



# The Fiber35Diet GlycemaFit™

**A natural blood sugar support formula developed to help maintain blood sugar levels within the normal range and manage hunger naturally\***

- Chromium GTF, L-aurine, cinnamon bark extract and more
- Helps reduce spikes in blood sugar that can lead to overeating\*
- Helps maintain a healthy metabolism\*
- Promotes satiety (feeling full)\*

The Fiber35 Diet is a lifetime system of optimum nutrition based on the extraordinary health benefits and weight loss power of fiber. Developed by ReNew Life founder and Certified Nutritional Consultant Brenda Watson, it focuses on the importance of eating at least 35 grams of fiber every day.

In addition to its role in bowel regularity, fiber helps manage hunger and eliminate calories from the foods you eat. A high-fiber diet has also been shown to support healthy blood sugar, cholesterol and blood pressure levels, thus helping to prevent obesity-related illness and disease. Fiber also helps to absorb toxins in the intestinal tract and eliminate them from the body via regular, healthy bowel movements.

## GlycemaFit for Natural Support

Part of the Fiber35 Diet reduced calorie and exercise program, **GlycemaFit** is a natural blood sugar support formula developed to help maintain healthy blood sugar levels and support healthy metabolism.\*

Each easy-to-swallow vegetable capsule contains chromium GTF, as well as cinnamon bark extract and the amino acid L-aurine, both of which have been shown in studies to promote healthy blood sugar and cholesterol levels.\*

## The Benefits of Chromium GTF

Chromium is an essential trace mineral that works in the body alongside insulin (a hormone) to regulate the absorption of glucose (blood sugar) from foods. Chromium GTF is found naturally in some foods and provides the most readily usable form of chromium for the body.

Fenugreek seed extract, gymnema leaf extract, and jambolan seed extract also support healthy blood sugar and blood fat levels, and added bitter melon extract promotes the metabolism of sugars and fats.\* Together, all of the ingredients in GlycemaFit help manage hunger by helping to control the severe spikes in blood sugar that can cause cravings and often lead to overeating.\*

## Supplement Facts

Serving Size: 1 capsule		Servings per Container: 60	
	Amount per Serving	%DV**	
Chromium GTF (Chromium Polynicotinate from Brewer's Yeast)	60 mcg	50%	
L-Taurine	100 mg	***	
Cinnamon Bark Extract 4:1	75 mg	***	
Fenugreek Seed Extract 4:1	75 mg	***	
Gymnema Leaf Extract (75% gymnemic acid)	75 mg	***	
Bitter Melon Extract 40:1	25 mg	***	
Jambolan Seed Extract 16:1	25 mg	***	
Vanadium (vanadyd sulfate)	1 mg	***	

\*\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\*\* Daily Value not established.

Other Ingredients: Vegetable capsule (vegetable fiber and water)

**Directions:** Take 1 capsule two times per day, with morning and afternoon meals.

**WARNING:** Consult your physician before using this or any product if you are pregnant, nursing, trying to conceive, taking medication, have a medical condition or have a family history of diabetes. Not for individuals under 18 years.



GlycemaFit™ was formulated by natural health and nutrition expert Brenda Watson, creator of The Fiber35 Diet and president of ReNew Life Formulas.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.