



GLUCO CHECK

Feeling off balance? Enerex Gluco Check offers a natural way to balance blood sugar levels with essential nutrients. It combines B Vitamins for managing healthy glucose and insulin levels, and Chelated Minerals that increase the sensitivity of the cells' insulin receptors, and reduce blood sugar. It is enhanced with a new herbal discovery called Glucevia that balances blood sugar, and a potent seaweed blend called InSea 2 that reduces the glycemic index of foods. Well-known herbs Ashwagandha, Gymnema and Cassia Cinnamon, which all aid in blood sugar balancing. This formula blends ancient Ayurvedic medicine and modern nutritional science to help you be proactive: prevent diabetes if you can, and prevent diabetes-linked complications if you already have it.

NPN/EN: 80026605

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OVERVIEW

Stay in balance

It can seem like an overwhelming and confusing task to balance anything within the body that has become imbalanced — and therefore out of harmony with health. Balancing blood sugar may feel this way, but it doesn't have to.

Sugar shock

If diabetes is a disease of high blood sugar, then lowering blood sugar would seem to be the most important factor. However, elevated sugar is only a symptom, not the cause of the problem. The real problem is a high level of the hormone called insulin that has probably crept up slowly, and remained unchecked over years, and even decades. It gets this way from a diet high in refined carbohydrates and foods that increase inflammation.

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Are you eating for Type 2?

To prevent – and help to reverse – insulin resistance and diabetes, eat in a way that:

1. balances your blood sugar
2. reduces inflammation
3. turns on healthy gene messages
4. increases metabolism
5. improves the way your body detoxifies

What can you do NOW to prevent diabetes and reverse pre-diabetes?

The most important factors are to bring insulin levels down to normal and increase the ability of insulin to get nutrients into cells. After you take steps to adjust your diet, specific nutritional supplements can help to increase results and put your insulin levels back on track.

Enerex Gluco Check is designed to maintain balanced blood sugar levels within the normal range by providing crucial nutrients you need to metabolize the natural sugars, fats and proteins in everyday foods. It has all of the essential B Vitamins known for managing healthy glucose and insulin levels. It includes a Chelated Mineral Complex of Chromium, Vanadium, Magnesium, Zinc and Manganese that increase the sensitivity of insulin receptors, transport glucose, and reduce blood sugar levels. It offers two exciting new discoveries: an herbal blood glucose balancer called Glucevia, and a seaweed blend called InSea 2 that reduces the glycemic index of foods buffering their absorption. It has Alpha Lipoic Acid to help the body metabolize (process) glucose. It combines the most scientifically advanced forms of vitamins and minerals with ancient Ayurvedic herbal medicines including Ashwagandha, Gymnema, and Cassia Cinnamon that are well documented for treating blood sugar and insulin imbalances.

The ins and outs of insulin

The first hormone ever discovered was insulin in 1920.

Insulin “opens the doors” to muscle cells, red blood cells and fat cells, and delivers glucose (blood sugar) to these cells. Inside the cell, glucose is either used for energy or stored for future use. But glucose isn’t the only nutrient delivered to cells by insulin. Minerals, vitamins and proteins are also delivered. And, if the insulin is overwhelmed by responding to a sugar overload, delivery of the other nutrients into cells may be jeopardized.

That means if you eat too much sugar and processed foods (that are metabolized like sugar) cells won’t get the vitamins and minerals they need to be healthy.

Insulin resistance happens when the normal amount of insulin that is secreted by the pancreas is no longer able to unlock the doors to cells. If this happens, to keep blood glucose at a normal level, the pancreas secretes more insulin. Insulin then continues to run through your blood even when it’s not

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needed to process glucose. If cells can't gauge how much insulin is present, insulin will continue to be produced even when there is still a lot available. This causes health problems.

