

Glucose Assist™

12-WEEK STARTER PROGRAM



Strategies for Supporting Healthy
Blood Glucose and Energy Levels



WHOLE FOOD NUTRIENT SOLUTIONS





Congratulations on starting the 12-Week Glucose Assist™ Starter Program!

You are about to begin a wellness journey that can help you make important — but manageable — changes to your lifestyle. Adjusting your diet can impact your mood, sleep, energy levels, and food cravings. Getting regular exercise can change the way your body looks, feels, and operates. Adding high-quality supplementation to your daily routine can give you a nutritional advantage that brings you even closer to achieving your goals.

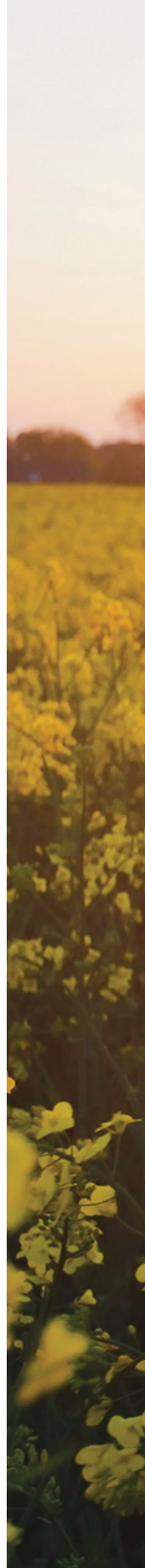
When you commit to this program, you'll have the potential to make a big difference in many areas of your life. Your foundation of new, healthy habits starts now.

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12-Week Glucose Assist™ Starter Program

Lifestyles and dietary patterns are often etched into us over the course of decades, and we develop habits and food preferences based on years of conditioning. These habits take time to develop and take time to modify.

Over the next 12 weeks, you will begin practicing new ways of eating that help support steady blood glucose levels for healthy individuals which are already in a normal range. We encourage you to work with your health care professional to **set one achievable, measurable goal** for this first 12-week period. Write it down and list some action steps. Accomplishing your first goal will give you confidence as you set your second goal, your third, and your fourth, and so on.



A person with long, light-colored hair is seen from behind, covering their face with both hands. They are standing in a field of bright yellow flowers, possibly rapeseed, under a warm, golden sunset sky. The scene is bathed in the soft, orange light of the setting sun, which is visible as a bright glow on the right side of the frame.

My 12-week goal is:

EXAMPLES:

I want to add one non-starchy vegetable to my breakfast three days a week.
I want to replace sugary drinks with water or tea.
I want to try a new vegetable every week.



Glucose Management

Blood glucose is an important source of energy for the body, being the primary source of fuel used by brain and muscles for activity. Maintaining a healthy blood glucose level is an important pillar of overall wellness.

Most available carbohydrates in the diet are ultimately broken down into glucose. The circulating blood glucose is then signaled — by the hormone *insulin* — to be taken up by the body's cells and used as energy. Insulin is the primary regulatory hormone responsible for controlling blood glucose levels after consumption of food. If this system is not working properly, imbalances can occur.



Glucose Management Definitions

Blood Glucose

Our bodies depend on keeping blood glucose (also known as blood sugar) levels within a healthy range. According to the World Health Organization, a normal fasting blood glucose level is between 70 mg/dL and 100 mg/dL.

HbA1c

Hemoglobin A1c is a measure of how well one is controlling their blood sugar levels over the course of 3 months.

Oral Glucose Tolerance Test

A lab test which assesses abnormalities in one's ability to handle glucose. It compares fasting blood glucose levels to levels measured one, two and/or three hours after ingesting a solution containing a measured amount of sugar.





Diet and Lifestyle

Dietarily, what you consume daily will make up the majority of this program and make a great difference. Work with your health care professional to determine how much you should eat per day. It is important to stick with a routine that works for you and can help you control blood glucose levels (which are already in a healthy range) after meals.



Carbohydrates are broken down in the body into simple sugars, like glucose, for energy. They are found in fruits, vegetables, grains, and dairy and can be categorized as complex or simple carbohydrates

Simple carbohydrates (sugars) raise blood glucose levels quickly and can be naturally occurring in whole-foods or added to processed foods.

Complex carbohydrates (starches), in their whole-food form (brown rice, whole-grain bread) will raise blood glucose more slowly over a sustained period of time. Starches that are heavily processed (e.g. white rice, white bread) can raise blood glucose just as quickly as simple sugars.

