

Fast Facts about BLOOD SUGAR

Did you know 88% of individuals struggle to maintain healthy blood sugar levels?

Almost 9 out of 10 people experience dysregulated glucose levels. Unbalanced glucose levels mean fatigue, stubborn weight gain, energy fluctuations, and cravings for sweets are the norm.

What is Blood Glucose?

Glucose is the main source of energy for the cells of our body and it's carried to each cell through the bloodstream. While all our cells need glucose, most of us are getting too much, too fast, causing a spike in blood sugar levels after a meal.



7 SIGNS You Have Unhealthy Blood Sugar Spikes



1. Hunger Soon After Eating

A rapid rise in glucose creates a rapid fall, unleashing more of the hunger hormone (ghrelin) so we need to eat again, quickly.



2. Cravings for Sweet Foods

Research shows that when our glucose levels crash rapidly after a sugar spike, cravings for sweet foods intensify.



3. Brain Fog or Lack of Focus

Blood sugar spikes can affect our thinking by impairing cognitive function, and by making it hard to sleep, so we wake up groggy.



4. Dips in Energy Levels

Ever feel like you could fall asleep after lunch? That's a classic symptom of blood sugar crashing after a meal.



5. Acne or Skin Breakouts

Many skin issues, including acne and breakouts, are worsened by a blood sugar spike and the inflammation it triggers.



6. Constantly Feeling Exhausted

While our cells need glucose, too much too soon can impact our mitochondria, so our cells don't produce energy as effectively.



7. Stubborn Weight Gain

A blood sugar spike triggers the release of insulin, which stores excess glucose primarily in our fat cells, making it hard to lose weight.

Why Does Blood Sugar Matter?

1. Just a single spike in blood sugar is damaging, increasing oxidative stress and causing inflammation in the body. Over time, repeated glucose spikes can cause insulin resistance.
2. According to the CDC, about 96 million Americans—over 1 in 3 adults—have pre-diabetes, characterized by above-normal blood sugar and insulin resistance.
3. Many others experience **the roller coaster effect**, or *glycemic variability*, marked by swings in blood glucose including episodes of high sugar and low sugar. This can cause dips in energy, intense cravings, and weight gain.



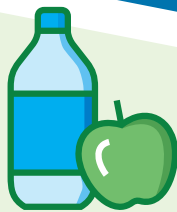
The good news is that there are simple techniques to help us achieve healthy blood sugar.

8 Ways to Support Healthy Blood Sugar, Naturally



Eat a High-Protein Breakfast

Skip the cereal. Having more protein or healthy fats first means you'll stop the glucose rollercoaster in its tracks.



Try Apple Cider Vinegar

Acetic acid in vinegar helps to moderate glucose spikes. Add a tablespoon to a glass of water and drink before a meal.



Don't Eat Late

The same meal eaten early in the day vs. late at night can have dramatically different effects on your glucose.



Take Gluco-Control Before a Meal

Natural glucose control complex supports healthy blood sugar with exclusive plant-based enzymes that target excess glucose.



Get Moving After a Meal

Taking a short walk, dancing, or using light weights within an hour after you eat helps to stabilize your levels.



Eat Fiber Before a Meal

Soluble fiber forms a gel in the gut that slows the release of glucose from a meal. Try a tasty shortcut with Organic Super Fiber.



Try Probiotics for a Healthy Gut

Research suggests that foods with good bacteria (fermented foods) can help lower fasting blood sugar levels.



Eat Dessert Last

Changing the order of the foods you eat affects their glycemic impact. Eat veggies first, then protein and healthy fats, carbs, and finally sweets.

Gluco-Control: A New Way to Balance Blood Sugar Every Day



Gluco-Control contains an exclusive glucose control complex that works to flatten the glucose curve. These natural ingredients work together in synergy to optimize healthy blood sugar support.



Proprietary plant enzymes target excess glucose in meals, helping to significantly reduce the amount of glucose released into the body.



