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› Triquetra Health GLP-Activate Supplement Instruction Manual

Triquetra Health GLP-Act

Triquetra Health GLP-Activate Supplement Instruction Manual

Model: GLP-Act

1. PRODUCT OVERVIEW

GLP-Activate is a dietary supplement formulated to support metabolic wellness by assisting normal GLP-1 pathways in the body. It aims to help manage hunger, cravings, and overall metabolism.

Holistic GLP-1 Support for Natural Metabolic Function*

- ▶ **Formulated** to Help Maintain a Healthy Appetite and Metabolic Function*
- ▶ **Natural Support** for Daily Use*
- ▶ **A Natural Approach** for Everyday Wellness*

As seen on

Women's Health

*"A **Targeted Supplement** Supporting Natural GLP-1 Pathways for Healthy Appetite and Metabolism."*

*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.

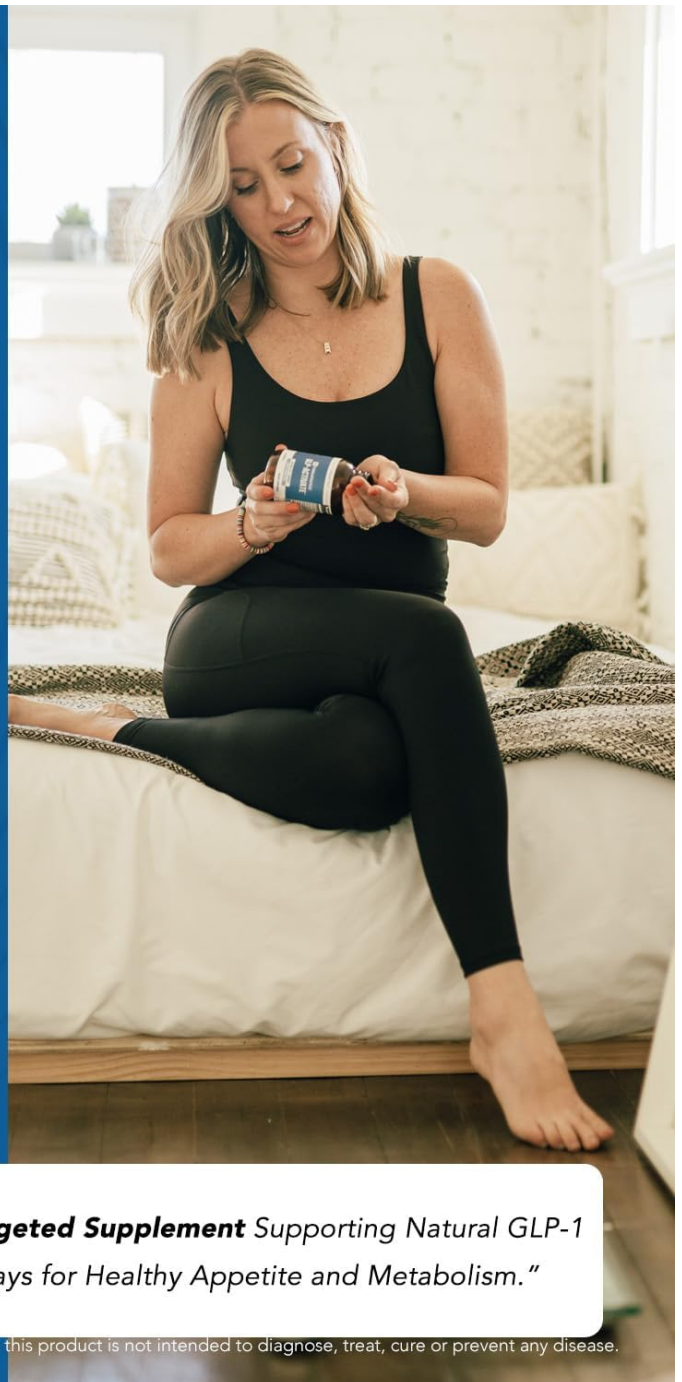


Image: The GLP-Activate product bottle, showing the label and packaging details.

2. USAGE INSTRUCTIONS

2.1. Recommended Dosage

Take **1 capsule, 3 times per day**. It is recommended to take the capsules approximately **30-60 minutes before meals**. This regimen is designed to provide a consistent supply of the supplement's active ingredients throughout the day.

2.2. What to Expect

- **1 Month:** You may begin to notice subtle shifts in appetite and overall well-being. Many users experience noticeable changes to their appetite and improved metabolic health.
- **6-8 Weeks:** Individuals often report making more mindful food choices and an increase in daily energy levels. Eating patterns may naturally adjust, leading to more intentional food choices.
- **3-6 Months:** Continued use may support healthy weight management and metabolic function as part of a balanced

lifestyle. Users may feel more confident in their routine and overall wellness.

