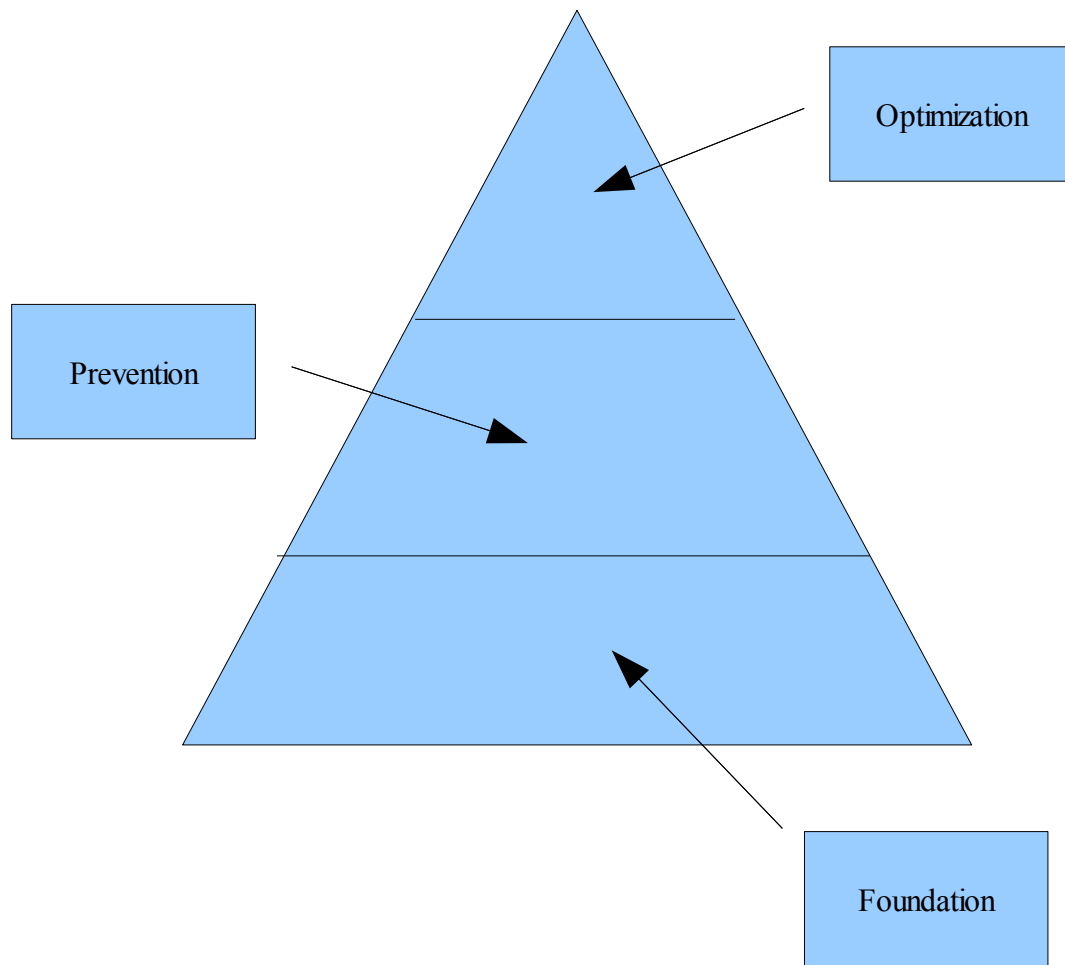


Control It! 4 Steps to Gain Greater Blood Sugar Control

Step 1: Build Your Supplement Pyramid

The supplement pyramid consists of three layers: foundation, prevention, and optimization. Each layer is made up of supplements that can enhance your diabetic diet.



Foundation = Multivitamine, CoQ10, fish oils

Prevention = Chromium, cinnamon, lipoic acid, fiber

Optimization = Resveratrol, dark chocolate, pomegranate, green tea extart

Step 2: Begin Foundation Supplements

1. Start taking a high quality multivitamin. Make sure it has optimal doses of all vitamins and minerals. Here's a sample label of a great multivitamin:

Vitamin A (as 90% Betatene® ¹ <i>D. salina</i> natural beta-carotene with mixed carotenoids and 10% acetate)	5000 IU
Vitamin C (as calcium ascorbate, ascorbic acid, ascorbyl palmitate, magnesium ascorbate, niacinamide ascorbate, and acerola extract)	2000 mg
Vitamin D3 (as cholecalciferol)	2000 IU
Vitamin E (as D-alpha tocopheryl succinate)	400 IU
Thiamine (vitamin B1) (as thiamine HCl)	125 mg
Riboflavin (vitamin B2) (with 2 mg riboflavin 5' phosphate coenzyme)	50 mg
Niacin (vitamin B3) (as 53% niacinamide, 38% niacin, 9% niacinamide ascorbate)	190 mg
Vitamin B6 (as 100 mg pyridoxal 5' phosphate coenzyme and 5 mg pyridoxine HCl)	105 mg
Folate (as folic acid)	800 mcg
Vitamin B12 (as 42% cyanocobalamin, 42% hydroxycobalamin, 16% ion exchange resin)	600 mcg
Biotin	3000 mcg
Pantothenic acid (as D-calcium pantothenate with 5 mg pantethine)	600 mg
Calcium (as calcium ascorbate, D-calcium pantothenate, Calcium D-Glucarate ²)	218 mg
Iodine (as potassium iodide)	150 mcg
Magnesium (as magnesium oxide, citrate, glycinate, taurinate, arginate, ascorbate)	400 mg
Zinc (as OptiZinc® ³ zinc DL-methionine complex, zinc succinate)	35 mg

Notice that a high quality multivitamin provides optimal dosing, far higher than most commercial products

2. Start taking Coq10, but only the ubiquinol form (200 mg/day).
3. Start taking fish oils (4000 mg of omega-3 fats per day)

Step 3: Begin Prevention Supplements

The best diabetes prevention supplements are [chromium](#), [cinnamon](#), and [lipoic acid](#). Check out the web pages created by our experts!

Step 4: Begin Optimization Supplements

Optimization blood sugar control is best achieved by taking resveratrol, dark cocoa, and green tea. The Life Extension Foundation has the most up-to-date information on these supplements:

- [Resveratrol](#)
- [Cocoa Dark Chocolate](#)
- [Green Tea Extract](#)