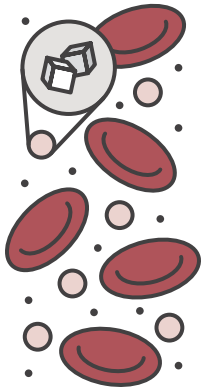


Glucose Assist™

A helping hand for healthy glucose levels[^]



What is blood glucose?

Blood glucose is one of the major sources of energy for the body, especially the brain and muscles.^{1,2} Maintaining healthy blood glucose levels is critical for metabolic health and wellness.



Where does blood glucose come from?

Blood glucose often comes from carbohydrates. When carbohydrates are consumed, they typically raise blood glucose levels.

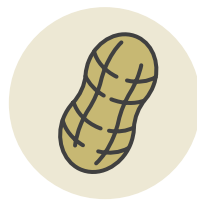


What is the glycemic index?

The glycemic index (GI) assesses the effects of foods on blood glucose levels. Foods are generally grouped in two categories: Low GI and High GI. Consumption of low GI foods may be beneficial to improving and maintaining glycemic control.³

Low GI (GI <55)

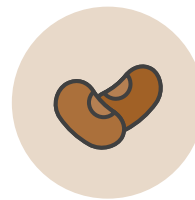
Causes lower and more gradual rise in blood glucose levels



Nuts



Vegetables



Dietary fiber



Resistant starches^{4,5}

High GI (GI >70)

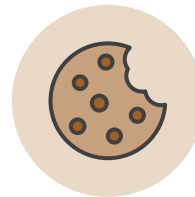
Causes rapid increase in blood glucose levels



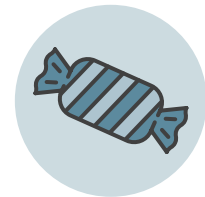
White rice



Cake



Cookies

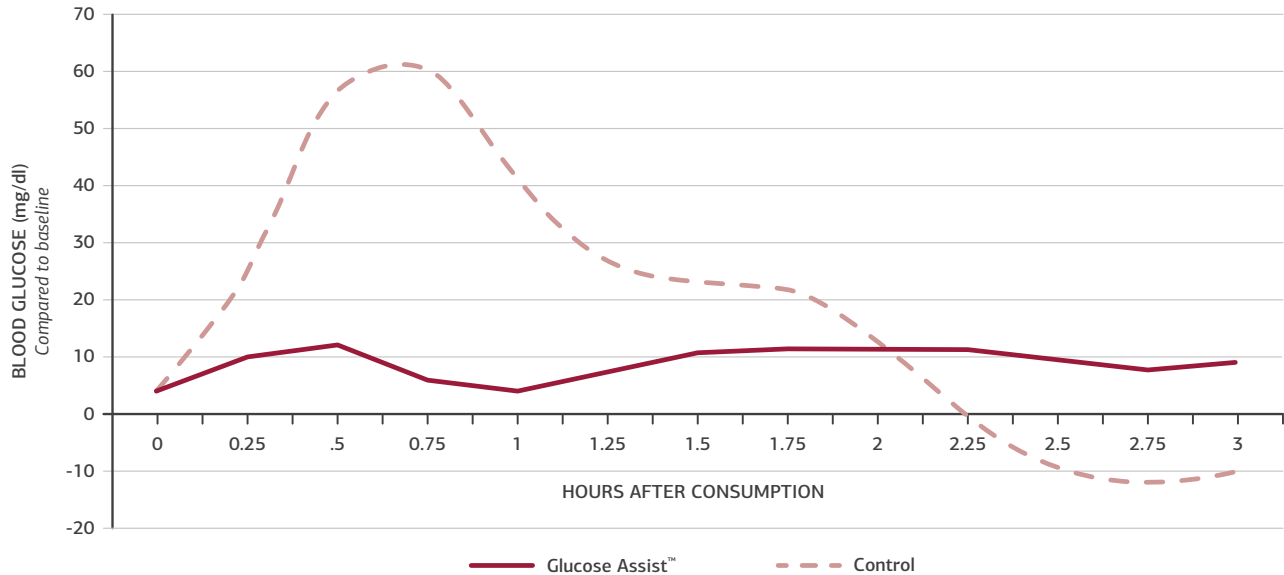


Candy



How does Glucose Assist™ affect blood glucose?

A randomized, controlled, double-blind, cross-over study with eight healthy adults showed that consuming Glucose Assist™ Chocolate resulted in a more optimized glycemic response when compared to a high glycemic reference glucose control formula.⁴



Furthermore, based on calculations from the study, Glucose Assist™ Chocolate is a low GI nutritional formulation with a glycemic index of 27.4.

This suggests that the ingredients in Glucose Assist™ might help minimize acute blood glucose spikes and potentially help with steady blood glucose management in healthy individuals whose blood sugar levels are already within a normal range.*

Glucose Assist™ is available in **Chocolate** or **Vanilla** flavors.
Ask your doctor if this product may be right for you.

1. Diepenbroek, C., Serlie, M.J., Fliers, E., Kalsbeek, A. & la Fleur, S.E. BioFactors (Oxford, England) 39, 505-513 (2013).
2. De Feo, P., et al. Journal of endocrinological investigation 26, 851-854 (2003).

3. Wang, Q., Xia, W., Zhao, Z. & Zhang, H. Prim Care Diabetes 9, 362-369 (2015).
4. Data on file.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.