How to Take **GLP-Activate**



Take 1 capsule,
3 times per day
about 30 minutes
before meals,
or as directed by your
healthcare provider.

What to **Expect**

1

Month

You may begin noticing subtle shifts in appetite and overall well-being.*

Many experience noticeable changes to their appetite, and begin experiencing improved metabolic health.

6-8

Weeks

Many individuals find they're making more mindful food choices and feeling an increase in day-to-day energy.*

Eating patterns may begin naturally changing, more intentional food choices and visible improvements can be seen and felt.

3-6

Months

Continued use of GLP-Activate may help support healthy weight management and metabolic function as part of a balanced lifestyle.*

You may feel more confident in your routine and overall wellness.

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Image: Visual guide on how to take GLP-Activate, including dosage instructions and a timeline of expected effects over 1 month, 6-8 weeks, and 3-6 months.

3. **INGREDIENTS**

GLP-Activate is formulated with a blend of clinically researched nutrients and botanical extracts. The primary active ingredients per serving include:

Ingredient	Amount Per Serving
Berberine HCl (From Berberis Aristata Root Extract)	195 mg
Green Tea Extract (From Camellia Sinensis Leaf, standardized to 50% EGCG)	165 mg (82.5 mg EGCG)
Organic Ceylon Cinnamon (From Cinnamomum Verum Bark)	90 mg

Ingredient	Amount Per Serving
Aloe Vera (Aloe Barbadensis Inner Leaf Gel)	42 mg
Curcumin C3 Complex (From Turmeric Extract (Curcuma Longa Rhizomes), standardized to 95% curcuminoids)	42 mg
Taurine	40 mg
AXIVITE® Phenylcapsaicin (Contains Natural Capsaicin Analog)	19 mg (0.19 mg Phenylcapsaicin)
Boron (As Boron Glycinate)	3 mg

Other Ingredients: Hypromellose (Vegetable Capsule), Rice Fiber, Diatomaceous Earth.

SUGGESTED USE

Take 1 capsule, up to 3 times daily, taken about 30 minutes before meal.

OTHER INGREDIENTS

Hypromellose, rice fiber and diatomaceous earth.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 90

	Amount Per Serving	%DV
Berberine hydrochloride root extract (<i>berberis aristata</i>) (40:1 extract)	195 mg	†
Green tea leaf extract (<i>camellia sinensis</i>) (standardized to 50% EGCG)	165 mg	†
Providing epigallocatechin gallate (EGCG)	82.5 mg	†
Ceylon cinnamon bark extract (<i>cinnamomum verum</i>)	90 mg	†
Aloe vera inner leaf gel (<i>aloe barbadensis</i>) (200:1 extract)	42 mg	†
Turmeric extract (<i>curcuma longa rhizomes</i>) (standardized to 95% curcuminoids) [as Curcumin C3 Complex®]	42 mg	†
Taurine	40 mg	†
aXivite® (standardized to 1% phenylcapsaicin)	19 mg	†
Providing phenylcapsaicin	0.19 mg	†
Boron (as boron glycinate)	3 mg	†

† Daily Value Not Established.

QUALITY STANDARDS



OUR PROCESS



4. PRODUCT BENEFITS AND MECHANISM

GLP-Activate is designed to support the body's natural metabolic processes, particularly those involving GLP-1 (Glucagon-Like Peptide-1).

4.1. Role of GLP-1

GLP-1 is a hormone produced in the intestine that plays a key role in regulating hunger, cravings, and metabolism. It contributes to feelings of fullness and supports balanced appetite.

- Supports a healthy appetite.
- Encourages sensible eating habits.
- Promotes healthy metabolic function.

The Role of **GLP-1** In Supporting Natural Metabolism & Appetite

GLP-1 is one of several hormones that naturally support normal metabolism and appetite. Some individuals may experience variations in GLP-1 levels due to factors like diet, lifestyle, and genetics may influence the body's hormone levels.

However, some individuals may naturally produce lower levels of GLP-1, which can impact their metabolic processes.

Why Supporting Hormone Balance Matters

HELPS SUPPORT A HEALTHY APPETITE*

ENCOURAGES SENSIBLE EATING HABITS*

PROMOTES HEALTHY METABOLIC FUNCTION*

GLP-1

By maintaining a **balanced lifestyle** and incorporating proper nutrition, you can help your body support its **natural metabolic processes**.

