

*Nutritional Support  
for the Body's  
Blood Sugar System!*



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## Sugar Support

**Sugar Support** is 100% vegetarian food supplementation specially formulated to balance glucose in the body. This formula contains natural insulin and iodine, plus provides a wide range of micro-nutrients to support healthy blood, help control appetite and suppress sugar cravings.

### What is insulin?

**Insulin** is an important hormone made in your pancreas, which allows your body to use sugar (glucose) from the carbohydrates in the food you eat. One of the main roles of insulin is to keep your blood sugar level from getting too high (hyperglycemia) or too low (hypoglycemia). Therefore, importantly, insulin helps balance and normalize blood sugar levels.

### What is iodine?

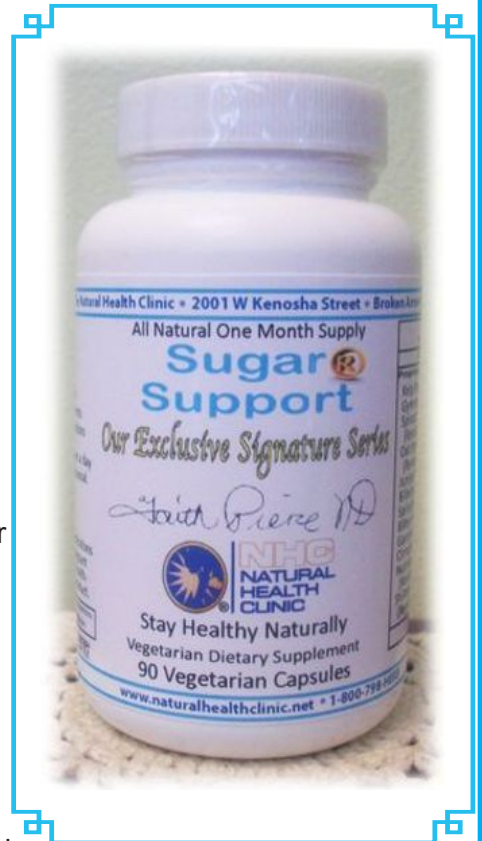
**Iodine** is an essential trace element, which is vital for normal growth and development of the body. It also controls the functioning of thyroid glands, which in part regulate metabolic rate in the body. Iodine helps in the optimum use of calories, thereby preventing the storage as excess fat, i.e. weight gain. Other benefits include removal of toxins and heavy metals from the body, boosts the immune system, and assists in the body's use of minerals. And importantly, iodine is needed for proper glucose metabolism and for preventing the cardiovascular complications of diabetes.

### The Challenge

When your blood glucose (blood sugar) is too high, it is called **diabetes**. Why is this a problem? Diabetes is a major contributor to heart disease, kidney disease, stroke, gum disease and even loss of teeth, vascular/blood vessel disease, vision loss, and also one of the most common complications, foot infections. In this disease, your pancreas makes little or no insulin or your body's cells don't use insulin well. As a result, blood sugar can't move from your bloodstream into the cells that need it for energy.

### The Solution

Eradicating diabetes can help you feel much better. This can help you avoid the health problems caused by diabetes. When your blood glucose is close to normal, you are likely to have more energy, be less tired and thirsty, urinate less often, heal better, have fewer skin or bladder infections, and have fewer problems with your eyesight, feet and gums. **Sugar Support** offers the solution by supplying natural insulin, which causes your cells to receive and properly utilize that insulin, and by providing a wide range of nutrients to bolster each system in your body.



## Sugar Support (100% food)

### ***Kelp Powder***

- Rich in iodine to improve diabetes risk factors
- Heart health - helps reduce cholesterol & blood pressure
- Radiation protection - helps prevent absorption of heavy metals
- Infection fighter - interferes with growth of some bacteria & fungi
- Glandular health - helps balance the thyroid & regulate metabolism

### ***Gymnema Leaf***

- Regulates sweet & fatty food metabolism
- Helps support healthy pancreas function
- Supports balanced blood sugar levels
- Regulates excessive appetite
- Reduces cravings for sweets
- Also called "sweet destroyer"

### ***Spinach***

- Renders R-Lipolic Acid (a powerful antioxidant) in food form which offers many essential health benefits: reduces oxidative stress & free radicals - one of the underlying problems in diabetes; reduces insulin resistance; reduces high blood pressure; increases insulin sensitivity; improves diabetic neuropathy; promotes eye health
- Improves blood sugar control
- High potassium content

### ***Oat Straw***

- Renders N-Acetyl-L-Cysteine (NAC - a basic building block of glutathione - coined "the mother of all antioxidants") in food form which provides many vital health benefits: balances blood sugar levels; detoxifies; boosts immunity; helps reduce risk of cardiovascular & kidney disease
- Naturally lowers cholesterol levels
- Gluten free

### ***Juniper Berries***

- Good for heart health - a natural diuretic helps reduce high blood pressure, slow heart action, increase blood flow & induce heart contractions
- High in antioxidants to combat oxidative stress caused by too many free radicals
- Powerful antiseptic - antibacterial & antifungal qualities
- Helps lower blood sugar levels
- Rich in bioflavonoids

### ***Bilberry Fruit***

- Combats peripheral & cardiovascular circulation disorders
- Powerful antioxidant to stimulate pancreatic function
- Lower blood sugar levels & balances healthy weight
- Provides essential vitamins & minerals
- Called the "Vegetable Insulin"

### ***Spirulina***

- One of the single most nutrient-dense foods on earth for optimal health of the body
- Powerful antioxidant & anti-inflammatory properties to protect against oxidative damage
- Prevents & improves neuropathic conditions
- Naturally lowers blood sugar levels
- Strengthens the effect of insulin

### ***Bitter Melon***

- Stimulates the gall bladder to produce bile to help with digestion of fats
- Lowers blood sugar levels & manages diabetes
- Mimics insulin's effects
- Helps regulate appetite

### ***Garcinia Fruit***

- Promotes cell regeneration & repair
- Excellent source of antioxidants
- Helps fight diabetes

### ***Cinnamon***

- Helps lower triglycerides & LDL (bad) cholesterol levels
- Reduces risk of common diabetes complications
- Can imitate insulin & increase insulin sensitivity
- Helps lower blood sugar levels

### ***Nutritional Yeast***

- Renders Chromium GTF in food form - chromium is a mineral required by the body to form part of a compound known as Glucose Tolerance Factor (GTF) essential for metabolic processes that regulate blood sugar & help insulin to transport glucose into cells to be used for energy
- Great source of amino acids & minerals that contribute to healthy blood sugar levels

### ***Shiitake Mushroom***

- Renders vanadium in food - a trace mineral naturally found in mushrooms to improve insulin sensitivity & reduce blood sugar levels
- Can help lower blood pressure
- Can mimic insulin