Good Sugar®
Formulated by Dr. James L. Wilson

Blood Sugar Support You Can Count On*

Good Sugar® brings together science, nature and clinical expertise to effectively promote optimal carbohydrate metabolism and support blood sugar balance.* Because of the strong connection between cortisol and serum glucose, stress can negatively affect blood sugar, with potential adverse consequences for health. This unique combination of essential minerals and high quality botanicals has proved exceptionally successful aid to maintaining balanced serum glucose, even during stressful times.* Formulated to have a multifaceted approach, Good Sugar offers metabolic support in the following ways:*

Supports healthy glucose metabolism*

Gymnema sylvestre
- Used in East Indian folk and ayurvedic medicine to block sugar receptors in taste buds and intestines, thus moderating blood sugar levels by helping to inhibit ingestion and absorption of sugar molecules. 1, 2, 3, 4
- Among other blood sugar balancing effects, shown to inhibit intestinal glucose absorption as well as hepatic glucose production, and evidence from animals and humans consistently supports the benefits of this herb for blood sugar balance. 5

Tinospora cordifolia
- Used traditionally in India for its tonic properties and for moderating physiological stress, supporting immune function, and promoting blood sugar and lipid balance. 6, 7, 8
- Shown to exhibit antioxidant effects and help moderate elevated blood sugar and lipids. 6, 9, 10, 11
- Shown to exhibit significant blood sugar balancing activity in cases of mild to moderate hyperglycemia. 6
- Demonstrated in hyperglycemic animal studies to promote healthy normal serum glucose levels and help prevent rises in urinary albumin levels (a selective marker of renal damage that commonly occurs in hyperglycemic states) 12, 13

Eugenia jambolana and Pterocarpus marsupium
- Reported to enhance activity of enzymes key to carbohydrate metabolism, for example increasing the mean levels of hexokinase, glucokinase, phosphofructokinase and glucose-6-phosphate (G-6-p). 6, 14
- Has potent actions that help balance serum glucose in both hypoglycemic as well as hyperglycemic states without disrupting serum glucose balance in normal rats. 15

Cinnamon extract
- Most effective botanical product out of 49 herbs, spices and medicinal plants tested for direct stimulation of glucose metabolism in vitro. 16
- Shown to enhance insulin receptor function by activating insulin receptor kinase and inhibiting insulin receptor phosphatase, leading to increased insulin sensitivity. 17

Enhances insulin activity*

Chromium
- Shown to moderate blood sugar and insulin, amplify insulin signaling and decrease insulin resistance in skeletal muscle, resulting in the enhancement of insulin resistance. 18

Vanadium, Zinc and Manganese
- Vanadium demonstrated insulin-like activity by inhibiting the release of free fatty acids and enhancing the incorporation of glucose into cells in vitro. 19
- Vanadium compounds shown to enhance insulin sensitivity in humans, and improve fasting plasma glucose and HbA1c levels. 20
- Zinc demonstrated insulinomimetic activity, helped mitigate diabetes and improved glucose tolerance in vivo. 21
- Manganese deficiency resulted in lower insulin-stimulated glucose oxidation to CO₂ and conversion to triglycerides and fewer insulin receptors per cell in animal studies, suggesting that Mn deficiency affects glucose transport and metabolism in adipocytes. 22

Gymnema sylvestre
- Reported to moderate insulin requirements and promote normalization of fasting blood glucose, glycosylated hemoglobin and glycosylated plasma protein levels in patients with insulin-dependent diabetes mellitus. 1, 23
- Demonstrated to stimulate β-cell regeneration in pancreas. 24

Supports enzyme function in glycolysis and carbohydrate metabolism regulation*

Pterocarpus marsupium and Eugenia jambolana
- Helped moderate serum glucose and enhanced activity of glucokinase, phosphofructokinase and hexokinase (enzymes essential in the glycolytic pathway and regulation of glucose metabolism), thus enhancing glucose utilization. 5, 14
Provides antioxidants for increased protection from free radical tissue damage*

Vaccinium myrtillus
• Shown to help protect against damage from peroxyl radicals 25
• Contains high concentrations of anthocyanins and proanthocyanidins, bioactive phenolic flavonoid pigments for which the concentration in fruits has been correlated with total antioxidant capacity 25

Tinospora cordifolia
• Oral administration of extract in animals resulted in increased levels of reduced glutathione (GSH), catalase (CAT) and superoxide dismutase (SOD). 26
• Exhibited strong free radical scavenging properties against reactive oxygen and nitrogen species 26,27

Chromium
• Supplementation attenuated pro-inflammatory cytokine expression 18

Suggested Use
• To promote balanced blood sugar metabolism: Take 1 capsule in the morning before breakfast and 1 before bedtime. For additional support, add 1 capsule at noon.
• For enhanced support of balanced morning blood sugar metabolism: Take 2 capsules at bedtime and 2 in the morning before breakfast.

CAUTION: If patient is taking insulin or other hypoglycemic agents, carefully monitor blood sugar when using Good Sugar.

References

Companion Products Formulated by Dr. Wilson

Metabolic Stress: Adrenal C Formula®, Super Adrenal Stress Formula®, Herbal HPA™ and Thyro-Balance®

Supplement Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
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<tbody>
<tr>
<td>Magnesium (as citrate)</td>
<td>15 mg</td>
<td>1%</td>
</tr>
<tr>
<td>Zinc (as glucinate)</td>
<td>15 mg</td>
<td>100%</td>
</tr>
<tr>
<td>Manganese (as glucinate)</td>
<td>9 mg</td>
<td>450%</td>
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<tr>
<td>Chromium (as picolinate)</td>
<td>240 mcg</td>
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<tr>
<td>Proprietary Blend</td>
<td>1015 mg</td>
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Plant and plant extract powders (bitter melon [fruit], gymnema sylvestre [leaf], Indian kino tree [bark], cinnamon [bark], jambolan [seed], Indian tinospora [leaf & stem], fenugreek [seed], bilberry [fruit]), vanadium (as vanadyl sulfate)

Other Ingredients: vegan capsules, modified vegetable cellulose, brown rice concentrate, silicon dioxide, water

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References


