



## Blood Sugar & Metabolism

Helping You *Simplify* the Product Selection Process



# Do Your Level Best to Support Steady Blood Glucose

Your patients depend on glucose for energy, but too much — or too little — can create an issue. It's a delicate balancing act, but your recommendations can help them sustain healthy blood sugar levels.

When you recommend Standard Process® and MediHerb®

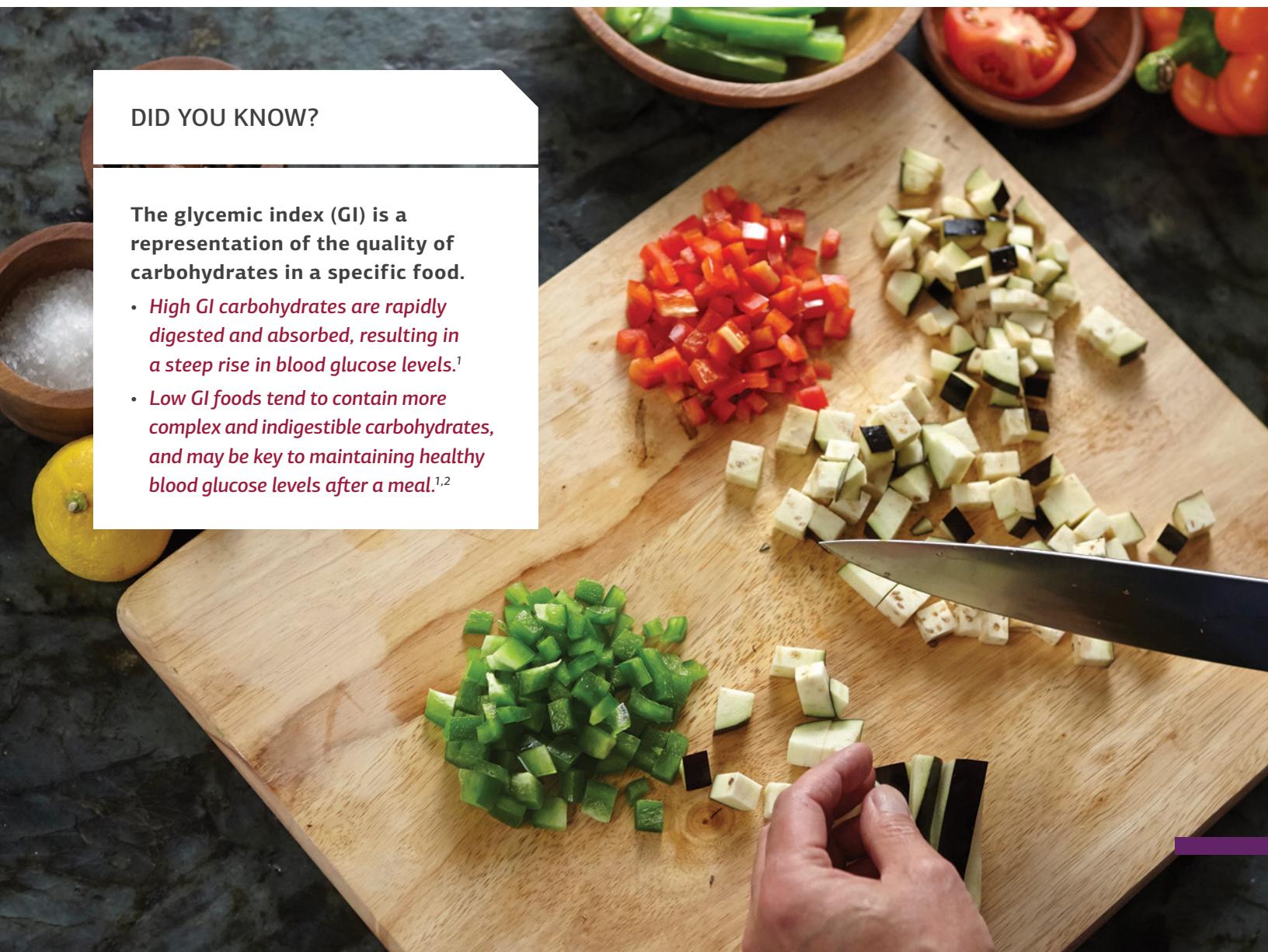
supplements, you are empowering your patients to support their own health. They're easy, effective ways to keep important health markers in ideal ranges so that the people you treat can enjoy optimal wellness.

