individual, by using personal information, body measurements and results of blood work to determinate the most appropriate foods for the person.

Identifying which foods are most appropriate for each individual is a key component of the customized meal plan.

Each individual is responsible for paying for their own blood test, and the sole purpose of the blood work is to identify whether there are certain foods that would be incompatible with the person's blood results.

The results of the blood work are **not** used to identify, diagnose, nor treat any mental, physical or medical symptom, disease, disorder or condition. Blood work is taken solely for the purpose of creating a customized meal plan.

Metabolic Balance is not a medically supervised program and it has not been evaluated by the Canadian Food Inspection Agency.