

## **Help For The Sugar Season**

The leaves are starting to change color. You can feel the crisp of a winter not too far away. But soon you may find yourself eating all the candy you want. If you find your sweet tooth is taking over, here are some great blood sugar/digestive products to consider during this sugary time of year:

- [Bio-Glycozyme Forte](#) is a broad-spectrum multiple vitamin for sugar handling issues such as hypoglycemia, adrenal fatigue, stress, and carbohydrate sensitivity. This is great for someone who gets lightheaded or irritable if meals are missed.
- GlucoBalance is an excellent broad-spectrum formula of vitamins, minerals, and trace elements for hyperglycemia, insulin dependent diabetics, non-insulin dependent diabetics, and Syndrome X (a group of risk factors (including glucose intolerance, high triglycerides, obesity, and hypertension) that indicate predisposition to diabetes). If you easily become fatigued after meals, then this is the support for you!

Here is some supplement support for when sleepless nights are the result of increased sugar:

- De-Stress is a milk protein hydrolysate formula to calm stress or anxiety and aid in insomnia.
- [PheniTropic](#) is a derivative of GABA, shown to have a calming effect and assists in stress, anxiety, and improvement in impaired sleep.

Stomach aches are common during this candy-filled holiday. Here is support to help the digestion and lessen the symptoms of a sugar hangover:

- [Gastrazyme](#) is a gastrointestinal formula best taken before meals, or in this case, before the Halloween candy binge.
- Bio-3B-G is a multiple B vitamin that helps glucose metabolism, hypoglycemia, and fatigue.

You have been good all year, so go out and splurge a bit. Please contact us with any questions or comments.

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