Eat well, live smart

Eating habits need to be based on whole foods **high** in:

1. Fibre
2. Colourful fruits, vegetables, and legumes
3. Good fats (raw seeds, fish

and low in:

4. Sugar
5. Flour
6. Bad fats (transfats, processed fats).

Eat whole, unprocessed, field-fresh vegetables and fruit, and grains in their whole – not flour – form (try rye flakes, quinoa, buckwheat groats and brown rice in place of cereal, pasta, white rice and bread). Eat lean protein at every meal including breakfast (such as an egg, a hemp and chia seed protein shake, or nuts). For snacks, eat protein combined with a whole, complex carb every 4 hours to keep your insulin and glucose levels normal (try nut butter on whole rye crackers, trail mix and a piece of fruit, or cottage cheese with tomatoes).

For lunch and dinner, add anti-inflammatory foods including good fats from fish (or fish oil), hemp, flax and chia seeds, and cook only with extra virgin olive oil. Eat antioxidant-rich foods including orange and yellow vegetables, leafy greens, and red and blue/purple fruits and vegetables. Eat lots of fibre in raw vegetables, legumes and whole grains to stabilize blood sugar by slowing the absorption of carbs and aiding bowel elimination.

Extra needs

A diabetic has higher requirements for many nutrients.

Supplementing with key vitamins and minerals can improve blood sugar control, help prevent or reduce the development of major complications (such as kidney and heart disease and amputations), and boost immune function which reduces infections in diabetics.

Exercise is critical to improve insulin sensitivity and sugar metabolism, reduce body fat, prevent diabetes, reduce your risk of complications, and even help reverse it. This means at least 30 to 60 minutes of heart-rate increasing physical activity every single day.

If you make the commitment to learning about your condition and taking a proactive approach, carefully monitoring blood sugar and lifestyle habits, it will greatly improve the likelihood that you will lead a long, healthy life.

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INGREDIENTS

EACH VEGETARIAN CAPSULE CONTAINS

Medicinal Ingredients:

Glucevia (European Ash, <i>Fraxinus excelsior</i> , G13 + Nuzhenide 36.7 mg, seed/leaf	333.3 mg
InSea ² (Brown Seaweed, Norwegian Kelp, <i>Ascophyllum nodosum</i> 20:1, 1667 mg DHE*, Iodine 25 mg, Polyphenols 8.35 mg, thallis	83.35 mg
InSea ² (Brown Seaweed, Kelpware, <i>Fucus vesiculosus</i> 20:1, 1667 mg DHE*, Iodine 25 mg, Polyphenols 8.35 mg, thallis	83.35 mg
Gymnema (<i>Gymnema sylvestre</i> 10:1, 1000 mg DHE*), Leaf	100 mg
Ashwagandha (<i>Withania somnifera</i> [8% Withanolide]), Leaf & Root	125 mg
Cassia Cinnamon (<i>Cinnamomum aromaticum</i> 20:1, 400 mg DHE*), Stem & Bark	20 mg
Pantothenic Acid (Vitamin B5) Ca-d-Pantothenate	50 mg
Niacinamide (Vitamin B3) Hydrochloride	50 mg
Thiamine (Vitamin B1) Hydrochloride	20 mg
Riboflavin (Vitamin B2)	20 mg
Vitamin B6 (Pyridoxine HCl)	20 mg
Biotin (Vitamin B7) Hydrochloride	100 mcg
Folate (Vitamin B9) Folic Acid	200 mcg
Vitamin B12 (Cyanocobalamin)	200 mcg
DL-Alpha Lipoic Acid	50 mg
Chromium (Chromium III picolinate [^])	100 mcg
Zinc (Zinc picolinate [^])	5 mg
Vanadium (HVP Chelate [^])	5 mcg
Magnesium (HVP Chelate [^])	20 mg
Manganese (HVP Chelate [^])	1 mg

Non-Medicinal Ingredients:

Vegetable magnesium stearate, microcrystalline cellulose, silicon dioxide, hypromellose (vegetarian cellulose-complex capsule)

There are no other ingredients added to this formula.

