



EAT AND THINK 2WIN

BURN IT OFF 1

advanced blood sugar support

A vegetarian dietary supplement to support proper glucose metabolism, cravings and weight management.

BURN IT OFF 1 has been formulated with 9 well researched and known nutritional factors that:

- Help to maintain healthy glucose levels
- Reduce cravings and maintain weight
- Support energy
- Aid glucose transport and utilization by cells
- Reduce free radical damage associated with unhealthy glucose levels

About the Nutrients:

• **Chromium Polynicotinate** is a niacin-bound chromium complex that has been identified as being the active constituent in Glucose Tolerance Factor, the factor responsible for attaching insulin to cell membrane receptor sites where insulin functions. Individuals who have a deficiency of biologically active chromium may suffer from insulin resistance and higher than normal insulin levels.

• **Cinnamon Extract** has been proven in a study published in Diabetes Care 2003 to help reduce blood sugar levels at 1 gram per day. Cinnamon improved insulin sensitivity and reduced blood sugar in those with both Type I and Type II diabetes.

• **Gymnema Sylvestre** contains phytonutrients that support the normalization of blood glucose levels and the production of insulin to within normal ranges.

• **Alpha Lipoic Acid** is a potent antioxidant that prevents free radical damage and protects other antioxidants such as Vitamins E and C, and Glutathione. It has been shown to support the inhibition of glycation. Glycation occurs when proteins or lipids in the body react with too much glucose to cause oxidative damage. Over time, excessive glycation damage can accelerate aging, promote kidney dysfunction, nerve damage, and impaired vision.

• **L-Taurine** helps mobilize fat, reduce sugar cravings and assist the release of insulin.

• **Vitamin B6, B12 and Biotin** are all necessary to help process and utilize insulin effectively.

• **Vanadyl Sulfate**- A trace mineral which works like insulin to increase the amount of glucose and amino acids driven into the muscle. Vanadyl Sulfate is a compound of Vanadium, Sulfur, and Oxygen. According to a study performed by the University of Texas Health Science Center, San Antonio, Texas in 2001, Vanadyl Sulfate was shown to reduce hyperglycemia, improved liver and muscle insulin sensitivity.

• **EGCG Studies** in both cell- and animal-based models suggest that EGCG may mimic and/or augment beneficial metabolic, vascular, and anti-inflammatory actions of insulin.

SUPPLEMENT FACTS

Serving Size: 2 Capsules

Amount per Serving: 60

Chromium (Cr. Polynicotinate)	300 mcg
Gymnema sylvestre Leaf Extract	200 mg
yielding Gymnemic Acid	50 mg
Cinnamon Extract	500 mg
Alpha-Lipoic Acid	150 mg
L-Taurine	150 mg
Green Tea catachins EGCG	72mg
Vanadyl Sulfate	10mg
Vitamin B6	4.5mg
Vitamin B12(methylcobalamin)	75mcg
Biotin	1000 mcg

Other Ingredients: *vegetable cellulose, rice flour, vegetable stearate.*

• **Suggested Use:** *As a dietary supplement, take one to two capsules with food, 1-2 times daily, or as directed by your health care practitioner.*

Warning: *This product should only be used with careful monitoring of blood sugar levels and in consultation with your health care practitioner. If pregnant or nursing consult your health care practitioner before taking this product.*



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