



## Glucose Px

*Supports glucose metabolism and promotes healthy liver function.*

In addition to promoting healthy glucose metabolism and transport, this comprehensive formula of nutrients and botanicals helps to maintain a healthy liver profile.

### Formulation Features

- **Vanadium** supports normal glucose transport into cells.
- **Chromium** is thought to be the most active component of glucose tolerance factor (GTF).
- **Gymnema sylvestre extract** contains numerous active phytoconstituents researched for physiological activity as anti-oxidants and supporting healthy Beta cell regeneration.
- **Milk Thistle seed** (*Silybum marianum*) contains a group of flavonolignans that support healthy liver function and hepatic cells.
- **Prickly Pear leaf** (*Opuntia icus indica, vulgaris*) Prickly Pear optimizes basic metabolism, and helps support normal blood sugar.



### Formula

Each/Chaque vegi-capsule contains:

Vanadium (vanadyl sulfate)	900 mcg
Chromium (chromic polynicotinate)	167 mcg
Gymnema sylvestre extract, 25% Gymnemic Acid	400 mg
DL-alpha-Lipoic acid	100 mg
Organic Milk Thistle seed ( <i>silybum marianum</i> )	75 mg
Organic Prickly Pear leaf ( <i>opuntia ficus indica</i> )	30 mg
Milk Thistle seed extract, 80% silymarin	25 mg

#### Constituent Bio Marker Per Dose

Gymnemic Acid Glycosides	80 mg
Silymarin Flavonoids (HPLC)	15 mg

**Non-Medicinal ingredients:** hypromellose vegi-capsule

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95% of our herbs and herbal extracts are certified organic.

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## Supplementation

- Take three to five capsules twice a day or as directed by a health care practitioner. Take with food.
- After two months, switch to a maintenance dose of two to three capsules twice daily with food.

## Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

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