



# AIM GlucoChrom™

**G**lucoChrom™ is a unique combination of trace minerals and herbs that increases the effective actions of insulin and helps the body to metabolize carbohydrates and fats.

## Diabetes by the numbers

Data from the 2011 National Diabetes Fact Sheet reports that 25.8 million children and adults in the United States (8.3 percent of the population) have diabetes. It is estimated that 7 million people are undiagnosed and 79 million people are prediabetic. Shockingly, the World Health Organization estimates that by 2025, more than 300 million people will be afflicted.

In recent years, the risk of diabetes in children and adolescents has increased like never before due to dramatically rising rates of adolescent obesity. The standard North American diet, which is low in dietary fiber and rich in processed sugars, fats, and simple carbohydrates, contributes to an imbalance in the body's ability to manage glucose levels. This problem underlies the growing prevalence of diabetes, hypoglycemia, insulin resistance, and other blood sugar imbalances.

The total cost of diagnosed diabetes in the United States in 2007 was \$174 billion.

## Blood sugar, insulin, and diabetes

Impaired insulin production or utilization can lead to Type II diabetes mellitus and its related health complications. When we eat, the body breaks down the carbohydrates in foods to produce glucose, the sugar that fuels our cells and provides them with vital energy for healthy functioning.

It is extremely important for the blood glucose level to remain stable. If it is elevated, the pancreatic hormone insulin is secreted to encourage uptake of glucose by the cells. Ideally, the pancreas secretes just the right amount of insulin to efficiently metabolize glucose.

If insulin levels are consistently high, insulin resistance may develop. In this case, the pancreas pumps out insulin, but the cells are unable to properly respond, leaving the glucose to remain in the bloodstream. And the vicious cycle continues.



## Key Benefits and Features

- Helps maintain healthy blood sugar levels
- Helps to alleviate hypoglycemic (low blood sugar) symptoms such as fatigue, dizziness, irritability, headaches, and cravings
- Promotes beneficial effects on blood cholesterol and triglyceride levels
- Encourages reduction of body fat and increase of lean muscle mass (with diet and exercise)
- Synergistic formula
- 60 vegetarian capsules

Insulin resistance frequently leads to weight gain because high insulin levels force the body to store fat rather than burn it as energy. Elevated levels of glucose and fats may also result in abnormally high cholesterol and triglyceride levels. Over time, this can damage the vital organs, leading to heart attack, stroke, or kidney failure.

Two major studies endorsed by the Canadian Diabetes Association showed that 58 percent of patients studied were able to prevent the development of diabetes from prediabetes simply by making positive lifestyle changes. A healthy diet and modest exercise go a long way toward keeping blood glucose levels steady.

For those who are overweight or obese, a chronic blood sugar imbalance makes weight loss very difficult. Normal insulin levels aid in the breakdown of stored fats and sugar, making weight loss possible. One element that plays such a vital role in the insulin-glucose process is chromium. Scientists consider chromium to be insulin's cofactor. Chromium assists insulin by helping it to gain access to the cell membrane, allowing glucose to enter the cells where the body can use it.

## GlucoChrom

As part of a healthy diet and lifestyle, GlucoChrom is a beneficial supplement to those at risk of high blood sugar or Type II (non-insulin dependent) diabetes. The ingredients in GlucoChrom may promote fat loss or the maintenance of lean body mass and may also assist in lowering blood cholesterol and triglyceride levels.

## Chromium 200 µg (per capsule)

GlucoChrom's chromium is derived from *Saccharomyces cerevisiae* yeast that has been organically bound to trivalent chromium. Unlike most chromium supplements, which contain synthetic forms (such as chromium nicotinate or picolinate), GlucoChrom offers a truly natural, bioavailable, and easily absorbed form of this trace element that the body recognizes as food.

Due to nutrient-depleted soil, food processing, and overconsumption of refined carbohydrates, as much as 90 percent of the North American population may be chromium deficient. Symptoms of chromium deficiency include glucose intolerance, which can lead to diabetes, as well as fatigue, nerve pain, and high cholesterol. Chromium improves the body's response to efficiently use insulin by regulating the movement of glucose out of the blood and into the cells, thus maintaining stable blood sugar levels.

## Vanadium citrate 37.5 µg

Evidence suggests that vanadium is an essential, ultra-trace mineral needed for cellular metabolism. It may also be involved in the reduction of serum cholesterol by suppressing cholesterol synthesis by the liver. Vanadium is thought to activate insulin receptors, thus improving insulin sensitivity and promoting a healthy reduction of blood sugar levels. In addition, vanadium also appears to play a role in healthy pumping of the heart muscle as well as strengthening of bones and teeth.

## Gymnema sylvestre leaf, 4:1 extract

This woody climbing plant, native to India, has long been used as a treatment for diabetes. It is known to stimulate insulin secretion while lowering cholesterol and triglyceride levels. Favored for long-term use as a supplement for blood sugar stabilization, gymnema has been used with success in diabetic patients and is noted for lowering blood glucose levels of patients who have fasted for testing. This herb may also improve the health of the pancreas by regenerating beta cells, which make and release insulin. Recent scientific research with gymnema extract has shown positive results for Type II diabetes.

## Bitter melon fruit (*Momordica charantia*)

Bitter melon, also known as balsam pear, is a tropical fruit that grows in Asia, East Africa, and South America. Bitter melon may help to lower blood sugar levels by increasing the activity of hexokinase and glucokinase, the enzymes in the body that convert sugar into glycogen, which is then stored in the liver and used later for energy. Some evidence shows that bitter melon may cause a renewal and recovery of the insulin-producing beta cells of the pancreas. The fresh juice or extract of the unripe fruit has been clearly established to have blood sugar-lowering action.

## How to Use:

Take orally 1 capsule twice daily. Best taken before meals.

## Additional recommendations:

- Drink 6 – 8 glasses of water per day.
- Perform 30 minutes of cardio exercise daily and reduce calories, fats, and alcohol for best results.
- Recommended for use with AIM Peak Endurance<sup>®</sup>, AIM ProPeas<sup>®</sup>, and AIM fit 'n fiber<sup>®</sup>.
- Children and pregnant and nursing women should avoid the use of GlucoChrom. Those taking hypoglycemic medication or insulin should consult a health practitioner before using GlucoChrom.
- Close tightly after opening and store in a cool, dry, dark place. Do not refrigerate.

## Q & A

### Who should use GlucoChrom?

Anyone who is at risk for high blood sugar or Type II (non-insulin dependent) diabetes may benefit from using GlucoChrom. Those who want to promote fat loss and maintain healthy, lean body mass should consider using GlucoChrom. Anyone interested in lowering cholesterol and triglyceride levels in the blood may find GlucoChrom helpful as part of a healthy diet program.

### Is there anyone who should not use GlucoChrom?

Type I (insulin dependent) diabetics should not use GlucoChrom. Children and pregnant and nursing women should not use GlucoChrom. Those with Type II diabetes or those taking oral hypoglycemics or insulin should consult with their healthcare practitioner before using GlucoChrom.

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