

# 10 DAY Blood Sugar Support Program

*Maintaining a healthy, normal blood sugar metabolism is key for energy, sleep, mood, and appetite.*

## Why is blood sugar so important?

Glucose is an important energy source used throughout your body. Ensuring there is enough glucose for tissues but not too much involves a hormonal balance requiring inputs from many systems. The pancreas regulates blood sugar levels by producing insulin, which signals cells of the body to take up glucose. Healthy pancreas function helps keep insulin going into the blood so that energy is maintained.



## THE STANDARD PROCESS DIFFERENCE

Transforming Lives With Nutrition



### Standard Process:

- » Is committed to changing lives with a whole food philosophy
- » Grows many ingredients on the Standard Process certified organic farm in Wisconsin
- » Is serious about quality
- » Makes products to support the health of the whole family
- » Partners exclusively with health care professionals
- » Has been trusted for generations, with products that have been transforming lives since 1929

*At our practice, we believe that given the proper nutrition, the body has the amazing ability to keep itself healthy. We also believe that nutrition should be individualized to meet each patient's needs. We recommend and trust Standard Process nutritional supplements made with whole food and other ingredients.*



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# 10 DAY Blood Sugar Support Program

RESHAPE YOUR LIFE  
IN 10 DAYS



# What's in the program?

## What will your 10-day program be like?

You will:

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

The products in the 10-day program support the organs and glands that help maintain healthy blood sugar metabolism. These include nutritional supplements made with whole food and other ingredients to help fill nutritional gaps in the diet.\*



## Program Products



**SP Complete<sup>®</sup>, SP Complete<sup>®</sup> Chocolate, SP Complete<sup>®</sup> Vanilla (all with whey protein), or SP Complete<sup>®</sup> Dairy Free (with rice protein)**

- A convenient powder that offers essential nutrition from whole food ingredient sources with protein, fiber, and calcium to support immune system, intestinal, and muscular health\*



**SP Cleanse<sup>®</sup>**

- Combines 20 unique whole food and botanical ingredients designed to support the body's normal toxin-removal processes\*



**Diaplex<sup>®</sup>**

- Encourages healthy blood sugar metabolism and supports healthy function of the pancreas when combined with a balanced diet\*



**Gymnema (MediHerb<sup>®</sup>)**

- An herbal product that helps reduce sweet cravings and suppress/inhibit sweet taste sensation\*

# Is the 10-Day Blood Sugar Support Program right for you?

If you identify with the second and third columns, ask your health care professional about the program.

	1	2	3
SLEEP	Soundly	Restless	What's that?
MOOD	Even	Up and down	Cranky/irritable
CRAVINGS	Occasional sweets/carbs	Frequent sweets/carbs	Constant sweets/carbs
APPETITE	Healthy	Hearty	Ravenous

\*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.