



GOOD NUTRITION WILL BENEFIT YOUR LIFE

NutraMetrix Products for Diabetes Management

www.alixlandman.nutrametrix.com

Nutrametrix Blood Sugar Maintenance
\$41.50/month

Primary Benefits:

- Promotes healthy blood sugar levels
- Influences the release and activity of insulin
- Supports the growth and development of body tissue
- Supports a strong immune system
- Promotes wound healing
- Strengthens brittle nails
- Prevents cellular damage (from free radicals)
- Increases energy levels
- Promotes weight loss
- Reduces sugar cravings
- Supports healthy cholesterol and triglyceride levels
- Supports healthy glycogen synthesis and storage



Key Ingredients:

Glucomannan

Glucomannan is a soluble, dietary fiber shown to promote healthy blood sugar levels by delaying stomach emptying and promoting a gradual absorption of blood sugar from the intestines. Glucomannan is also known for supporting healthy cholesterol and triglyceride levels while promoting weight loss.

Alpha-Lipoic Acid

Alpha-lipoic acid, found in the mitochondria, is an energy producer found within cells. Alpha-lipoic acid is a powerful antioxidant. Alpha-lipoic acid has been shown to increase insulin sensitivity. Alpha-lipoic acid promotes the production of energy fat and sugar, which aids in the elimination of glucose from the blood and helps regulate healthy insulin function. Alpha-lipoic acid supports healthy glucose uptake by the muscles and assists in normal glucose oxidation.

Gymnema sylvestre

Gymnema is used as a medicine plant for hyperglycemia in India. The leaves of Gymnema suppress glucose absorption and help with reducing sugar cravings. Gymnema has been known to support healthy blood sugar levels. There have been several studies on gymnema and the effects it has on blood sugar levels. The results have shown the Gymnema supports healthy blood sugar levels.

American ginseng

Ginsengs are part of a group of adaptogenic herbs from the plant family Araliaceae. "Ginseng," means "essence of the earth in the form of a man". "Seng" is a term employed by Chinese medicinal root gatherers for fleshy roots used as tonics. **American ginseng** grows in shady woodlands with rich soils. It is native to Ohio and found mostly in the Appalachian region of the state. Its range outside of Ohio extends into the eastern half of the United States, from Quebec to Minnesota, and south to Georgia and Oklahoma.

Ginseng is helpful in maintaining normal blood glucose levels. Ginseng is also believed to possess outstanding healing properties, increase wisdom, longevity and even cure

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neurological disorders. Ginseng is an adaptogen, which helps the body quickly restore proper balance, slow the effects of aging and fight fatigue. It has been used to maintain good cardiovascular health. By acting as an adaptogen it aids the body in directly dealing with the effects of mental and physical stress. Ginseng is used to enhance physical (including sexual) and mental performance, and to increase energy and resistance to the harmful effects of stress and aging. In traditional Chinese medicine, ginseng is a tonic used to increase strength, increase blood volume, promote life and appetite, quiet the spirit, and provide wisdom. Ginseng was used in assisting with memory, improving cognitive and gastrointestinal function. Ginsengs promote Yang energy, improve circulation, enhance the immune system, increase blood supply, revitalize and assist recovery from weakness after illness.

Magnesium

Artichokes, nuts, beans, whole grains and shellfish, are the main sources of magnesium. 60 percent of the body's magnesium resides in the bones. Magnesium operates as a co-enzyme for optimal nervous system functioning, to support the regulation of body temperature, energy metabolism, DNA and RNA synthesis, and the formation of bones. Magnesium works alongside B-vitamins in the production of energy. It conducts nerve impulses and helps maintain a healthy heart. It plays a part in protein synthesis, which is necessary in muscle development. Plus, studies point to a potential role for magnesium supplements in energy metabolism efficiency in endurance athletes. Magnesium is also well known for its role in supporting-bone building properties, working in conjunction with calcium.*

Zinc

Zinc is largely found in fortified cereals, red meats, eggs, poultry and certain seafood, including oysters. It is a component of multiple enzymes and proteins. It is also involved in the regulation of gene expression. Zinc is an essential trace mineral that has functions in 300 different enzymes. Zinc plays a part in almost all biochemical pathways and physiological processes. More than 90 percent of the body's zinc is stored in the bones (30 percent) and muscles (60 percent), but zinc is also found in virtually all body tissues. Zinc also plays a role in wound healing, immune system support, promotes a healthy prostate gland and enhances fertility enhancement by means of sperm production in males. Because zinc is involved in a great number of enzymatic processes it has been found to positively affect a large range of bodily functions including digestion, energy production, growth, cellular repair, collagen synthesis, bone strength, cognitive function, and carbohydrate metabolism (glucose utilization and insulin production).

Chromium

Chromium is found naturally in some cereals, meats, poultry, brewer's yeast, broccoli, prunes, mushrooms, fish and beer. Chromium is an essential trace mineral that plays an important role in glucose metabolism, supporting healthy insulin levels, and maintaining healthy blood levels of cholesterol and other fats. It may also help with appetite control. Chromium has been shown to support healthy blood sugar, cholesterol and triglyceride levels as it increases insulin sensitivity and to aid in weight loss. Chromium can contribute to an increase in lean body and muscle mass.