Fiber can be categorized as soluble or insoluble. Soluble fiber dissolves in water and is found in oats and citrus, for example. Insoluble fiber does not dissolve in water as it moves through the gastrointestinal tract. It is higher in foods like nuts, beans, and wheat germ.

Fiber has many important functions, such as maintaining bowel regularity and lowering cholesterol. As part of a healthy diet, it can also help support a healthy weight. On average, men need 38 grams of fiber per day and women need 25 grams of fiber per day.

Protein is also important for supporting steady blood glucose levels. In addition, a breakfast higher in protein can lead to greater satiety compared to a higher carbohydrate breakfast. Studies that looked at breakfasts high in protein have shown a decrease in post-meal blood glucose levels, reduced HbA1c levels, and reduction in body weight when compared with breakfasts high in carbohydrates. Protein's effect on increasing satiety may also play a beneficial role in reducing intake of carbohydrates, further maintaining steady blood glucose levels.

Daily protein requirements vary between individuals depending on age, sex, height, weight, and physical activity level and factors that include pregnancy and lactation. The Recommended Dietary Allowance (RDA) for protein is 0.8 g/kg body weight or 0.36 g/pound, which is the minimum amount needed to meet the basic body functions and prevent deficiency.¹ For a sedentary 50 year old female weighing 150 lbs, this would translate to 54 g of protein per day. However, protein requirements are higher for physically active individuals, depending on the type and level of activity and for older adults who need to maintain lean muscle mass. The International Society of Sports Nutrition's 2017 position on protein and exercise states an overall daily protein intake in the range of 1.4 - 2.0 g/kg body weight/day is sufficient for most exercising individuals.²

Furthermore, the recent 2020-2025 Dietary Guidelines for Americans recommends focusing more on eating healthy, nutrient-dense, protein rich foods rather than achieving specific daily amounts.³

It is best to work with your health care provider to determine your goal for daily protein intake.

To assess the effect of food on blood glucose levels, the **glycemic index (GI)** is used. It is a measurement that reflects the potential glucose response of a carbohydrate-containing food. GI is expressed as a number between 0 and 100 and is based on a serving containing 50g of carbohydrate.

Carbohydrates with a low glycemic index are those that are more slowly digested, absorbed, and metabolized. Therefore, they cause a lower and more gradual rise in blood glucose levels. Often, low glycemic index foods contain a higher content of complex carbohydrates and indigestible carbohydrates, like dietary fiber and resistant starches. A glycemic index of less than 55 is considered low.

In contrast, high glycemic index carbohydrates cause a rapid and increased rise in blood glucose levels. Foods with a GI of 70 or over are considered high glycemic index foods.



Glycemic load helps tell the whole story of how a normal serving size of a food impacts blood sugar level. It follows the same numerical convention as the glycemic index with a lower number reflecting fewer simple carbohydrates, but the glycemic load provides a more accurate depiction of the real-life effect that the food may have on your body. For example, watermelon has a high glycemic index of 80, but a low glycemic load of only 5 due to its high water content. It is important to note that the glycemic load ranges of low and high are different than that of glycemic index. A low glycemic load is less than 10, and a high glycemic load is 20 or higher.

Hydration: Water is cleansing! To better determine how much water you need each day, divide your body weight (measured by pounds) in half. The result is the approximate amount of water in ounces you should drink daily. This total can vary depending on the climate you live in, the environment, your physical activity level, and other factors.

Lifestyle: Adding in movement each and every day is important. Exercise helps manage a healthy weight, build strong bones, encourage regular elimination, and remove toxins. Aim to incorporate at least 30 minutes of movement per day. This can be broken up into shorter segments, if necessary.



Getting Ready

Before beginning your 12-week starter program, here are some steps you can take to make the transition easier:

1. **Evaluate your kitchen:** Clear out the foods that are not on your food list (see below).
2. **Stock your pantry:** Go shopping for vegetables, protein, fruit, and other items on your food list. Be prepared with a few days' worth of meals on hand.
3. **Make simple lifestyle changes, such as:**
 - Get more sleep.
 - Take stretch breaks each hour.
 - Be more active. Do yoga, take a brisk walk, garden, dance, or work on strength training.
 - Control your stress by recognizing stressors and managing them.
4. **Identify the goals that are right for you.** Optimal health looks different for everyone.

What Will the Next 12 Weeks Be Like?

You will:

- Follow eating guidelines that focus on whole, unprocessed foods like vegetables, fruits, and lean protein.
- Avoid refined carbohydrates, artificial sweeteners, sugar, chemical additives, processed meats, fried foods, and soft drinks.
- Drink supplement shakes with whole food-based ingredients.
- Take a simple protocol of supplements throughout the day.