* Dried Herb Equivalent

[^] Amino Acid bonded minerals

Directions:

ADULTS: Take 1 capsule daily with food a few hours before or after pharmaceuticals or as directed by a health care practitioner.

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FEATURES

Nutritional supplements can be very effective for Type 2 diabetes and insulin resistance. Enerex has studied and chosen the following essential vitamins, chelated minerals and complementary botanicals for its **Gluco Check** formula based on solid science.

First, the news! We've added two exciting new patented ingredients to this formula to reduce blood sugar spikes after eating, improve insulin sensitivity and lower the glycemic index of foods eaten.

GLUCEVIA: a modern discovery in a traditional food.

Glucevia is an extract from the fruits and seeds of the European Ash tree, also called *Fraxinus excelsior*, which naturally balance blood sugar levels.

In the Mediterranean, the tree's fruits are both eaten as food and used in medicinal tonics. They are known to have a natural hypoglycemic effect. The new patented extract, and its modern uses for improving glucose regulation, is backed by scientific research. Glucevia reduces blood glucose by increasing the rate of absorption of glucose (sugar) in the liver and in the cells of muscles.

It is completely safe, has been found to work after the very first dose, has no negative side effects, and improves liver health – so that it can perform its many functions more efficiently. Glucevia's two active chemical compounds are called Nuzhenide and G13.

INSEA2: The many wonders of seaweed

InSea2 blends two kinds of wild-crafted seaweeds (sourced naturally from the Atlantic ocean, not farmed)

These two sea plants, called *Ascophyllum nodosum* and *Fucus vesiculosus*, reduce the glycemic index of foods that you have eaten, even slowing down digestion and absorption of sugars and simple starches like white bread (and the blood-spiking reactions of amylase and glucosidase in these foods). It also improves insulin sensitivity, and supports healthy blood glucose levels. (Clinical tests showed that after a meal, it reduced blood sugar levels by 8 %.)

The active components of these are polyphenols, a type of antioxidant, which may also help to control weight and maintain a balanced metabolism. InSea2 is 100 per cent natural and plant-derived, has no known negative side effects, non-GMO, pesticide and herbicide free.

Gymnema Sylvestre

Gymnema Sylvestre is an Ayurvedic (traditional Indian) medicine that may help treat blood sugar management problems including diabetes. Gymnema is derived from the word that means "sugar

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destroyer” in Hindi, describing the herb's ability to block and even reduce the addictive desire to eat sugar.

Gymnema Sylvestre extract is thought to enhance the body's own insulin, possibly by regenerating or repairing beta cells in the pancreas where insulin is produced. Doctors in India prescribe Gymnema for mild cases of Type 2 Diabetes in conjunction with standard treatments.

In the Diabetes Association journal *Diabetes Care*, a “Review of Herbs and Dietary Supplements for Glycemic Control in Diabetes” found that although Chromium has been the most widely studied and found to be effective for diabetes control, Gymnema Sylvestre and Vanadium also showed positive preliminary results. (Gloria Yeh, MD, David Eisenberg, MD, Research in Complementary and Integrative Medical Therapies, Harvard Medical School, Boston, and Department of Medicine, Beth Israel Deaconess Medical Center, Boston)

Cassia Cinnamon

One of the simplest things you can do to improve insulin metabolism is to add a half teaspoon of cinnamon to your diet. Cassia Cinnamon improves the ability of cells to take in glucose.

It also may slow the rate of digestion, resulting in lower blood glucose levels after eating. The insulin-enhancing properties of cinnamon have they been found to increase the processing of glucose by up to 20 times. Approximately 1 gram of cinnamon a day has been shown to reduce fasting glucose levels by 18% and cholesterol by 12 to 26%.

