



# Lo-Glycemix

INTRODUCED 2011

## What Is It?

Lo-Glycemix delivers a unique blend of polyphenol rich brown seaweed extract and fiber to support a healthy glycemic response when taken with a meal. It is designed to help moderate starch and carbohydrate absorption and maintain healthy post-prandial glycemic metabolism.\*

## Uses For Lo-Glycemix

**Supports Glycemic Control:** InSea<sup>2</sup>® is a proprietary blend of brown seaweed extracts that target  $\alpha$ -amylase and  $\alpha$ -glucosidase activity to moderate carbohydrate digestion. These enzymes are key in the digestion of carbohydrates, including starch, sugar, glycogen and related polysaccharides. In a randomized double-blind, placebo-controlled trial, InSea<sup>2</sup>® promoted a healthy glycemic response, acting to moderate the glycemic index of a carbohydrate load (Figure 1).

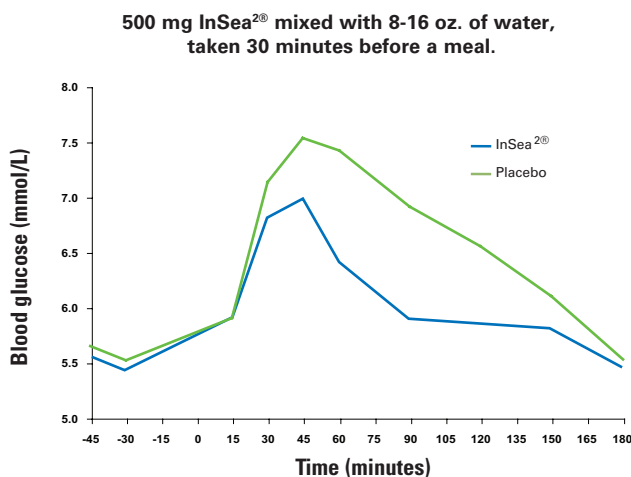


Figure 1. A single dose of 500 mg InSea<sup>2</sup>® maintains a healthy glycemic response in healthy volunteers after 50 grams of carbohydrate from white bread.

In this study, subjects were supplemented with InSea<sup>2</sup>® extract 30 minutes before consumption of 50 grams of white bread. InSea<sup>2</sup>® has been shown to be effective in a dosage range of 250 to 500 mg depending on the carbohydrate intake. Lo-Glycemix also contains a blend of CreaFibe cellulose, Sunfiber® partially hydrolyzed guar gum, apple pectin and glucomannan fibers to slow digestion of carbohydrates and promote satiety.

## What Is The Source?

InSea<sup>2</sup>® proprietary brown seaweed extract is derived from a blend of *Ascophyllum nodosum* and *Fucus vesiculosus*. CreaFibe cellulose is derived from bamboo. Sunfiber® partially hydrolyzed gum is derived from guar plant seed. Glucomannan is derived from root of *Amorphophallus konjac*. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

InSea<sup>2</sup>® is a registered trademark of innoVactiv Corporation.

Sunfiber® is a registered trademark of Taiyo International, Inc.

## Recommendations

Pure Encapsulations recommends 1-2 capsules, with 8-16 oz. water, 30 minutes before a meal. Adequate water intake is recommended.

## Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Fibers in this formula could cause gastrointestinal discomfort. Additionally, if consumed without adequate fluids, fiber could cause GI obstruction. No GI side effects have been reported in clinical trials with InSea<sup>2</sup>®. Consult your physician for more information.

(continued)

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## Are There Any Potential Drug Interactions?

Fibers in this formula could alter the absorption of some medications. Concurrent administration is not recommended. Individuals on antidiabetes medications may require blood glucose monitoring. Consult your physician for more information.

### Lo-Glycemix

two vegetable capsules contain  V 00

carbohydrate.....	<1 g
dietary fiber.....	<1 g
iodine (naturally occurring) .....	100 mcg
InSea <sup>2+</sup> proprietary brown seaweed .....	500 mg
(Ascophyllum nodosum and Fucus vesiculosus) extract blend	
proprietary fiber blend.....	690 mg
providing CreaFibe cellulose, Sunfiber <sup>®</sup> partially hydrolyzed guar gum, apple pectin and glucomannan	
ascorbyl palmitate (fat-soluble vitamin C) .....	20 mg

Natural color variations may occur.

1-2 capsules per day, with a meal.



— Your Trusted Source —

490 Boston Post Road, Sudbury, MA 01776 USA

P: 800-753-2277 • F: 888-783-2277 [www.PureEncapsulations.com](http://www.PureEncapsulations.com) • [csservice@PureEncapsulations.com](mailto:csservice@PureEncapsulations.com)