Program Products

The products in the 12-Week Glucose Assist™ Starter Program include supplements made with whole food and other ingredients to help fill nutritional gaps in your diet.

The program includes shake and supplements for added support as needed or recommended by your health care professional.

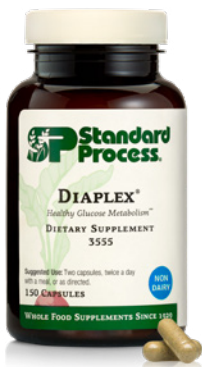


Glucose Assist™ Chocolate or Vanilla

Helps support normal blood sugar levels already in a healthy range.*
It also:

- Supports post-prandial glycemic response in healthy individuals*
- Is a uniquely designed, complete nutritional formula with a blend of plant-based carbohydrates and proteins
- 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*^

^with blood sugar levels already in a normal range



Diaplex®

HEALTHY SUGAR HANDLING SUPPORT AND PANCREAS FUNCTION*

Diaplex®, a chromium supplement, supports healthy sugar handling to help maintain blood sugar levels already within normal range.*

- Encourages healthy blood sugar levels already within a normal range when combined with a healthy diet*
- Contains chromium, an essential nutrient involved in carbohydrate metabolism

MediHerb® Gymnema

CRAVINGS

MediHerb® Gymnema contains Gymnema leaf, which provides anti-sweetness activity by suppressing the ability to detect sweet tastes.* Gymnema leaf has been traditionally used for centuries in Ayurvedic herbal preparations to:

- Help reduce sweet cravings*
- Help suppress/inhibit sweet taste sensation*



MediHerb® Metabol Complex

METABOLIC SUPPORT

MediHerb® Metabol Complex contains Fenugreek, Black Cumin seed, Bitter Melon and Cinnamon to provide multi-action metabolic support. These herbs have been traditionally used in Ayurvedic herbal preparations to:

- Support the metabolism of fats and sugars*
- Support normal pancreatic and liver function*
- Help relieve occasional indigestion symptoms of the gastrointestinal tract, such as bloating and flatulence*

*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.





Food Guide List

Your diet for the next 12 weeks, and beyond will provide you with protein, vitamins, minerals, and antioxidants.

In addition, you should focus on nourishing yourself with a variety of nutrient-rich foods. The best part about following this program is it will set you up for lifelong habits that continue past the end of the program.



Your Plate During the Program, and Beyond

Balanced meals are important. When you look at your plate, notice the colors of your foods as well as the categories. We recommend pairing foods together for better glucose management. Instead of having just a cup of carrots, have carrots with hummus. Instead of just having an apple, pair it with some almond or peanut butter. Aim for mostly low Glycemic Index (GI) choices.

To the right are sample lists of foods to consider as part of your new nutrition plan. Your health care professional can tell you which modifications to this guide may be beneficial for you.

NON-STARCHY VEGETABLES: The serving size for vegetables is 1/2 cup cooked or 1 cup raw. Aim to consume 5 to 10 servings per day.

LOW GI VEGETABLES			
• Asparagus	• Cauliflower	• Kohlrabi	• Parsley
• Artichoke	• Celery	• Leeks	• Pimentos
• Broccoli	• Cucumber	• Lettuce	• Radishes
• Bamboo Shoots	• Eggplant	• Mushrooms	• Spinach
• Bean Sprouts	• Garlic	• Peppers	• Summer Squash
• Cabbage	• Greens	• Okra	• Zucchini
	• Kale	• Onions	• Water Chestnuts

MEDIUM GI VEGETABLES	
• Beets	• Sweet Potato
• Carrots	• Yam
• Pumpkin	

HIGH GI VEGETABLES	
• Potato	• Winter Squash
• Corn CANNED AND FROZEN	• Turnips

LEGUMES: Serving size is ½ cup. Limit of one serving per day.

LOW GI LEGUMES	
• Black Eyed Peas	• Lentils
• Butter Beans	• Lima Beans
• Chickpeas	• Navy Beans
• Green Beans	• Snow Peas
• Kidney Beans	• Hummus
• Pinto Beans	

MEDIUM GI LEGUMES
• Boston Type Baked Beans
• Canned Pinto Beans
• Canned Kidney Beans
• Canned Navy Beans
• Green Peas

FRUITS: Serving size is 1 cup raw. Limit of one serving per day.

