



# WELLBETX<sup>®</sup> APPETITE & BLOOD SUGAR REGULATOR WITH PGX

High fibre, high protein, low glycemic index

The WellBetX line of natural supplements was developed by researchers at Natural Factors in conjunction with the Canadian Center for Functional Medicine, to stabilize blood sugar and promote weight loss, providing unprecedented benefits for three difficult health challenges: diabetes (both Types I and II), hypoglycemia (low blood sugar) and successful weight loss.

As any person with blood sugar control problems, such as diabetes knows, it is extremely important to eat regularly and not miss meals. Irregular eating can play havoc with blood sugar levels. Most experts recommend taking several small meals throughout the day to prevent blood sugar spikes. Ideal in theory, but more difficult to put into practice, especially if you have a busy lifestyle. That is why Drs Michael Lyon and Michael Murray designed the WellBetX Appetite & Blood Sugar Regulator Program with PGX. It is easy to take, convenient and contains a well-researched blend of nutrients that will balance blood sugar levels until you can enjoy your next meal. It helps to create a controlled release of blood sugar over a longer space of time, taking the worry out of constantly eating small meals. It is low in calories, has a very low glycemic index, is chock full of vitamins, minerals and amino acids, and high in polysaccharides. The polysaccharides in the WellBetX Appetite & Blood Sugar Regulator Program with PGX can make you feel full sooner, add an important fibre component, reduce blood sugar levels and lower your overall intake of calories.

This WellBetX Appetite & Blood Sugar Regulator Program with PGX can easily replace two snacks a day or use as a basis for two meals a day. It is ideal for those with insulin resistance, Metabolic Syndrome, or Types I and II diabetes.

## COUNTING CALORIES FOR WEIGHT LOSS

Just use this delicious mix as a meal replacement for breakfast or lunch. Each serving of the WellBetX Appetite & Blood Sugar Regulator Program with PGX contains only 234 calories, while providing a whole range of nutrients found in a well-balanced meal. There are over 52 nutrients that are beneficial for your health and best of all, helpful for regulating blood sugar.

## COUNTING CARBOHYDRATES

Each serving contains a whopping 22 grams of protein supplied by high quality whey protein, and only 14 grams of carbohydrate and 5 grams of dietary fibre. Amino acids are the essential building blocks of protein that promote growth and maintenance of all body tissues. Whey protein's amino acid profile includes alanine, arginine, aspartic acid, cysteine, glutamic acid, glycine, histidine, isoleucine, leucine, lysine, methionine, phenylalanine, proline, serine, threonine, tryptophan, tyrosine, and valine. A particularly important amino

acid is taurine. Each serving provides 25 mg of taurine, a key component in the production of bile, which is needed for the digestion of fats, the absorption of fat-soluble vitamins, and the support of healthy cholesterol levels.

It is the fibre component that sets WellBetX Appetite & Blood Sugar Regulator Program with PGX head and shoulders above anything on the market. Included in the 14 grams of carbohydrate are the sweeteners, fructose and xylitol, that do not raise blood sugar. It is flavourful and satisfying with natural chocolate flavour and natural French vanilla flavours. Stevia further enhances flavour while helping to balance blood sugar.

## WHAT IS PGX

PGX (short for PolyGlycopleX) is the result of intense scientific development at a leading Canadian university with one of the most respected and recognized experts on the role of diet in the risk of insulin resistance, heart disease and obesity.

It has long been known that dietary fibre supplements appear to exert a dose-dependent effect in lowering blood glucose levels, body weight and cholesterol (where other medications have failed). To achieve the greatest benefit, the dosage required (e.g. 20 grams or more) could be difficult to take. That problem has been overcome, by the development of PGX – a unique blend of selected, highly viscous soluble fibres that develop a higher level of viscosity and expansion with water than with the same quantity of any fibre alone.

When taken as part of the WellBetX Appetite & Blood Sugar Regulator Program with PGX, PGX binds to the water in the stomach and small intestine to form a gelatinous, viscous mass that not only slows down the absorption of glucose (carbohydrates), but also induces a sense of satiety (fullness) and reduces the absorption of calories.

## WHY PGX WORKS BETTER

PGX possesses the greatest viscosity (gelling property) of any single dietary fibre presently available because it uses a form of glucomannan that is highly refined and uniquely processed. It is 3-times as viscous as guar and approximately seven times as viscous as psyllium. By combining glucomannan with other soluble fibres, the viscosity of PGX is amplified further and has a viscosity 3-5 times higher than glucomannan alone.

Clinical studies conducted by researchers have repeatedly shown that after-meal blood sugar levels decrease as soluble fibre viscosity increases. This relationship has also been shown to hold true for the other physiological benefits produced by soluble fibres in-

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cluding increased insulin sensitivity, diminished appetite, significant weight control, improved bowel movements and decreased serum cholesterol.