Animal studies have shown that compounds in cinnamon stimulate insulin receptors and increase cells' ability to use glucose. At the USDA Human Nutrition Research Center, a study published in the *Journal of Agricultural and Food Chemistry*, Anderson et al. shows that the insulin-enhancing components in cinnamon are from its antioxidants called catechin and epicatechin. A study demonstrating cinnamon's beneficial effects on insulin activity, in December 2003's *Diabetes Research and Clinical Practice* showed that when rats were given a daily dose of cinnamon (300 mg per kilogram of body weight) for 3 weeks, they absorbed 17% more blood sugar per minute, an increase researchers attributed to cinnamon's enhancement of the muscle cells' insulin-signaling pathway.

In a human study that evaluated 60 people with Type 2 Diabetes, eating 1 gram or more of cinnamon per day was found to reduce blood sugar, triglycerides, LDL (bad) cholesterol and total cholesterol. (December 2003, *Diabetes Care*). Researchers concluded that diabetics eating cinnamon may reduce other risk factors associated with diabetes like cardiovascular diseases. In another study, adding cinnamon to a high carb food helped lessen its impact on blood sugar levels. Cinnamon slows the rate at which the stomach empties after meals, reducing the rise in blood sugar after eating. (*Am Journal of Clinical Nutr.* 2 007 Jun;85(6):1552-6.)

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Ashwagandha

Ashwagandha is a traditional Ayurvedic medicine in India that may help lower blood sugar in Type 2 Diabetes.

By controlling blood sugar and improving the body's ability to handle insulin properly, Ashwagandha may also reduce the risks associated with getting diabetes such as weight gain.

In one study from Korea, extracts of Ashwagandha root and leaves were used in research of diabetic rats. At the beginning of the study, these rats showed a significant increase in glucose and a significant reduction in glycogen, Vitamin C and Vitamin E compared to normal rats. Giving Ashwagandha to diabetic rats restored the levels to normal. The researchers concluded that Ashwagandha root and leaf extracts and their antioxidants may play a role in reduction of blood glucose, at least in diabetic rats. (Udayakumar R, et al, "Antioxidant effect of dietary supplement *Withania somnifera* L. (Ashwagandha) to reduce blood glucose levels in diabetic rats." Department of Biology & Medicinal Science, Pai Chai University, Daejeon, Korea, 2010, 65(2):91-98)

Ashwagandha, sometimes called "Indian Ginseng," is used most often to decrease fatigue, reduce emotional issues produced by stress, and increase strength and stamina. Ashwagandha can also lower blood pressure by acting as a calcium channel blocker.

Chromium

Chromium is an essential trace mineral that works with insulin to metabolize (i.e. helps break down and use for energy) the carbohydrates, fats and proteins in food.

Chromium is needed to fight against diabetes: it may improve diabetics' glucose tolerance, lower fasting glucose levels, and decrease insulin. This is because Chromium is a part of "glucose tolerance factor" involved in regulating the body's blood sugar.

Studies have shown that supplementing with Chromium may raise glucose tolerance in Type 2 Diabetics. In the *Journal of the American College of Nutrition*, a study conducted in China (supported by studies in the US) found that Chromium improved the blood glucose, insulin and cholesterol in people with Type 2 Diabetes. Follow-up with patients one year later confirmed these studies. This study recommends: 200 micrograms/day of supplemental Chromium to improve glucose of those who are mildly glucose intolerant; diabetics may require more than 200 micrograms/day. No side effects were found. (*Journal of the American College of Nutrition*, "Chromium, Glucose Intolerance and Diabetes," Volume 17, Issue 6, 1998, Published online June 2013)

In addition to supplements, Chromium is found in high amounts in brewer's yeast, whole wheat bread, beef liver, beets, and mushrooms.

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Vanadium

Vanadium is an essential trace mineral found in many foods that, like Chromium, works with insulin to metabolize carbs, fats and proteins.

Vanadium supplements may lead to a slight increase in sensitivity to insulin, and may therefore allow diabetic patients to decrease the amount of insulin that they need to keep their blood sugar levels under control. Studies on both animals and humans have proved links between Vanadium levels and normal blood glucose.