Vanadium

Vanadium is found naturally in seafood, mushrooms, some cereals and soybeans. Vanadium a trace mineral is known for being effective in supporting healthy blood glucose levels.

Vanadium increases muscle mass, blood flow, glycogen synthesis and storage, while

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while mimicking insulin activity.

Biotin

Biotin is naturally found in egg yolks, peanuts, beef liver, milk (10 mcg/cup), cereals, almonds and Brewer's yeast. Biotin is known to promote healthy blood sugar levels. It also helps to strengthen hair and nails, increase energy levels and promote normal cholesterol levels.

These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent any disease.

Scientific Studies:

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- Persaud SJ, Al-Majed H, Raman A, Jones PM. Gymnema sylvestre stimulates insulin release in vitro by increasing membrane permeability. *Journal of Endocrinology* 1999, 163: 207-212.
- Paolisso G et al. Improved insulin response and action by chronic magnesium administration in aged NIDDM subjects. *Diabetes Care* 1989, 12(4): 265-269.
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- Mc-Carty MF. High-dose biotin, an inducer of glucokinase expression may synergize with chromium picolinate to enable a definitive nutritional therapy for type II diabetes. *Medical Hypotheses*. 1999, 52(5): 401-406.

What Makes This Product Unique?

nutraMetrix® Blood Sugar Maintenance is a combination of vitamins, trace minerals and herbs that help maintain healthy blood sugar levels and promotes optimal uptake and use of blood glucose. Maintaining healthy, normal blood sugar levels is important to overall health because of the negative impact that high blood sugar levels can cause on the body. Blood sugar levels are determined by how many carbohydrates are ingested, how rapidly the body breaks down carbohydrates into simple sugars and absorbs these sugars into the bloodstream, and how rapidly cells uptake the sugar from the blood. nutraMetrix® Blood Sugar Maintenance helps maintain healthy blood sugar levels that are not too high or too low.

Frequently Asked Questions:

How does nutraMetrix® Blood Sugar Maintenance help you control blood sugar levels?

It supports healthy blood sugar levels. It controls cravings for sweets and improves glucose metabolism.

Is nutraMetrix® Blood Sugar Maintenance safe to take daily?

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Yes

What types of foods contain carbohydrates?

Breads

Cereals

Rice

Pasta

Beans

Fruits

Vegetables

Milk and dairy products

A carbohydrate is anything that doesn't come from an animal plus milk

Are all carbohydrates the same?

No. There are good carbohydrates and bad carbohydrates. Good carbs include fruits, vegetables and whole grain foods because they are loaded with vitamins, minerals, fiber and phytochemicals, which all promote optimal health. Bad carbs include foods high in sugar, low in fiber and low in nutrients, such as sweets, chips, crackers and other processed foods.

What is the difference between simple and complex carbohydrates?

There are two types of carbohydrates: simple and complex.

Simple carbohydrates are absorbed very easily from the intestine into the bloodstream and as a result, have the most rapid effect on blood sugar levels because they are absorbed so readily.

Foods containing simple carbs include processed items such as cookies, candies and chips.

Fruits represent a natural form of simple carbohydrates.

Complex carbohydrates, which include fiber and starches, are also made up of sugars, but they exist in longer chains so that they take longer to break down in the intestine and thus are absorbed into the bloodstream at a slower rate. Foods containing complex carbs include vegetables, whole grains and beans. The majority of carbohydrate calories that you consume should come from complex carbohydrates.

How do carbohydrates affect blood sugar levels?

Both simple and complex carbohydrates are broken down in the intestines to their smaller disaccharide counterparts: glucose, fructose and galactose. Once broken down, they are absorbed through the intestinal wall into the bloodstream. The rate at which these simple sugars are absorbed into the bloodstream is what affects how high your blood sugar levels rise.

Why is fiber beneficial to the body and how does it affect blood sugar levels?

Fiber is a plant material that is largely resistant to the body's digestive enzymes so that much of it moves through the intestines and is excreted from the body. As a result, it retains water and supports normal bowel movement because it keeps the bolus of food moving through the intestines. In addition, it helps slow the absorption of sugars into the bloodstream, helping to support healthy blood sugar levels.

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NutraMetrix Blood Sugar Maintenance

Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 90

	Amount Per Serving	% Daily Value*
Biotin	1.3 mg	433
Magnesium (oxide)	67 mg	17
Zinc (gluconate)	2.5 mg	17
Chromium (nicotinate)	67 mcg	54
Glucomannan	400 mg	**
Alpha-Lipoic Acid	200 mg	**
<i>Gymnema sylvestre</i>	133 mg	**
American Ginseng root extract	33 mg	**
Vanadium (Amino Acid Chelate)	15 mcg	**

* Percent Daily Values are based on a 2000-calorie diet.
** Daily Value is not established.

Other ingredients: Dicalcium phosphate, microcrystalline cellulose, stearic acid, magnesium stearate, croscarmellose sodium and silicon dioxide.

Contains: Soy

To order this product go to: www.alixlandman.nutrametrix.com

Click on Login on the upper right hand tab. Click to register as a new "Preferred Customer".

Then click on Blood Sugar Maintenance and order.

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