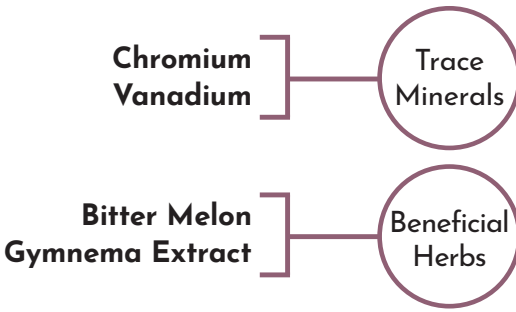


GlucoChrom

4 Ingredients for *Blood Glucose Health*



Just a Trace . . .

The essential minerals that your body needs are generally classified as those required daily in large amounts (major minerals) and small amounts (trace minerals). Although you only need a trace of chromium and vanadium in your diet, both minerals are essential for good health.

Chromium and **vanadium** are active trace minerals that the body requires for maintenance and regulatory functions. One capsule of GlucoChrom delivers 200 micrograms of chromium and 37.5 micrograms of vanadium.



Chromium helps to maintain the healthy metabolism and storage of carbohydrates, fats and proteins.



Used for centuries in Ayurvedic medicine, **gymnema** means “destroyer of sugar” in Hindi. The leaves of this herb contain gymnemic acids that help to reduce the intestinal absorption of sugar¹.

1 International Journal of Engineering Science Invention
ISSN (Online): 2319 – 6734, ISSN (Print): 2319 – 6726
www.ijesi.org Volume 2 Issue 6 || June, 2013 || PP.98-102

Bitter melon contains polypeptide-p, a hypoglycemic protein that helps to maintain healthy blood sugar levels².



2 Antidiabetic effects of Momordica charantia (bitter melon) and its medicinal potency. Joseph B, Jini D. Asian Pac J Trop Dis. 2013;3(2):93-102.

Benefits of GlucoChrom

- Helps maintain healthy blood sugar levels
- May increase lean muscle mass and lower body weight
- Promotes beneficial effects on blood cholesterol and triglyceride levels
- Helps maintain a healthy lifestyle



For Best Results

- Take one capsule twice daily
- Best taken before meals
- Drink 6-8 glasses of water daily
- Perform 30 minutes of cardio exercise daily
- Reduce calories, fats and alcohol
- Try it with Peak Endurance, ProPeas and Fit 'n Fiber

Symptoms of High Blood Sugar

- Increased Thirst
- Headaches
- Trouble Concentrating
- Frequent Urination
- Unexpected Weight Loss
- Fatigue
- Blurry Vision



Time of Test	Ideal for Adults with Diabetes
Before Meals	70-130 mg/dL
After Meals	Less than 180 mg/dL

Home Blood Glucose Monitoring and HbA1c

Monitoring your HbA1c level is also important for diabetes control. Many home glucose monitors can display an average blood glucose reading, which correlates with the HbA1c.

Average Blood Glucose Level (mg/dL)	HbA1c (%)
125	6
154	7
183	8
212	9
240	10
269	11
298	12

<https://www.webmd.com/diabetes/home-blood-glucose-testing>