*When we work together, we can change lives.*

## DID YOU KNOW?

**The glycemic index (GI) is a representation of the quality of carbohydrates in a specific food.**

- *High GI carbohydrates are rapidly digested and absorbed, resulting in a steep rise in blood glucose levels.<sup>1</sup>*
- *Low GI foods tend to contain more complex and indigestible carbohydrates, and may be key to maintaining healthy blood glucose levels after a meal.<sup>1,2</sup>*



# How to Talk to Your Patients About Blood Sugar

As a health care professional, you understand that blood sugar helps us perform many of our daily tasks — everything from thinking to exercising. However, your patients might not be as familiar with the fundamentals of good glucose levels. When you're prepared to answer these frequently asked questions, you're better equipped to keep the people you care for on the path to optimal health.

## Why Blood Sugar Matters

In addition to short-term energy needs, long-term blood sugar balance is important for helping keep many body systems healthy. They include the brain, kidneys, eyes, nerves, and the cardiovascular system.<sup>3</sup>

## What is a Healthy Blood Sugar Level

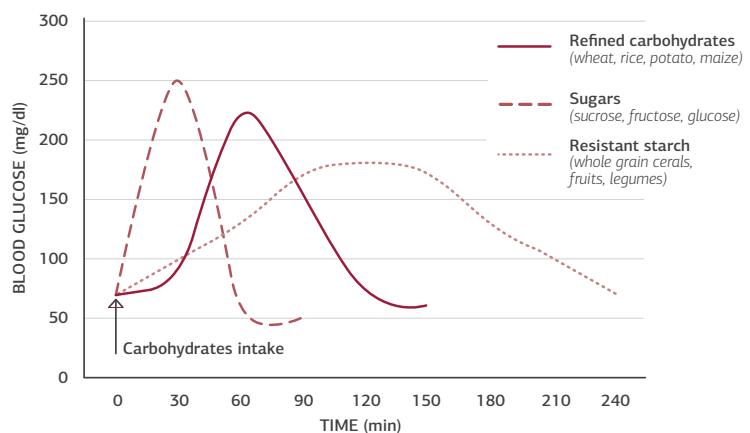
Blood sugar levels do not stay constant throughout the day; there is a natural cycle to how the body processes sugar that also involves the timing of meals and other aspects of circadian rhythm.<sup>4,5</sup> With that said, blood sugar levels should remain in a normal range despite natural fluctuations.

## How Does the Body Process Blood Sugar

Insulin facilitates the uptake of glucose into tissue cells, including skeletal tissue. In addition to the food we eat, sleep and exercise can also play important roles in healthy blood sugar levels.<sup>3,4,6-8</sup>

## How Does Sugar Get Into the Blood

Since blood glucose comes from the food we eat, nutritional choices are very important. Consuming the right mix of fats, proteins, and carbohydrates is important for overall health.



# Learn More About These Featured Supplements



## CARBOHYDRATE METABOLISM

### Diaplex®

3555 150 Capsules

NON DAIRY



## DIGESTION

### Whole Food Fiber

8335 7 oz (200 g)

GF

VEGAN

## Healthy Glucose Metabolism\*

**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
- Supports the healthy function of the pancreas\*
- Supports healthy bowel function\*
- Encourages healthy gallbladder function\*



*Scan to learn more  
about Diaplex®*

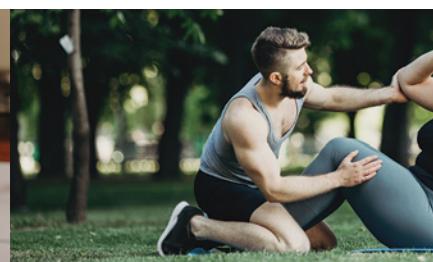
## Bridge the Fiber Gap

**Whole Food Fiber** is a good source of dietary fiber from nutrient-rich whole foods.

- Adequate fiber consumption helps maintain blood sugar levels that are already within normal range\*
- Contains both soluble and insoluble fiber
- Supports healthy bowel function\*
- Promotes regular intestinal motility and elimination\*
- Supports healthy epithelial cells in the bowel\*



*Scan to learn more  
about Whole Food Fiber*





### BLOOD SUGAR

**MediHerb®  
Gymnema**  
M1320 40 Tablets  
M1325 120 Tablets



### DIGESTION

**MediHerb®  
Metabol Complex**  
M1610 90 Tablets

## Anti-Sweetness Activity\*

**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\*



*Scan to learn more  
about Gymnema*

## Multi-Action Metabolic Support\*

**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\*



*Scan to learn more  
about Metabol Complex*



Learn more and order at  
[standardprocess.com/BloodSugarMetabolism](http://standardprocess.com/BloodSugarMetabolism)