Recent studies showing Vanadium's effectiveness include the following:

Guo JY, et al. A Contemporary Treatment Approach to Both Diabetes and Depression by *Cordyceps sinensis*, Rich in Vanadium. *Evid Based Complement Alternat Med*. 2010 Sep;7(3):387-9.

Shukla R, Bhonde RR. Adipogenic action of vanadium: a new dimension in treating diabetes. *Biomaterials*. 2008;21(2):205-10.

Cusi K, Cukier S, et al. Vanadyl sulfate improves hepatic and muscle insulin sensitivity in type 2 diabetes. *J Clin Endocrinol Metab*. 2001;86(3):1410-1417.

Goldwasser I, et al. Insulin-like effects of vanadium: basic and clinical implications. *J Inorg Biochem*. 2000;80(1-2):21-25

In addition to supplements, food sources of Vanadium are mushrooms, shellfish, black pepper, parsley and dill.

Zinc

Zinc is a mineral that is necessary for the normal production and metabolism of insulin. The presence of a Zinc deficiency in the body may contribute to developing diabetes.

Type 1 Diabetics are often Zinc deficient, and supplements have been shown to lower blood sugar levels in some Type 1 cases.

Problems with the circulatory and immune systems can lead to poor wound healing and dangerous infections in diabetics. One of Zinc's main uses is regulating the immune system, which is responsible for fighting off harmful viruses and bacteria. Zinc increases the number and activity of certain types of immune system cells. In one study, subjects with Type 2 Diabetes were examined to determine whether the effects of Zinc depletion and diabetes are related. Low Zinc levels were found in 9 percent of them. It was determined that Zinc deficiency may play a role in abnormal immune function in Type 2 diabetes mellitus. (Niewoehner, CB, et al, "Role of Zinc supplementation in type II diabetes mellitus", *Am J Med*. 1986;81(1):63-8.)

In addition to supplements, brown mushrooms and spinach are good sources of Zinc.

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Magnesium

People with diabetes are often insufficient in the mineral Magnesium, which is depleted both by medications and by the disease process.

This is unfortunate because Magnesium is crucial for proper glucose metabolism and directly influences blood sugar control in Type 2 Diabetics. Magnesium deficiency may interrupt the insulin secretion process, and also increase insulin resistance.

Those diabetics with coronary artery disease, kidney problems (kidney damage causes magnesium to be flushed out in the urine) or severe diabetic retinopathy are particularly likely to have low levels of Magnesium. Low levels are associated with an increased risk for heart disease, high blood pressure and stroke in diabetics.

Studies show that increasing Magnesium can help to correct deficiency problems, and increase the ability of cells to absorb and use glucose. A Harvard study published in the journal *Diabetes Care* (January, 2004) confirmed Magnesium-rich diets lower risk of developing Type 2 Diabetes, especially in people who are overweight. In a study of 85,060 women followed for 18 years, and 42,872 men followed for 12 years, there was a 34% reduction in risk among women, and a 33% risk reduction in men eating the most Magnesium-rich foods.

"Higher Magnesium consumption is likely beneficial for all groups, regardless of physical activity levels and hypertension status," wrote researcher Ruy Lopez-Ridaura, MD, from the Harvard School of Public Health. None of the study participants had diabetes when the study began. (Ruy Lopez-Ridaura, MD, Walter Willett, MD et al, "Magnesium Intake and Risk of Type 2 Diabetes in Men and Women" Department of Nutrition, Harvard School of Public Health, Boston, MA, *Diabetes Care*, January 2004 vol. 27 no. 1 134-140)

In addition to supplements, Swiss chard, spinach, nuts and whole grains are excellent sources of Magnesium.

Manganese

The mineral Manganese is required by the body for enzymes to function properly, for nutrients to be absorbed, for wound healing and for bone development. A deficiency of Manganese is common amongst diabetics, and it may even be a part of the cause of diabetes.

Manganese could be a factor in the way enzymes within the body handle glucose metabolism. Manganese deficiency has been found in people with impaired glucose tolerance, and in people who don't metabolize carbohydrates and fats normally.

