

DIABETES PROTOCOL



Nearly 90% of patients with diabetes have type 2 diabetes. They are most often diagnosed after age 40 and are generally overweight or obese, which in itself may be a contributor. The underlying cause may be insulin resistance; when insulin levels may be normal or above normal, yet the insulin does not function adequately. Insulin resistance in muscle tissue and the liver prevents appropriate use of insulin and therefore inappropriate utilization and release of glucose. A family history of diabetes, combined with an overweight or obese state and a sedentary lifestyle, dramatically increases the risk for development of type 2 diabetes. Excess body fat in the abdominal region is associated with insulin resistance. Losing weight by even a small percentage enhances insulin sensitivity and generally improves blood glucose levels. Over time, high blood sugar levels can cause complications such as blindness, heart disease, kidney problems, and nerve damage. Fortunately, good diabetes care and management can prevent or delay the onset of these complications. In the event that there is a diagnosis of diabetes, there are a number of ways that patients can manage the disease.

DIABETES MANAGEMENT

- Monitoring blood sugar levels
- Healthy eating – eating a variety of fruits and vegetables, also including whole grains
- Physical activity – promotes weight loss and lowers blood sugar levels
- Diabetes medication and insulin therapy
- Alternative treatments – could include homeopathy, nutritional supplements, acupuncture, etc.

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In addition to the above listed methods of management, it is also helpful to introduce a nutritional supplementation program.

A nutritional supplementation program is an important part of every diabetic's treatment plan because a lack of certain vitamins in the diet can negatively affect glucose levels. Patients need key vitamins and minerals in their systems that boost the ability to metabolize foods adequately. Research is proving that taking specific supplements can help prevent damage, or further damage that can be inflicted by diabetes.

RECOMMENDATIONS

The supplements in the listed protocol are a general

recommendation with an average dosage. By using the CustomVite program, our team of nutritionists has the ability to customize each supplement (or even add/delete) to a patient's unique nutritional requirements. While monitoring the patient's blood glucose levels, either the practitioner or CustomVite has the ability to change dosage levels from one order to the next. The CustomVite nutritional supplement program can help improve your patient's overall nutritional status.

SUPPLEMENT	DOSAGE
Beta Carotene	2500 IU
Mixed Carotenoids (from D. Salina)	5000 IU
Vitamin C (Ascorbic acid)	800 mg
Vitamin D (Cholecalciferol)	600 IU
Vitamin E (Natural - Succinate)	400 IU
Thiamin (Vitamin B1)	100 mg
Riboflavin (Vitamin B2)	100 mg
Niacin (Niacinamide) (Vitamin B3)	100 mg
Pyridoxine hydrochloride (Vitamin B6)	150 mg
Folic Acid	800 mcg
Methylcobalamin (Vitamin B12)	500 mcg
Biotin	4000 mcg
Pantothenic Acid (Vitamin B5)	100 mg
Magnesium (Amino Acid Chelate)	400 mg
Zinc (Chelazome Amino Acid Chelate)	25 mg
Selenium (Amino Acid Complex)	200 mcg
Copper (Amino Acid Chelate)	1 mg
Vanadyl Sulfate	1 mg
Manganese (Amino Acid Chelate)	5 mg
Chromium (Picolinate)	600 mcg
Garlic Powder	200 mg
Co-Enzyme Q-10	50 mg
Natural Fish Oil 1	1000 mg
L-Carnitine	500 mg
L-Glutamine	500 mg
Taurine	500 mg
N-Acetyl-Cysteine (NAC)	250 mg
L-Arginine	500 mg
Citrus Bioflavonoids	250 mg
Inositol	1000 mg
Lipoic Acid	100 mg
Quercetin	470 mg

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