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## Controlling Blood Sugar

Proper control of blood sugar can make a huge difference in controlling your body weight, mental focus and long-term health. The body digests carbohydrates and dietary sugars into small molecules, typically glucose, which is then absorbed into the bloodstream and sent to body tissues such as brain, muscle and internal organs as a fuel source. Excess blood glucose is stored in the liver and muscle as glycogen, and once the glycogen stores are full, any further excess glucose is converted into fat and stored that way.

To balance the effect of glucose absorption, the body produces insulin, which helps process the blood glucose and clears it from the blood. A rapid rise in blood glucose can stress the body's regulatory systems, which may lead to disruption of the insulin system and cause significant harm.

Refined carbohydrates (e.g., white bread, white rice, white potatoes and white sugar) may cause the blood sugar to rise too quickly and for too long. These foods are said to have a "high glycemic index." In contrast, unrefined (complex) carbohydrates (e.g., whole wheat bread, brown rice) and naturally occurring sugars consumed in fruits and vegetables provide a gentle, sustained release of glucose into the blood and have a "low glycemic index."

Wise dietary choices on a consistent basis are your best approach to balancing blood sugar. But let's face it – most of us don't make the best food choices all of the time. Recent discoveries in carbohydrate digestion and metabolism have enabled us to formulate dietary supplements that may aid with blood sugar regulation.

Consuming thick (viscous) gummy fiber prior to a meal helps slow the digestion and absorption of blood sugar (International Journal of Obesity 25:307-15, 2001), effectively reducing the glycemic index. Guar gum, a key ingredient in Fibo-Trim™ supplement, is a great example of a viscous fiber that may help achieve this result.



Natural extracts from bean and hibiscus contain ingredients that help to block the intestinal digestion and absorption of glucose, which may also help to reduce blood glucose (Medical Hypotheses 58:28-33, 2002). Carb-Ease™ supplement contains a full complement of carbohydrate digestion inhibitors.\* Exciting new research from my laboratory suggests the benefits of Carb-Ease supplement. Take Carb-Ease supplement right before a meal, so that the ingredients are present in the intestine when carbohydrates and sugars are consumed.

Take control of your blood sugar through regular exercise, wise dietary choices and use of high-quality, scientifically formulated supplements.\* You will feel and look better, and your long-term health is likely to benefit.



\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