A 2007 study* stated, "Appropriate Manganese levels are required for normal insulin synthesis and secretion. Other studies have shown that insulin-resistant diabetic patients responded well to oral doses of Manganese, and in our study, the diabetic patients had lower levels of Manganese as compared to

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controls. *(Tasneem Gul Kazi & Hassan Imran et al, "Copper, Chromium, Manganese, Iron, Nickel, and Zinc Levels in Biological Samples of Diabetes Mellitus Patients" *Biol Trace Elem Res*, 2008, 122:1–18, November 2007, published online January 2008) (The study referred to: Ekmekcioglu C et al., "Concentrations of trace elements in hematological matrices in patients with type-2 diabetes as compared to healthy controls. *Biol Trace Elem Res*, 2001, 79:205–219)

In addition to supplements, Manganese is high in seafood (especially mussels), hazelnuts, walnuts, pumpkin seeds and chia seeds.

Vitamin B-Complex:

Vitamin B-Complex includes eight B Vitamins: Vitamin B5 (Pantothenic Acid), Vitamin B3 (Niacin, Niacinamid), Vitamin B1 (Thiamine), Vitamin B2 (Riboflavin), Vitamin B6 (Pyridoxine), Biotin (Vitamin B7), Folic Acid (Folate), and Vitamin B12.

All B Vitamins help the body to convert carbohydrates from food into fuel (glucose), which is used to produce energy by the body. B Vitamins also help the nervous system function properly, aid healthy skin, hair, eyes and liver. According to University of Maryland Medical Center, B Vitamins also help the body use fats, and people with Type 2 Diabetes often have high levels of fats and cholesterol in the blood.

Although they work together, certain ones work extra hard to balance blood sugar. These include:

Vitamin B3 (Niacin)

Niacin can help to lower fat and cholesterol in the blood.

In addition to supplements, Niacin is high in tuna, mackerel and chicken.

Vitamin B6 (Pyridoxine)

Vitamin B6 supplements may be able to improve glucose tolerance, particularly for diabetes sufferers.

Vitamin B6 deficiency has been shown to damage the body's insulin-producing beta cells. Even with a mild Vitamin B6 deficiency, the amino acid tryptophan cannot be properly processed. Instead, xanthurenic acid accumulates. High levels of this acid may damage insulin-producing beta cells and then lead to diabetes. NOTE: Magnesium and Zinc supplements reduce xanthurenic acid.

A deficiency of Vitamin B6 may also contribute to retinopathy in diabetes sufferers, according to a study. Eighteen patients with Type 2 Diabetes studied for up to 28 years showed an association between Vitamin B6 deficiency and diabetes, and an absence of retinopathy in Vitamin B6-treated diabetic patients. The study states, "These observations constitute a basis for a new protocol to establish the apparent relationship of a deficiency of Vitamin B6 as a molecular cause of diabetic retinopathy." ("Deficiency of vitamin B6 plausible basis of the retinopathy of patients with diabetes mellitus." *Biochem Biophys Res Commun*. 1991 Aug 30. 179(1). P 615-9)

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In addition to supplements, Vitamin B6 is high in sunflower seeds, sesame seeds, pistachios and tuna fish.

Vitamin B12

Vitamin B12 may have a strong role in treating diabetic neuropathy (nerve damage) because it is necessary for nerve cells to function.

Vitamin B12 helps to create enzymes that keep you healthy and full of energy. One key enzyme is MMAM, which must get Vitamin B12 or dangerous levels of MMA (methylalonic acid) build up in your bloodstream (cells suffocate from MMA). Vitamin B12 usually detoxifies MMA, but diabetes and high blood sugar prevent B12 from detoxifying MMA.

Excellent food sources of vitamin B12 include calf liver, dairy products, and snapper.

Folic Acid (Folate)

Folic acid may be important to those with Type 2 Diabetes because it is associated with reduced risk of heart disease — a complication of diabetes.