# Choose the Right Products For Your Patients

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## BLOOD SUGAR

### Glucose Assist™

4640 Chocolate - 1.65 lbs  
4645 Vanilla - 1.65 lbs



A low glycemic blood sugar support shake powder that helps support healthy blood sugar levels already in a normal range\*

## CARBOHYDRATE METABOLISM

### Chromium Complex

4680 180 Tablets



Supports carbohydrate digestion and encourages healthy blood sugar utilization at the cellular level\*

### Fen-Gre®

4300 150 Capsules



Used to support pathways associated with normal glucose metabolism and the action of the mammary gland\*

## CARBOHYDRATE & LIPID METABOLISM

### B<sub>6</sub>-Niacinamide

1275 90 Tablets | 1280 330 Tablets



Supplies B vitamins to support the cardiovascular, digestive, endocrine, circulatory, and central nervous systems\*

### Niacinamide B<sub>6</sub>

5980 90 Capsules



Aids in the breakdown of proteins, fats, and carbohydrates\*

## DIGESTION

### MediHerb® Black Cumin Seed Forte

M1660 40 Tablets



Contains a whole plant extract of Black Cumin seed to support healthy liver and digestive function as well as the metabolism of fat\*

## LIFESTYLE PROGRAM

### 21-Day Purification Program

12010 SP Complete® and Gastro-Fiber®  
12020 SP Complete® and Whole Food Fiber  
12035 SP Complete® Dairy-Free and Gastro-Fiber®  
12040 SP Complete® Dairy-Free and Whole Food Fiber  
12055 SP Complete® Vanilla and Gastro-Fiber®  
12060 SP Complete® Vanilla and Whole Food Fiber  
12065 SP Complete® Chocolate and Gastro-Fiber®  
12070 SP Complete® Chocolate and Whole Food Fiber  
12075 SP Complete® Chocolate & Vanilla, and Gastro-Fiber®  
12080 SP Complete® Chocolate & Vanilla, and Whole Food Fiber

A structured program that brings healthy lifestyle habits into focus

**Each program includes:** 1 SP Cleanse® (150 Capsules), 2 SP Complete® (any type), 2 Gastro-Fiber® (150 Capsules) or 2 Whole Food Fiber (7 oz), 1 SP Green Food® (150 Capsules), 1 bag, and 1 patient guide

## LIPID METABOLISM

**Cyruta®**  
3250 90 Tablets



Contains buckwheat and supports healthy cholesterol levels that are already within a normal range\*

**Inositol**  
5000 90 Tablets



Involved in nervous system function and supports lipid metabolism, important for cardiovascular health\*

## PROTEIN

**SP Complete®**  
2820 SP Complete® - 1.75 lbs  
2840 SP Complete® Dairy Free - 2 lbs  
2845 SP Complete® Chocolate - 1.63 lbs  
2850 SP Complete® Vanilla - 1.44 lbs



Offers essential whole food nutrition & protein with all essential amino acids in a convenient powder to support your body during a cleanse and beyond\*

**Veg-E Complete Pro™**  
8180 Chocolate - 1.63 lbs  
8185 Vanilla - 1.38 lbs



Offers an organic multisource blend of plant-based protein in a convenient powder\*

**Whey Pro Complete**  
8325 1.31 lbs



A whey protein powder that supports weight management by increasing satiety, supports the body's muscle growth, and supports repair processes\*

Vegan products are devoid of animal-based tissue, animal-based gelatin, or fish oils. They are also devoid of animal-based ingredients such as dairy, eggs, honey, beeswax, and lanolin. Vegetarian products are considered lacto-ovo vegetarian, which means they are devoid of animal-based tissue, animal-based gelatin, or fish oil. They may contain animal-based ingredients such as dairy, eggs, honey, beeswax, or lanolin. Gluten-Free products have been tested to verify they meet the regulations associated with the United States Food and Drug Administration's gluten-free labeling. Non-Dairy products have been formulated to not contain milk or milk-derived ingredients. Non-Grain products have been formulated to not contain any true cereal grain or grain-derived ingredients such as those from wheat, rice, oats, cornmeal, barley, or another cereal grain.

\*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.

# Together, We Can Change Lives

Changing lives is our passion and has been since our company's inception in 1929. This passion is what drove our founder, Dr. Royal Lee, to develop and pioneer the first whole food-based supplement on the market, the revolutionary Catalyn®.



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