LOW GI FRUITS			
• Apples	• Cranberries	• Tangerine	• Pears
• Apricots	• Grapefruit	• Tomato Juice	• Raspberries
• Avocado	• Peaches	• Blackberries	• Strawberries
• Blueberries	• Plums	• Cherries	• Tomato

MEDIUM GI FRUITS		
• Banana UNDER RIPE	• Mango	• Kiwi
• Grapes	• Figs	• Oranges

HIGH GI FRUITS
• Dried fruit

Target Low GI: GI of 20-49 | **Limit Medium GI:** GI of 50-69 | **Limit High GI:** GI of 70-100

PROTEIN can come from both plant and animal sources.

Most plants provide some protein, which adds to your daily totals. On average, one cup of cooked spinach and one ounce of chia seeds provide 5 grams of protein.

The average serving size for animal protein — such as fish, chicken, beef and wild game — is 3 ounces and provides approximately 20-25 grams of protein depending on the source. If possible, choose grass-fed and organic.

Aim to reach your protein goal as discussed with your health care provider.

- Seafood such as fish, shrimp, lobster, and crab
- Eggs
- Chicken
- Turkey
- Lean meat
- Wild game
- Soy and soy products, such as tofu and tempeh
- Legumes
- Nuts, seeds and nut/seed butters

DAIRY: Serving size is 1 cup of milk, 1/2 cup of Greek yogurt, or 1 ounce of cheese.

- Milk
- Yogurt PLAIN OR UNSWEETENED
- Cheese

GRAINS: Serving size is ½ to ¾ cup cooked.

- Buckwheat
- Oats
- Quinoa
- Rice
- Teff

ADDED FATS: Serving size is 1 tablespoon.

- Butter
- Dressings: OIL/VINEGAR ONLY
- Oils: avocado, coconut, flaxseed, grapeseed, olive, sesame seed, macadamia nut (HEALTHY, COLD PRESSED)

BEVERAGES:

- Filtered, spring, or sparkling water
- Herbal teas
- Plain black coffee

Amounts in each category will vary per person. Please work with your health care professional to determine your specific needs.







Daily Tracking

Keeping track of how you feel throughout the program is advised. Record your daily shakes and supplements as determined by your health care professional. Monitor your diet, hydration, and lifestyle to keep yourself accountable and help your health care professional determine how the program is working for you.


















































DAILY TRACKING

Week 1

DAY	SHAKES Please note, your provider will help you determine how many shakes per day and which supplements to take.	SUPPLEMENTS	BLOOD SUGAR READINGS (if tracking)	VEGETABLES (non-starchy or starchy)
1		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
2		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
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DAILY TRACKING

Week 1

WATER	EXERCISE	MOOD	NOTES
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DAILY TRACKING

Week 2

DAY	SHAKES Please note, your provider will help you determine how many shakes per day and which supplements to take.	SUPPLEMENTS	BLOOD SUGAR READINGS (if tracking)	VEGETABLES (non-starchy or starchy)
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DAILY TRACKING

Week 2

WATER	EXERCISE	MOOD	NOTES
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DAILY TRACKING

Week 3

DAY	SHAKES Please note, your provider will help you determine how many shakes per day and which supplements to take.	SUPPLEMENTS	BLOOD SUGAR READINGS (if tracking)	VEGETABLES (non-starchy or starchy)
1		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
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DAILY TRACKING

Week 3

WATER	EXERCISE	MOOD	NOTES
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<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
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<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
























































































































DAILY TRACKING

Week 4

DAY	SHAKES Please note, your provider will help you determine how many shakes per day and which supplements to take.	SUPPLEMENTS	BLOOD SUGAR READINGS (if tracking)	VEGETABLES (non-starchy or starchy)
1		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
2		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
3		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
4		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
5		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
6		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
7		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		

DAILY TRACKING

Week 4

WATER	EXERCISE	MOOD	NOTES
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
























































































































DAILY TRACKING

Week 5

DAY	SHAKES Please note, your provider will help you determine how many shakes per day and which supplements to take.	SUPPLEMENTS	BLOOD SUGAR READINGS (if tracking)	VEGETABLES (non-starchy or starchy)
1		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
2		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
3		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
4		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
5		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
6		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
7		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		



DAILY TRACKING

Week 5

WATER	EXERCISE	MOOD	NOTES
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
























































































































DAILY TRACKING

Week 6

DAY	SHAKES Please note, your provider will help you determine how many shakes per day and which supplements to take.	SUPPLEMENTS	BLOOD SUGAR READINGS (if tracking)	VEGETABLES (non-starchy or starchy)
1		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
2		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
3		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
4		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
5		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
6		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
7		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		