People who have high blood levels of a substance called homocysteine are at a much greater risk of heart disease than others because it damages arteries and blood vessel walls, and interferes with collagen in connective tissue. If you don't have adequate amounts of folic acid, levels of homocysteine build up.

In addition to supplements, foods rich in folic acid include spinach, parsley, broccoli, beets, asparagus, romaine lettuce and lentils.

Biotin

Biotin works together with insulin in the body, and also independently increases the activity of an important enzyme called glucokinase.

Glucokinase is responsible for the first step in the body's use of glucose (blood sugar) to create energy. Glucokinase occurs only in the liver, and in diabetics it tends to be low. Supplements of Biotin may effect glucose levels for both Type 1 and Type 2 Diabetics.

In addition to a supplement, Biotin is rich in Swiss chard, almonds, walnuts, carrots and chicken.

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Alpha-Lipoic Acid (ALA)

Alpha lipoic acid is a potent and well-recognized antioxidant that may help reduce free-radical damage. In Germany, alpha lipoic acid is used to prevent and treat neuropathy (pain, burning, tingling and numbness in arms and legs from nerve damage) in diabetes.

Some studies also link ALA to decreased insulin resistance and thus the control of blood sugar. Alpha lipoic acid is found in every cell and it helps turn glucose into energy in cells. Other antioxidants work only in water (such as vitamin C) or fatty tissues (such as vitamin E), but alpha lipoic acid is both fat- and water-soluble, meaning it can work throughout the body to attack free radicals. In studies, alpha lipoic acid appears to help lower blood sugar levels.

Taking alpha-lipoic acid may help another diabetes-related condition called autonomic neuropathy, which affects the nerves to internal organs. One study found that 73 people with cardiac autonomic neuropathy, which affects the heart, showed fewer signs of the condition when taking 800 mg of alpha-lipoic acid orally compared to placebo. If you are healthy, your body makes enough alpha-lipoic acid. (Androne L, Gavan NA, et al. "In vivo effect of lipoic acid on lipid peroxidation in patients with diabetic neuropathy." *In Vivo*. 2000;14(2):327-330.) (Faust A, Burkart V, et al. "Effect of lipoic acid on cyclophosphamide-induced diabetes and insulinitis in non-obese diabetic mice." *Int J Immunopharmacol*. 1994;16:61-66.)

Alpha lipoic acid is found in supplements and in red meat and brewer's yeast.

AILMENTS

Blood Sugar Management

Feeling off balance? Enerex Gluco Check offers a natural way to balance blood sugar levels with essential nutrients. It combines B Vitamins for managing healthy glucose and insulin levels, and Chelated Minerals that increase the sensitivity of your cells' insulin receptors, and reduce blood sugar. It is enhanced with Ashwagandha, Gymnema and Cassia Cinnamon, herbs known to aid in blood sugar balancing in diabetics. This formula blends ancient Ayurvedic medicine and modern nutritional science to help you be proactive: prevent diabetes if you can, and prevent diabetes-linked complications if you already have it.

PACKAGING

Why should you care about Enerex Gluco Check's bottle? We chose this packaging because it protects the product and the planet.

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Enerex products are housed in recyclable BPA-free PETE plastic containers to provide the best protection against oxidation, moisture, sunlight, and “chemical migration” from container to product (so the supplements don’t acquire toxins from the plastic). In all of these areas, PETE is virtually equal to that of glass but without the larger environmental footprint left by glass packaging (it’s very heavy to transport, using more fossil fuel).

PETE plastic is far superior to that of HDPE plastic: HDPE plastic is used for the majority of products on the market, but unlike more costly PETE bottles, HDPE plastic starts to immediately degrade the product inside because it doesn’t provide a protective barrier to oxygen or moisture. Studies show high concentrations of chemicals that have migrated from HDPE bottles to the product inside compared to PETE and glass bottles.

TESTIMONIALS

Please leave a testimonial if you really like this product.

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