PGX lowers postprandial (after meal) blood glucose by approximately 20% and also lowers insulin secretion by approximately 40% producing a whole body insulin sensitivity index improvement of nearly 50% – a phenomenal accomplishment that is unequalled by any drug or natural health product. Add to that its impressive effects on lowering blood cholesterol and triglyceride levels as well as its excellent safety profile and it is little wonder that we consider PGX a real superstar in the stable of natural products for blood sugar imbalances. On top of that, researchers have found that higher doses of PGX can diminish appetite to such an extent that even the heaviest individuals have a dramatic and sustainable reduction in appetite.

### **LOW GLYCEMIC INDEX, LOW GLYCEMIC LOAD**

Each serving of the WellBetX Appetite & Blood Sugar Regulator Program with PGX has a very low glycemic index and low glycemic load making it ideal for anyone with blood sugar problems. The glycemic index (GI) expresses the rise of blood glucose after eating a particular food. It is often used as a guideline for dietary recommendations for people with either diabetes or hypoglycemia. Foods with a low glycemic index are associated with a reduced risk for obesity and diabetes.

The glycemic load (GL) is another way to assess the impact of carbohydrate consumption on blood sugar levels. GL takes into account glycemic index but provides more accurate information than glycemic index alone. Glycemic index only tells you how rapidly a particular carbohydrate turns into blood sugar, it does not tell you how much of that carbohydrate is in a serving of that particular food. You need to know both to understand a food's effect on blood sugar. Research studies are starting to use the GL as a more sensitive marker for the role of diet in chronic conditions such as diabetes or heart disease. High GL diets are associated with increased risk for diabetes and heart disease.

### **LOW IN FAT**

Dietary fat also plays a central role in the likelihood of developing Type II diabetes. Large controlled trials have shown that a reduction of fat intake as part of a healthy lifestyle combined with weight reduction and exercise reduces the risk of Type II diabetes.

WellBetX Appetite & Blood Sugar Regulator Program with PGX contains only 5.4 grams of fat per serving, including healthy omega-6 and omega-3 fatty acids.

### **ENRICHED WITH ESSENTIAL VITAMINS AND MINERALS**

WellBetX Appetite & Blood Sugar Regulator Program with PGX contains the full range of vitamins and minerals and additional nutrients and antioxidants. Important minerals – magnesium, zinc, copper, manganese, chromium, molybdenum – are required to regulate blood sugar.

### **PROTECT THE EYES**

Blood sugar imbalances frequently cause problems with vision and eyes. The WellBetX Appetite & Blood Sugar Regulator Program with PGX contains specific nutrients and antioxidants such as vitamin E, beta carotene, bilberry, lutein, and selenium, which have been shown in clinical trials to support eye health.

### **BLOOD VESSEL PROTECTION**

Maintaining blood vessel integrity is also a major health concern for those with sugar imbalances, especially diabetics, since both excess sugar and excess insulin can damage blood vessels, particularly the fragile capillaries. WellBetX Appetite & Blood Sugar Regulator Program with PGX has vitamin E and selenium, excellent antioxidants for the cardiovascular system. Vitamins B6, B12, and folic acid prevent high levels of homocysteine (common in diabetics) which is a risk factor for cardiovascular disease.

### **DOSAGE**

Add 2 level scoops (61 grams) of WellBetX powder to 350 mL to 500 mL of water and blend until smooth to make a delicious, satisfying shake. Drink immediately. For a smoother texture use skim milk instead of water.

### **HOW CAN I USE THE MEAL REPLACEMENT DRINK?**

The WellBetX Appetite & Blood Sugar Regulator Program with PGX has so few calories that it can easily be added to a glucose-balanced lunch or dinner, or as a morning, afternoon or bedtime snack.

### **SAFETY**

It is necessary to drink at least 375 to 500 mL of additional liquid per serving when taking any fibre supplement. Inadequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty in swallowing. If you experience chest pain, vomiting, or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

These warnings are standard for any product containing soluble fibre and would be of concern to a very small percentage of users. The additional water is helpful for hydration and so that you can derive the optimal benefit from the fibre.

WellBetX Appetite & Blood Sugar Regulator Program with PGX is ideal for anyone wishing a healthful and convenient way to balance their blood sugars. It can only be found in high quality natural food stores and is an integral part of the WellBetX line of products designed to balance blood sugar levels.

### **Note to Diabetics:**

We want to stress that when WellBetX supplements are used to improve blood sugar control, insulin and/or drug dosages will be altered. Work closely with your health care practitioner.