



# NutriKane D™

FOR LOWER BLOOD SUGAR LEVELS

## NutriKane D Health Program



NutriKane D is a new, innovative, Australian natural concentrated food that **lowers blood sugar levels, assists in weight loss and improves gut health.** The health program is easy to follow (see details on the back) and includes taking NutriKane D twice a day.

NutriKane D is a powder, available in single serve sachets that can be taken in water, juice or yoghurt. It is best taken before or during a meal.

### How it works



#### Active Prebiotic

Proven prebiotic<sup>1</sup> effect to assist with optimal digestion



#### Complex Micronutrients

A unique blend assisting in normalising BSLs<sup>2</sup>



#### Soluble & Insoluble Fibre

Balanced to exercise your total gut<sup>3</sup>



#### Lowers BSL's

Lowers blood sugar levels after meals.

- ✓ Lowers blood sugar levels after meals
- ✓ Assists in healthy weight loss
- ✓ NutriKane D is a concentrated food to naturally aid nutrition. It is not a fibre supplement
- ✓ It is a safe, natural food that can be taken with existing Diabetic medications, and has no side effects
- ✓ Contains many essential micronutrients and antioxidants
- ✓ Proven broad spectrum prebiotic



An Australian Innovation taking on health and nutrition. Scientifically or clinically proven, not just tested

Australian patent No 21323067 1

# NutriKane D Health Program

Your health will be monitored weekly over 28 Days. Please complete the following over the trial period. You will be monitored and assisted with any queries or questions by our Health Care Professional.

**Tip** If you've got a step counter, track your steps daily and write under each day!

Full Name:

Age:

Diagnosis:

MO (Doctor):

Diet (please advise any GUT ISSUES or ALLERGIES):

No personal details will be provided to any third parties.

Start Date: \_\_\_\_\_

Weight

BSL

Feeling of  
Wellness (1-10)

Record at the end of each week

## WEEK ONE

**Food Goal:** Reduce any 'not so good for you' food, like sugar, alcohol and processed foods. Replace them with a low sugar, healthy alternative.

**Exercise Goal** (tick)  
30 min walk x 3

Mon  Tue  Wed  Thu  Fri  Sat  Sun

Weight

BSL

Feeling of  
Wellness (1-10)

## WEEK TWO

**Goal:** This week you should increase your walk by either 15 minutes or add another day in (so four times a week at 30 mins a time).

**Exercise Goal** (tick)  
30 min x 4 or 45 min x 2

Mon  Tue  Wed  Thu  Fri  Sat  Sun

Weight

BSL

Feeling of  
Wellness (1-10)

## WEEK THREE

**Goal:** Try to reduce yet another not so good for you food and replace with a smoothie or healthy snack.

**Exercise Goal** (tick)  
45 min x 4

Mon  Tue  Wed  Thu  Fri  Sat  Sun

Weight

BSL

Feeling of  
Wellness (1-10)

## WEEK FOUR

**Exercise Goal** (tick)  
45 min x 4

Mon  Tue  Wed  Thu  Fri  Sat  Sun

Weight

BSL

Feeling of  
Wellness (1-10)

We would love your feedback on how you feel after the NutriKane 28 Day Health Care Plan. How many steps did you take? Weight loss? Are you feeling an overall NutriKane Wellness? Please email us at [info@nutrikane.com.au](mailto:info@nutrikane.com.au) to let us know!!