



NutriKane D™

FOR LOWER BLOOD SUGAR LEVELS

NutriKane D Health Program



NutriKane D is a safe, natural concentrated food provided in a tub with an easy to use scoop. It contains all types of dietary fibre (not just simple soluble fibres), resistant starch, and a wide range of essential micronutrients that have been shown to nourish the gut microbiome, reduce systemic inflammation and ultimately help control Blood Sugar Levels (BSLs).

The health program is easy to follow (see details on the back) and includes taking NutriKane D twice a day. NutriKane D can be taken in water, juice or yoghurt. It is best taken before or during a meal.

How it works



Active Prebiotic

Proven prebiotic effect to assist with optimal digestion



Complex Micronutrients

A unique blend assisting in normalising BSLs



Soluble & Insoluble Fibre

Balanced to exercise your total gut



Lowers BSLs

Clinically and scientifically proven to not only lower but also improve control of BSLs

- ✓ Clinically proven to lower and improve control of Blood Sugar Levels
- ✓ Assists in weight loss shown in a clinical study (when taken in conjunction with a diet and exercise regime) - Body Mass Index reduction by 1.1 compared with 0.1 for diet and exercise alone

NutriKane D works via 3 key Modes of Action:

1. Physical/chemical interactions with the gut
2. Direct absorption of biochemically active micronutrients
3. Prebiotic effect on intestinal flora

- ✓ Contains very little sugar or useable carbohydrates (so does not interfere with carb calculations).
- ✓ Is low FODMAP
- ✓ Is a safe, natural food that can be taken with existing medications, and has no side effects



An Australian Health Food Innovation. For more information, scientific and clinical results and testimonials visit www.nutrikane.com.au

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 <u>end</u> of each week		
	↓	↓	↓
	Weight	BSL	Feeling of Wellness (1-10)
	_____	_____	_____
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	<input type="radio"/> Mon	<input type="radio"/> Tue	<input type="radio"/> Wed
	<input type="radio"/> Thu	<input type="radio"/> Fri	<input type="radio"/> Sat
			<input type="radio"/> Sun
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 3	<input type="radio"/> Mon	<input type="radio"/> Tue	<input type="radio"/> Wed
	<input type="radio"/> Thu	<input type="radio"/> Fri	<input type="radio"/> Sat
			<input type="radio"/> Sun
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	<input type="radio"/> Mon	<input type="radio"/> Tue	<input type="radio"/> Wed
	<input type="radio"/> Thu	<input type="radio"/> Fri	<input type="radio"/> Sat
			<input type="radio"/> Sun
WEEK FOUR			
Exercise Goal (tick) 45 min x 4	<input type="radio"/> Mon	<input type="radio"/> Tue	<input type="radio"/> Wed
	<input type="radio"/> Thu	<input type="radio"/> Fri	<input type="radio"/> Sat
			<input type="radio"/> Sun

We value 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 to let us know!!