Beta-glucans present in organic chaga and reishi mushrooms may help reduce appetite and cravings, according to research by the National Institutes of Health.

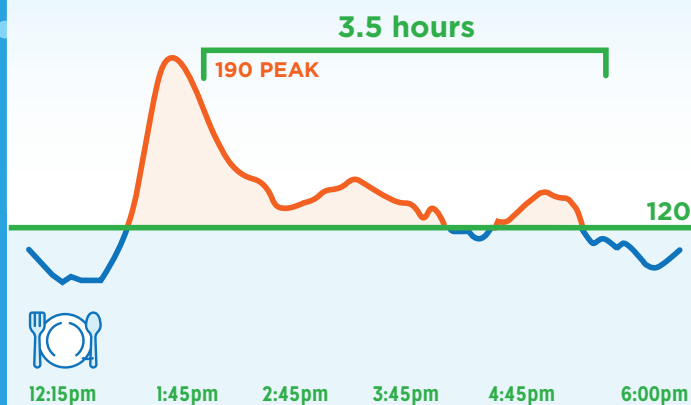


Probiotics foster a healthy gut microbiome, promoting the release of gut-derived metabolic hormones that support the body's glucose response.

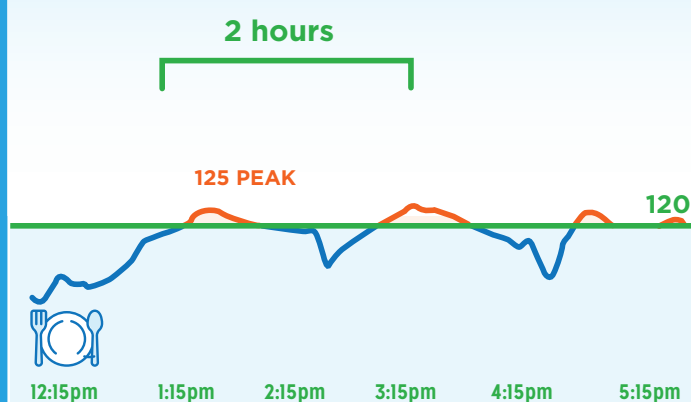
How Gluco-Control Works

This unique plant-based formula uses enzymes to build excess glucose into a resistant starch—a type of prebiotic that is not digested by the body, thus diminishing glucose spikes.

MEAL ONLY



MEAL + GLUCO-CONTROL



The same meal was eaten by the tester (male, insulin-resistant) on two different days. On the first day, with only the meal, the tester experienced a big blood sugar spike, followed by a crash. On the second day, the tester took Gluco-Control 1.5 hours before eating the exact same meal. Their blood glucose levels remained steady for hours, as measured by a continuous glucose monitor.

Is Gluco-Control Right for You?

If you're ready to say goodbye to constant hunger, cravings for sweet foods, and the see-saw energy dips of blood sugar spikes, Gluco-Control may be right for you. Gluco-Control is all-natural, vegan, non-GMO and gluten-free.

By simply taking 1-2 capsules of Gluco-Control before a main meal you can help sustain healthy blood glucose levels. Enjoy more energy throughout the day, a happy gut microbiome, improved digestion, and less cravings for sugary snacks.

One Serving:
1-2 Capsules

When:
One hour before
a main meal



Diabetic or Hypoglycemic?

Because the natural glucose control complex in Gluco-Control may reduce glucose levels and enhance insulin sensitivity, people who are diabetic (high blood sugar requiring medication) or hypoglycemic (low blood sugar) should consult with their health care provider.

Take Back Control with Gluco-Control



Live a life filled with goodness by taking control of your blood glucose levels. Gluco-Control supports healthy blood sugar with:

- **Plant-Based Enzymes** that target excess glucose
- **Organic Mushrooms** for blood sugar support
- **Probiotics** for gut and metabolism health

Simply take 1-2 capsules before a main meal and start feeling the difference in your energy, metabolism and health!



Start feeling the difference today!



* 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.



touchstone essentials
TheGoodInside.com