



Gluco-Aid

Promoting Healthy Blood Sugar Levels and General Well-Being



Overview:

Gluco-Aid has been designed to promote metabolic health, aid in controlling blood sugar levels, and improve general well-being. Gluco-Aid contains Vitamin D3, Biotin, Chromium Picolinate, Folic Acid, Magnesium Sulphate, Bitter Melon Extract, and Alpha Lipoic Acid. These components complement one another to support the body's natural metabolic processes, enhance insulin sensitivity, and control blood sugar.

1. Vitamin D3

Function: It has been demonstrated that vitamin D3 affects insulin secretion and glucose tolerance in addition to being essential for calcium absorption and bone health.

Benefits:

- Helps with glucose metabolism: Assists in controlling the synthesis of insulin, which is necessary to keep blood sugar levels within a healthy range.
- Boosts the immune system: bolsters the immune system, providing defense against illnesses and inflammation that may have an adverse effect on metabolic health.
- Bone health: Guarantees appropriate absorption of calcium, bolstering robust bones and mitigating the likelihood of osteoporosis.



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2: Biotin

Function: Biotin (vitamin B7) plays a significant part in keeping skin, hair, and nails in good condition.

Benefits:

- Controls blood sugar levels: Promotes the body's ability to turn food into energy, which aids in blood sugar regulation.
- Supports a healthy metabolism: Aids in the digestion of fats and carbs, promoting a healthy metabolism overall.
- Promotes healthy skin, hair, and nails: encourages the synthesis of keratin (a protein essential to the development and well-being of skin, hair, and nails).

3: Chromium Picolinate:

Function: By enhancing the body's ability to use glucose, the trace mineral chromium Picolinate helps control blood sugar levels and improves insulin sensitivity.

Benefits:

- Improves insulin sensitivity: Lowers the risk of type 2 diabetes by assisting the body in responding to insulin more effectively.
- Controls blood sugar: Contributes to stable blood sugar levels.
- Helps with weight management: It helps you manage your weight by reducing appetite and cravings.

4. Folic acid

Function: It is important for the making of Red blood cells in the body.

Benefits:

- Promotes cardiovascular health: Assists in lowering homocysteine levels, which may minimize the chance of developing heart disease.
- Supports healthy cell function: This is necessary for the generation of red blood cells which is important avoidance of anaemia.
- Improves fetal development: Essential for the growth of the baby's neural tube throughout pregnancy.

5. Magnesium Sulfate:

Functions: The regulation of glucose and insulin, are supported by the mineral magnesium sulfate.

Benefits:

- Controls blood sugar levels: lowers the risk for developing diabetes through improving the sensitivity of insulin and glucose regulation.
- Maintains nerve and muscle function: Required for healthy nerve transmission and muscle contraction.
- Promotes cardiovascular health: Aids in preserving appropriate heart rate and blood pressure.

6. Bitter Melon Extract

Functions: It controls blood sugar levels and promote general metabolic health.

Benefits:

- Decreases blood sugar levels: It has ingredients that resemble insulin and aid in the body's natural reduction of blood sugar.
- Improves insulin sensitivity: Lowers the chance of developing insulin resistance by enhancing the body's capacity





to utilize insulin.

- Supports Digestion: Promotes healthy digestion and may lessen constipation and indigestion symptoms.

7: Alpha Lipoic Acid:

Functions: Alpha lipoic is a strong anti-oxidant acid which is essential for energy metabolism and the renewal of other antioxidants like vitamin C and vitamin E.

Benefits:

- Facilitates better absorption of glucose into cells, which contributes to blood sugar regulation.
- Promotes nerve health
- Offers antioxidant protection

Precautions:

It is advised to consult a health care provider before taking any supplement.

References:

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