DAILY TRACKING

Week 6

WATER	EXERCISE	MOOD	NOTES
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
























































































































DAILY TRACKING

Week 7

DAY	SHAKES Please note, your provider will help you determine how many shakes per day and which supplements to take.	SUPPLEMENTS	BLOOD SUGAR READINGS (if tracking)	VEGETABLES (non-starchy or starchy)
1		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
2		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
3		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
4		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
5		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
6		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
7		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		



DAILY TRACKING

Week 7

WATER	EXERCISE	MOOD	NOTES
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	

DAILY TRACKING

Week 8

DAY	SHAKES Please note, your provider will help you determine how many shakes per day and which supplements to take.	SUPPLEMENTS	BLOOD SUGAR READINGS (if tracking)	VEGETABLES (non-starchy or starchy)
1		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
2		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
3		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
4		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
5		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
6		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
7		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		


DAILY TRACKING

Week 8

WATER	EXERCISE	MOOD	NOTES
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
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DAILY TRACKING

Week 9

DAY	SHAKES Please note, your provider will help you determine how many shakes per day and which supplements to take.	SUPPLEMENTS	BLOOD SUGAR READINGS (if tracking)	VEGETABLES (non-starchy or starchy)
1		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
2		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
3		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
4		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
5		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
6		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
7		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		



DAILY TRACKING

Week 9

WATER	EXERCISE	MOOD	NOTES
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
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DAILY TRACKING

Week 10

DAY	SHAKES Please note, your provider will help you determine how many shakes per day and which supplements to take.	SUPPLEMENTS	BLOOD SUGAR READINGS (if tracking)	VEGETABLES (non-starchy or starchy)
1		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
2		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
3		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
4		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
5		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
6		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
7		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		

DAILY TRACKING

Week 10

WATER	EXERCISE	MOOD	NOTES
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
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DAILY TRACKING

Week 11

DAY	SHAKES Please note, your provider will help you determine how many shakes per day and which supplements to take.	SUPPLEMENTS	BLOOD SUGAR READINGS (if tracking)	VEGETABLES (non-starchy or starchy)
1		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
2		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
3		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
4		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
5		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
6		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
7		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		



DAILY TRACKING

Week 11

WATER	EXERCISE	MOOD	NOTES
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
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DAILY TRACKING

Week 12

DAY	SHAKES Please note, your provider will help you determine how many shakes per day and which supplements to take.	SUPPLEMENTS	BLOOD SUGAR READINGS (if tracking)	VEGETABLES (non-starchy or starchy)
1		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
2		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
3		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
4		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
5		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
6		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		
7		<input type="checkbox"/> Diaplex® <input type="checkbox"/> MediHerb® Gymnema <input type="checkbox"/> MediHerb® Metabol Complex		

DAILY TRACKING

Week 12

WATER	EXERCISE	MOOD	NOTES
<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	
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<div> <div></div> <div></div> <div></div> <div></div> <div></div> </div> <div> <div></div> <div></div> <div></div> <div></div> <div></div> </div>	<div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div> <div> <div>15m</div> <div></div> </div>	<div></div> <div></div> <div></div>	





Final Thoughts

Revisit the goal you created at the beginning. Reflect on what worked, and what didn't.

If you achieved your goal, **congratulations!** Start thinking of your next measurable goal and note it here.

If you did not achieve your goal, don't get frustrated. Work with your health care professional to manage or edit the steps to successfully achieve your goal.

Either way, remember that the end of this 12-week starter program is just the beginning of your new lifestyle. When you maintain your healthy habits, you're in a better position to enjoy a healthier life.



At Standard Process, we go to great lengths to fulfill our mission of changing lives — from cultivating nutrient-dense soil on our certified organic farm to formulating new products at our Nutrition Innovation Center. Our unwavering focus on quality and testing allows us to manage the purity, safety, and consistency of our supplements. We stand by our quality by ensuring what goes into our products every step of the way with our vertically integrated processes. We then work with our practitioners to ensure the best outcomes for their patients.

1. Institute of Medicine. 2006. Dietary Reference Intakes: The Essential Guide to Nutrient Requirements. Washington, DC: The National Academies Press. <https://doi.org/10.17226/11537>.
2. Jäger R et al. International Society of Sports Nutrition Position Stand: protein and exercise. J Int Soc Sports Nutr. 2017 Jun 20;14:20. doi: 10.1186/s12970-017-0177-8. PMID: 28642676; PMCID: PMC5477153.
3. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).