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*Platinum  
Excellence*

## EQUIGLUCO

Supports blood glucose regulation and weight loss.

### Nutritional Information

One tablet provides:

\*%NRV

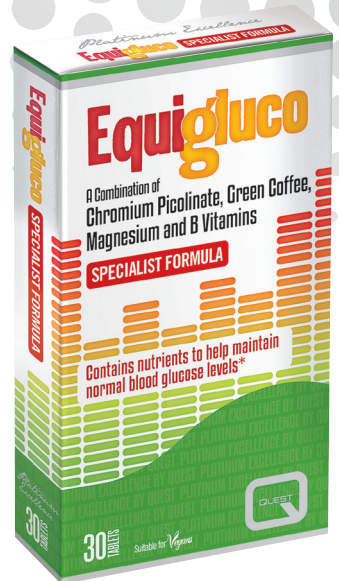
Green Coffee Bean Extract (Providing 135mg Chlorogenic Acids)	300mg		
Chromium (as Chromium Picolinate)	75µg		187
Magnesium‡	50mg		13
Vitamin B6	2mg		143
Niacin (Vitamin B3)	5mg	NE	31

NE = Niacin Equivalent

‡As Amino Acid Chelate

\*NRV = Nutrient Reference Values

Take 1 tablet immediately before or with food/meals, up to and maximum of 3 tablets daily.



## SUMMARY

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- Unique combination of powerful and natural ingredients. especially in individuals with a risk of developing type II diabetes.
- Helps control blood glucose levels naturally, • Promotes effective weight loss.

## WHAT IS EQUIGLUCO?

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Designed to support normal blood sugar levels and is recommended for those at high risk of developing type II diabetes or to help promote weight loss. Combines standardised green coffee bean extract, chromium picolinate, magnesium, vitamin B6 and vitamin B3 (niacin). Chromium helps maintain normal blood glucose levels. Green coffee extract contains chlorogenic acid which slows down the absorption of sugars in the blood stream to help regulate blood sugar levels and improve insulin sensitivity. It also inhibits fat absorption by supporting the activation of fat metabolism and elimination by the liver. Green coffee is used as an effective aid to weight reduction, the management of obesity and poor blood sugar regulation in overweight adults. Vitamin B6 contributes to normal glycogen metabolism. Glycogen is the body's long term storage energy source that helps to maintain normal blood glucose levels between meals. Magnesium, vitamin B6 and niacin also contribute to normal energy yielding metabolism.

## HOW DOES EQUIGLUCO HELP CONTROL BLOOD SUGAR?

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### Green Coffee

**Glucose metabolism:** Green coffee bean extract contains high levels of chlorogenic acids, which have been shown to influence both glucose and fat metabolism.<sup>1</sup>

- Chlorogenic acids have an inhibitory effect on the enzyme glucose-6-phosphatase, which is directly involved in the production of glucose in the body (through glycogenolysis and gluconeogenesis) for release into the blood.<sup>2</sup> High levels of enzyme glucose-6-phosphatase are closely associated with poorly controlled and high blood sugar levels.<sup>3</sup>
- Chlorogenic acids have been linked to a reduction in intestinal absorption of glucose and an increase in cellular glucose uptake.<sup>4</sup>
- Chlorogenic acids have been shown to enhance the action of insulin in the body (insulin-sensitising properties)<sup>5</sup> and also increase the secretion of insulin (insulin-secreting properties).<sup>6,7</sup>

There are several studies demonstrating that coffee and green coffee bean extract can be effectively used to control and reduce blood sugar levels. The most recent study found that a dose of 400mg of green coffee extract was associated with a 24% drop in blood sugar levels 30 minutes after taking the extract and a 31% drop 120 minutes later.<sup>8</sup>

### Chromium

**Blood Sugar control:** Chromium has a very well established role in optimal insulin function and blood sugar control.<sup>9,10</sup> The European Food Safety Authority has confirmed that chromium contributes to the maintenance of normal blood sugar levels, observing that "a common feature in all cases of chromium depletion reported in humans is an impaired glucose tolerance and glucose utilisation probably resulting from an increased resistance to the action of insulin".<sup>11</sup>

### Magnesium

**Increasing insulin sensitivity:** Magnesium intake can improve the control of blood sugar levels due to its role in glucose metabolism.<sup>12</sup> Two clinical trials have also shown that magnesium supplementation can improve insulin sensitivity and reduce insulin resistance in normal non-diabetic adults.<sup>13,14</sup> Several studies have also found an inverse association between an increase in dietary magnesium and a reduced risk of insulin resistance and type 2 diabetes.<sup>15,16,17,18</sup>

### Vitamin B6

**Normal glycogen metabolism:** Vitamin B6 contributes to normal glycogen metabolism, which helps to maintain normal blood glucose. Glycogen is stored in the body as a long-term energy source and is broken down and converted to glucose when needed for energy, after eating or between meals and during exercise.

## HOW DOES EQUIGLUCO HELP PROMOTE WEIGHT LOSS?

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### Green Coffee

**Encouraging fat metabolism:** Green coffee bean extract contains high levels of chlorogenic acid, which through its influence on glucose and fat metabolism in the body, promotes weight loss.<sup>19,20</sup> Chlorogenic acids reduce blood glucose levels and inhibit the metabolism of glucose as an energy source in the body (through its inhibitory effect on the enzyme glucose-6-phosphatase). This activates the metabolism of fat in the liver<sup>21</sup> and promotes the use of fat stores in the body as an alternate energy source.

### Chromium Picolinate

**Reducing carbohydrate cravings:** There is research to suggest that chromium picolinate's efficacy in maintaining normal glucose regulation can also reduce sugar/carbohydrate cravings and binge eating, thereby helping in a weight loss regime.<sup>22</sup>

## HOW SHOULD EQUIGLUCO BE TAKEN?

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Take 1 tablet immediately before or with food/meals, up to a maximum of 3 tablets daily.

## ARE THERE ANY PRECAUTIONS THAT SHOULD BE TAKEN BEFORE USING EQUIGLUCO?

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A healthcare professional should be consulted before taking EquiGluco whilst taking any other medication. EquiGluco is not recommended for use during pregnancy or when breast-feeding.

## FEATURES

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- Specialist high potency formula
- Provides green coffee, chromium and synergistic nutrients
- Naturally low in caffeine

## HEALTH NEEDS

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WEIGHT MANAGEMENT



SPECIALIST HEALTH

## SCIENTIFIC REFERENCES

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