

BUILDING BLOCKS

TO SUPPORT HEALTHY
BLOOD SUGAR AND MORE



B2

Chromium picolinate plays a role in how insulin helps the body regulate blood sugar.

Cr

87%
of clinical studies
found that chromium
improved glycaemic
control in diabetics.⁴

Vitamin B2
helps to regulate the
thyroid, energy and
cardiovascular health.

60%
of **vitamin B2** is absorbed
when taken with food.¹

Coenzyme Q10
supports healthy
cardiovascular
system function
and blood sugar.

CQ

B6

Vitamin B6 must be
acquired through
diet because humans
cannot produce it.³

100mg
of **CoQ10** taken twice
daily improves
long-term blood sugar.²

CN

L-carnitine helps the
body produce
energy and stamina
and also plays a role
in cardiovascular
and muscle health.

L-carnitine
is an amino acid found in nearly
all cells of the body.

Vitamin B6
helps to keep blood sugar in
natural ranges.