



Glucose Assist™

Chocolate 4640 1.65 lbs | Vanilla 4645 1.65 lbs



**BLOOD SUGAR
& METABOLISM**

Glucose Assist™ is a low glycemic index protein shake that helps support healthy blood sugar levels already within a normal range.*

- Supports post-prandial glycemic response in healthy individuals*
- A uniquely designed, nutritional formula with a blend of plant-based carbohydrates and proteins, providing a valuable source of all essential amino acids
- Helps support healthy blood sugar levels already in a normal range*
- Supports a slower and more sustained release of glucose to help minimize acute blood sugar spikes and steady post-meal glucose levels in healthy individuals.*
- Provides slow-release carbohydrates for sustained energy*
- Supports energy metabolism, which helps cells convert macronutrients into cellular energy*

Plant-Based Blood Sugar Support

Glucose Assist™ is a uniquely designed nutritional formula containing whole-food, plant-derived carbohydrates and proteins to help support healthy blood sugar levels that are already in a normal range.*

Slow-release carbohydrates for sustained energy

- **EnergySMART®** is a novel combination of complex, slow-digestible carbohydrates.
- Clinical studies have demonstrated that **oats, buckwheat, and green banana flour** — all low glycemic index ingredients — result in a slow and steady rise in blood glucose levels.¹⁻⁵
- **Ancient oats** contain fewer carbohydrates, fewer calories per gram, more protein, more fiber, and increased vitamin and mineral content compared to conventional oat flour.⁶ These oats also deliver beneficial compounds including beta-glucans and avenanthramides. Beta-glucans are soluble fibers that may positively influence glycemic response while avenanthramides are phenolic compounds that exert many beneficial effects throughout the body.^{7,8}



**ORGANIC
PEAS**



**ORGANIC
ANCIENT
OATS**



**ORGANIC
PUMPKIN
SEEDS**



**ORGANIC
BUCKWHEAT**

Plant-based proteins for nutrient requirements

- Organic pea protein positively influenced post-prandial glycemic response in several clinical studies.⁹⁻¹³
- Organic pumpkin seed protein and organic rice protein provide essential amino acids such as isoleucine and lysine.

Glucose Assist is also an excellent source of several B vitamins: thiamin, riboflavin, niacin, vitamin B₆, biotin, pantothenic acid, and vitamin B₁₂. Together, B vitamins support the conversion of macronutrients into cellular energy.¹⁴

Clinical Research

In an internal clinical study conducted by Standard Process, consumption of Glucose Assist™† reduced post-meal glycemic response compared to a control beverage. This randomized, controlled, double-blind, cross-over study demonstrated that consumption of 50 grams of the Glucose Assist™† drink supported a normal, steady blood glucose response (Figure 1) and resulted in a significantly lower glycemic index compared to the control drink (Figure 2).

Figure 1.

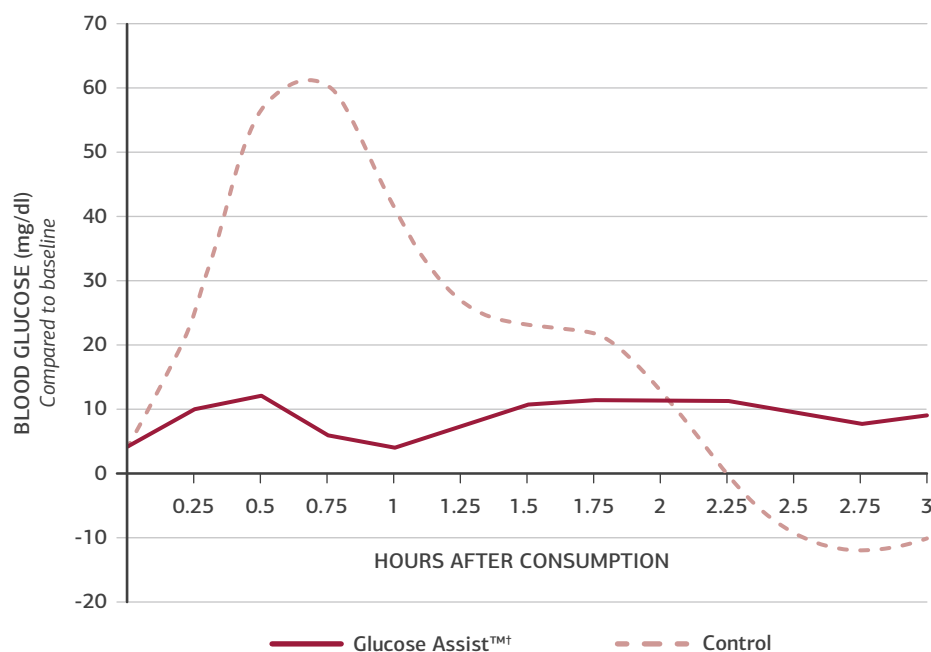
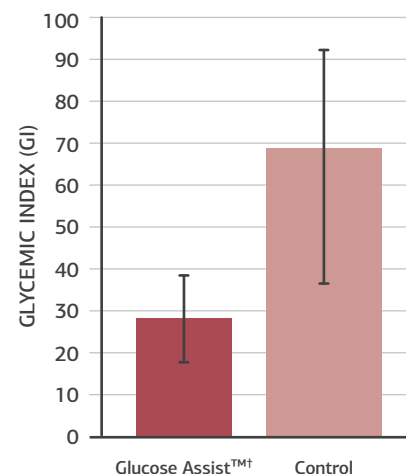


Figure 2.



