

SUGGESTED USE: For the first 3 days of use, add 1 scoop (15.65 grams) of Glycemic Foundation to at least 8 oz. of water or the beverage of your choice, stir and drink between or before meals 1 to 3 times daily. Increase dose to 2 level unpacked scoops (31.3 grams) of Glycemic Foundation after 3 days, or as recommended by your health care professional. **CAUTION:** Glycemic Foundation contains a high amount of soluble fiber and pre-biotic nutrients. Some individuals may experience increased gas discomfort for the first 3-5 days of use until bowel micro-flora have adjusted to the fiber intake. To reduce this effect, use ½ of the recommended dose for the first 3-5 days. Increase to full dose once you have become accustomed to the product. **CAUTION:** Because Glucosannan is a bulk-forming fiber, the drink becomes viscous within 20 minutes of its preparation. Without drinking enough liquid, the product may swell in the throat, causing blockage or choking. Avoid use if you have ever had esophageal narrowing or swallowing difficulties. Formulated to be free of allergens derived from: Gluten, Yeast, artificial colors and flavors. If you are pregnant or nursing, consult your physician before taking this product. As with all dietary supplements, some individuals may not tolerate or may be allergic to the ingredients used. Please read the ingredient panel carefully prior to ingestion. Cease taking this product and consult your physician if you have negative reactions upon ingestion. **CAUTION:** This product contains a desiccant. For best results, keep the desiccant in the bottle until all contents are consumed. **DO NOT EAT DESICCANT. KEEP CONTAINER TIGHTLY CLOSED. STORE AT ROOM TEMPERATURE. KEEP OUT OF REACH OF CHILDREN.** This product was sealed for your protection. Do not use if outer logoed neck seal or inner-seal is missing or damaged.

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

Product #922934
Label © L-OMP-00-922934-M



Formulated for:

Glycemic Support

Also Excellent for:

Cardiovascular Health*

Endocrine Health*



Glycemic FOUNDATION

Smoothie Boost
Vanilla

Net Wt. 939 Grams (33.1 oz)
Dietary Supplement

Supplement Facts

Serving Size 2 Level Unpacked Scoops (31.3 Grams)

Servings Per Container 30

2 level unpacked scoops contain	Amount Per Serving	% Daily Value
Calories	130	
Calories from Fat	30	
Total Fat	3 g	6%*
Total Carbohydrate	16 g	6%*
Dietary Fiber	10 g	40%*
Soluble Fiber	9 g	
Sugars	4 g	**
Protein	10 g	
Calcium	130 mg	13%
Iron	4 mg	22%
Chromium (as G-polynicotinate) [†]	400 mcg	333%
Sodium	50 mg	2%

Proprietary Blend	27.5 g	
Rice Protein (ORYZAPRO)		**
Larch Arabinogalactan (FiberAid™)		**
Flaxseed Flour (Organic)		**
Inulin		**
Gum Arabic (Acacia senegal)		**
Guar Gum		**
Glucosannan (from Konjac Root)		**
Alpha Linolenic Acid (from Organic Flaxseed Flour)	1.3 g	**
Alpha Lipoic Acid	100 mg	**
Vanadyl Sulfate Hydrate	5 mg	**

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established

Glycemic Foundation Fruit Smoothie

1 Scoop of Glycemic Foundation
4 Strawberries
½ Cup of Blueberries
½ Cup of Raspberries
1 Cup of Almond Milk - Plain

Directions:

Combine Ingredients into Blender.
Blend Until Smooth.
Enjoy.

Calories	240
Total Fat	7 g
Saturated Fat	0.5 g
Total Carbohydrate	52.5 g
Dietary Fiber	19.5 g
Soluble Fiber	9 g
Sugars	25.5 g
Protein	13.5 g

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Other Ingredients: Natural Vanilla Flavor (mg free), Silicon Dioxide, Stevia Leaf Extract and Ascorbyl Palmitate. "ChromoMate" brand niacin-bound chromium. ChromoMate® is a registered trademark of InterHealth N.L. FiberAid™ is a trademark of Lanza Inc.



Professional Strength:
Not for sale through Amazon.com