

## **Dr. Rashidi Nutritional Support Recommendations II**

### **BLOOD SUGAR SUPPORT IN METABOLIC SYNDROME AND DIABETES**

#### **WELLNESS ESSENTIALS FOR BLOOD SUGAR SUPPORT:**

Convenience packs with MultiGenics , EPA-DHA Extra strength Omega 3, and, MetaGlycemX, a formula for healthy insulin and glucose levels Contains cinnamon, chromium, green tea and alpha lipoic acid to help with glucose regulation, reduce sugar craving. GTF improves glucose tolerance, helps with weight loss, and aids in release and utilization of insulin, lower cost than drugs

**OXYGENICS:** (bilberry, lipoic acid, lutein, taurine, lycopene, ginkgo, selenium, zinc, N-acetylcystine) important antioxidants to protect against vision loss due to cataracts, macular degeneration or diabetic retinopathy; anti-aging; also helps blood sugar control.

**META LIPOATE 300:** Lipoic acid helps prevent nerve damage, helps control blood sugar levels, helps preserve the insulin producing cells.

**VESSELCARE:** Cardioprotection, prevents buildup of homocysteine that can lead to heart attack, also helps protect against numbness of feet (neuropathy)

**CO Q 10 ST-100  
NANOCELL Q** Coenzyme Q 10 protects the heart, improves circulation and helps stabilize blood sugar.

**FENUGREEK PLUS:** Herbal support for healthy blood sugar levels, lowers triglycerides.

**ULTRA CLA:** Conjugated Linoleic acid helps support glucose metabolism and promotes lean body mass

**ULTRAMEAL PLUS 360°:** Medical food used a meal replacement to help promote weight loss for better blood sugar control, lower blood pressure and reduced cholesterol and reduced heart risk.