

## VITAKIDS RECOMMENDS

### Blood Sugar Maintenance:

#### ADULTS

- Essential Fatty Acids: Omega 3
- Alpha Lipoic Acid
- Chromium
- Cinnamon
- Garlic
- Gymnema Sylvestre
- Fenugreek
- A good combination of all Vitamin B
- Vitamin C

#### CHILDREN

- Essential Fatty Acids: Omega 3
- A good combination of all Vitamin B
- Vitamin C

### Weight Loss:

#### ADULTS

- Conjugate Linolenic Acid (CLA)
- Brown Seaweed Concentrate
- L-carnitine
- Fiber
- Green Coffee Extract
- A high potency anti-oxidant complex

#### CHILDREN

- Fiber
- A good potency Multivitamin & Mineral

### Sugar & Sweetener Alternatives:

- Xylitol
- Stevia
- Coconut Sugar
- Agave Nectar

#### Find Us

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2. **WESTGATE :** #04-28 | 6465 9318 | westgate@vitakids.biz
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9. **E-commerce Partner:** www.natureswisdom.sg

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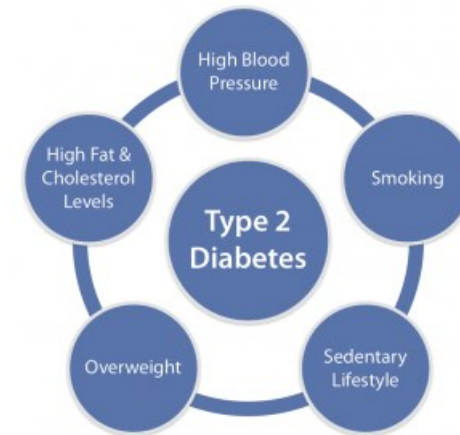


## How to Maintain Blood Sugar Levels, Lose Weight & Burn Fat

Everyone wants to look and feel good. The benefits of staying at a healthy weight are massive and worth all the effort. Carrying around those extra pounds lead to a variety of diseases and causes one to feel miserable. Keeping that weight in check lowers the risk of heart diseases, stroke, high blood pressure and diabetes.



Obesity is now a weighty problem, especially in developed/developing countries. The last Singapore National Health Survey in 2010 found that 11% of Singaporean adults aged between 18 and 69 were obese, up from 7% in 2004.



### Obesity & Diabetes

Almost 90% of people living with type 2 diabetes are overweight or are obese. Being overweight stresses the insides of your individual cells and causes your body to become resistant to insulin. This translates to insulin resistance and to persistently high concentrations of glucose in the blood - one of the sure signs of diabetes.



## Preventing diabetes?

Type 2 diabetes is largely preventable. Studies have found that lifestyle changes and small amounts of weight loss in the range of 5-10% can prevent or delay the development of type 2 diabetes among high-risk adults.

Lifestyle interventions included:

- ◆ diet and moderate to intense physical activity (such as walking for 150 minutes per week) to produce small amounts of weight loss.

The development of diabetes was reduced by 40% to 60% during these studies, which lasted three to six years.

If you are overweight, prevent weight gain by:

- ◆ increasing activity levels
- ◆ healthy diet intervention

## Achieve your healthy weight goal through:

<b>Right Diet</b>	Switch to: <ul style="list-style-type: none"> <li>• Whole grains</li> <li>• Fruit/Vegetables</li> <li>• Nuts/Seeds/Legumes</li> <li>• Lean meats/Fish</li> <li>• Eliminate refined sugars/carbs</li> <li>• Drink plenty of water. No Alcohol/Caffeine</li> </ul>
<b>Exercise</b>	<ul style="list-style-type: none"> <li>• Walk more. Take up brisk walking</li> <li>• Use the stairs instead of the elevator</li> <li>• Cardio and Weight training</li> <li>• Do the sports or activities you love</li> </ul>
<b>High Fiber Foods</b>	<ul style="list-style-type: none"> <li>• Fiber is a natural appetite suppressant</li> <li>• Keeps cholesterol and blood sugar at optimal levels</li> <li>• Ensures normal bowel functions</li> </ul>
<b>Smart Shopping</b>	<ul style="list-style-type: none"> <li>• Select your groceries wisely</li> <li>• Be aware of false nutritional claims</li> <li>• Low-fat could mean it's loaded with sugar instead</li> <li>• Experiment with new grains/recipes (e.g. Quinoa, Amaranth, Millet etc.)</li> </ul>

## Important Nutrients in Maintaining Healthy Weight & Blood Sugar Levels:

### For blood sugar levels:

<b>Chromium</b>	- Improve glucose tolerance and aids in fat metabolism.
<b>Alpha-Lipoic Acid</b>	- Improve insulin sensitivity and reduce symptoms of nerve damage.
<b>Cinnamon</b>	- Improve insulin sensitivity and utilization.
<b>Gymnema sylvestre</b>	- Maintain blood sugar levels and block sugar absorption in the intestines.
<b>Fenugreek</b>	- Help balance blood sugar levels by slowing down digestion and absorption of carbohydrates.
<b>High potency Multivitamin &amp; Mineral</b>	- Supply necessary nutrients involved with blood sugar metabolism.
<b>Omega-3 Fatty Acid</b>	- For proper insulin function and support nerve health.
<b>Vitamin B-Complex</b>	- Assist in blood sugar metabolism.
<b>Vitamin C</b>	- Help maintain healthy blood sugar levels.
<b>Vitamin E</b>	- Maintain glucose regulation and prevents cholesterol oxidation. Take in a combination of tocotrienols and tocopherols.

### For weight management:

<b>Conjugate Linolenic Acid (CLA)</b>	- Fatty acid that helps maintain body fat, helps insulin receptors to remain intact, increasing insulin sensitivity with increased levels of physical activity.
<b>Green Coffee Extract</b>	- Support healthy glucose metabolism and weight management.
<b>L-Carnitine</b>	- Important nutrient for fat metabolism and for energy production.
<b>Brown Seaweed Concentrate</b>	- Help to increase metabolism without side effects found in caffeine