Changes in blood glucose concentration following consumption of Glucose Assist™ were significantly attenuated compared to the sharp rise and decline in blood glucose seen after consumption of a control beverage. These results indicate that Glucose Assist supports steady blood glucose levels for up to three hours after consumption.

†Study utilized an earlier version of Glucose Assist. The reformulated Glucose Assist has the same functional ingredients and is expected to have similar effects on blood glucose. Ingredient changes were made to improve flavor and introduce a strain of oats uniquely grown by Standard Process.

Glycemic Index (GI) is calculated by measuring the incremental area under the curve assessing blood glucose levels following ingestion of 50 grams of a test item in a fasted state. In this study, the glycemic index of both items was calculated. **The GI of Glucose Assist™ was calculated to be 27.4 while the glycemic index of the control beverage was 69.5.** Based on this calculation, Glucose Assist can be considered a low glycemic index food (GI<55).

Since 1929,
Standard Process
has been changing
lives with our whole
food philosophy.

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**BLOOD SUGAR
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Glucose Assist™ Chocolate

Warning: If pregnant or nursing, or have any health condition, consult with your health care professional before using this product. Keep out of reach of children.

Supplement Facts

Serving Size: 3 rounded scoops (approx. 50 g)
Servings per Container: 15

	Amount per Serving	%Daily Value
Calories	200	
Total Fat	3 g	4%*
Saturated Fat	1 g	5%*
Total Carbohydrate	25 g	9%*
Dietary Fiber	5 g	18%*
Total Sugars	<1 g	†
Protein	16 g	27%*
Thiamin	0.4 mg	33%
Riboflavin	0.4 mg	31%
Niacin	6.5 mg	41%
Vitamin B6	0.5 mg	29%
Folate (36 mcg folic acid)	60 mcg DFE	15%
Vitamin B12	1 mcg	42%
Biotin	60 mcg	200%
Pantothenic acid	2.5 mg	50%
Choline	70 mg	13%
Iron	4 mg	22%
Phosphorus	210 mg	17%
Magnesium	60 mg	14%
Zinc	2.2 mg	20%
Selenium	14 mcg	25%
Copper	0.3 mg	33%
Manganese	0.9 mg	39%
Molybdenum	55 mcg	122%
Sodium	170 mg	7%
Potassium	300 mg	6%
Protein Blend	25 g	†
Organic pea protein, organic oat flour, organic pumpkin seed protein, organic buckwheat flour, L-leucine, L-isoleucine, L-valine, and DL-methionine.		
Proprietary Blend	19 g	†
Amylopectin (from waxy maize), green banana flour, allulose, organic rice protein, tapioca fiber, golden chlorella, and organic quinoa sprouts.		

*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

Other Ingredients: Organic cocoa powder (processed with alkali), natural flavor, stevia extract, monk fruit extract, and acacia fiber.

03

Glucose Assist™ Vanilla

Warning: If pregnant or nursing, or have any health condition, consult with your health care professional before using this product. Keep out of reach of children.

Supplement Facts

Serving Size: 3 rounded scoops (approx. 50 g)
Servings per Container: 15

	Amount per Serving	%Daily Value
Calories	190	
Total Fat	3 g	4%*
Total Carbohydrate	25 g	9%*
Dietary Fiber	5 g	18%*
Total Sugars	<1 g	†
Protein	16 g	28%*
Thiamin	0.4 mg	33%
Riboflavin	0.4 mg	31%
Niacin	6.5 mg	41%
Vitamin B6	0.5 mg	29%
Folate (36 mcg folic acid)	60 mcg DFE	15%
Vitamin B12	1 mcg	42%
Biotin	60 mcg	200%
Pantothenic acid	2.5 mg	50%
Choline	70 mg	13%
Iron	3 mg	17%
Phosphorus	190 mg	15%
Magnesium	35 mg	8%
Zinc	2.1 mg	19%
Selenium	14 mcg	25%
Copper	0.1 mg	11%
Manganese	0.8 mg	35%
Molybdenum	55 mcg	122%
Sodium	170 mg	7%
Potassium	90 mg	2%
Protein Blend	25 g	†
Organic pea protein, organic oat flour, organic pumpkin seed protein, organic buckwheat flour, L-leucine, L-isoleucine, L-valine, and DL-methionine.		
Proprietary Blend	21 g	†
Amylopectin (from waxy maize), green banana flour, organic rice protein, allulose, tapioca fiber, golden chlorella, and organic quinoa sprouts.		

*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

Other Ingredients: Acacia fiber, stevia extract, monk fruit extract, and natural flavor.

04