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Image: A diagram explaining the role of GLP-1 in supporting natural metabolism and appetite, showing its influence on the stomach and metabolic processes.

4.2. Ingredient Functions

- **Phenylcapsaicin:** May support normal appetite, healthy thermogenesis, and overall digestive function.
- **Berberine HCl:** Supports overall metabolic function and helps maintain a healthy metabolism.
- **Green Tea Extract (EGCG):** May support healthy metabolism and overall well-being.
- **Ceylon Cinnamon Extract:** Valued for its role in supporting digestive health and maintaining healthy metabolic function.
- **Taurine:** Plays a supportive role in maintaining normal gut function and may assist with healthy metabolic processes.
- **Curcumin C3 Complex:** May support balanced metabolism and healthy digestive function.
- **Boron:** Recognized for its role in supporting healthy metabolic function and the body's natural energy processes.

Formulated with **Scientifically** Backed Ingredients



Axivite® Phenylcapsaicin

A specialized form of Capsaicin. Phenylcapsaicin may help support normal appetite, healthy thermogenesis, and overall digestive function.*



Berberine HCl

Berberine supports overall metabolic function, helping maintain a healthy metabolism.*



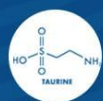
EGCG from Green Tea Extract

EGCG from Green Tea Extract may help support a healthy metabolism and overall well-being.*



Ceylon Cinnamon Extract

Ceylon Cinnamon is valued for its role in supporting digestive health and helping maintain healthy metabolic function.*



Taurine

An essential amino acid, Taurine plays a supportive role in maintaining normal gut function and may assist with healthy metabolic processes.*



Curcumin C3 Complex®

Derived from turmeric, Curcumin may help support balanced metabolism and healthy digestive function.*



Boron

This essential mineral is recognized for its role in supporting healthy metabolic function and the body's natural energy processes.*

Curcumin C3 Complex® is registered trademarks of Sabinsa Corporation. AXIVITE is a trademark licensed by AXICHEM, AB

**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.*

Image: An infographic listing the key ingredients of GLP-Activate and their specific functions in supporting metabolic health.

5. IMPORTANT CONSIDERATIONS

5.1. Potential Stomach Discomfort

If taken on an empty stomach, GLP-Activate may cause stomach discomfort for some individuals. It is recommended to take the capsules with or shortly before a meal to mitigate this.

5.2. Factors Affecting GLP-1 Production

Various factors can influence the body's natural production of GLP-1, which in turn may affect appetite and weight management. These include:

- **Genetic Factors:** Some individuals may naturally produce less GLP-1 due to genetic variations.
- **Metabolic Disorders:** Certain underlying factors or imbalances can influence GLP-1 production.
- **Age:** As individuals age, physiological changes might lead to decreased GLP-1 production.
- **Dietary Habits:** The type of food consumed can influence GLP-1 secretion.

Could Your **Biology** Be Affecting Your **Weight Journey**?

Various factors—such as genetics, age, or diet—can affect the body's normal production of hormones like GLP-1, which in turn may influence appetite and weight management. Some individuals may experience greater challenges with appetite regulation and healthy weight management. While these factors can influence one's weight management, adopting a balanced lifestyle—alongside dietary support—may help you maintain overall well-being.*



Genetic Factors

Some individuals, due to genetic variation, might produce less GLP-1.



Metabolic Disorders

Certain underlying factors or imbalances may influence GLP-1 production.



Age

As we age, various physiological changes might lead to decreased GLP-1 production.



Dietary Habits

The type of food you consume can influence GLP-1 secretion.

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Image: An infographic detailing how biology, including genetic factors, metabolic disorders, age, and dietary habits, can affect an individual's weight journey and GLP-1 production.

5.3. General Disclaimer

Statements regarding dietary supplements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease or health condition. Individual results may vary. GLP-Activate does not contain synthetic GLP-1 and is not a substitute for GLP-1 agonist drugs.

6. SPECIFICATIONS

- **Brand:** Triquetra Health
- **Model Number:** GLP-Act
- **Item Form:** Capsule
- **Unit Count:** 90 Count (90 Servings)
- **Flavor:** Unflavored
- **Diet Type:** Gluten Free, Vegan
- **Item Weight:** 8.47 ounces
- **Package Information:** Bottle
- **Age Range (Description):** Adult
- **Manufacturer:** Triquetra Health
- **Date First Available:** October 10, 2023

7. SUPPORT AND CONTACT INFORMATION

For further assistance or inquiries regarding Triquetra Health GLP-Activate, please refer to the official Triquetra Health website or contact their customer support directly.

Manufacturer: Triquetra Health

Website: [Visit the Triquetra Health Store on Amazon](#)

