



I SPIKE YOUR
SUGAR LEVEL!

**Balancing Gluco,
Made Easy**



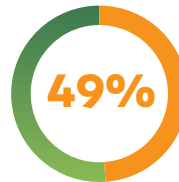
Did You Know?



Malaysia is the **most obese and 'sweetest' nation in Asia**^{1,2}



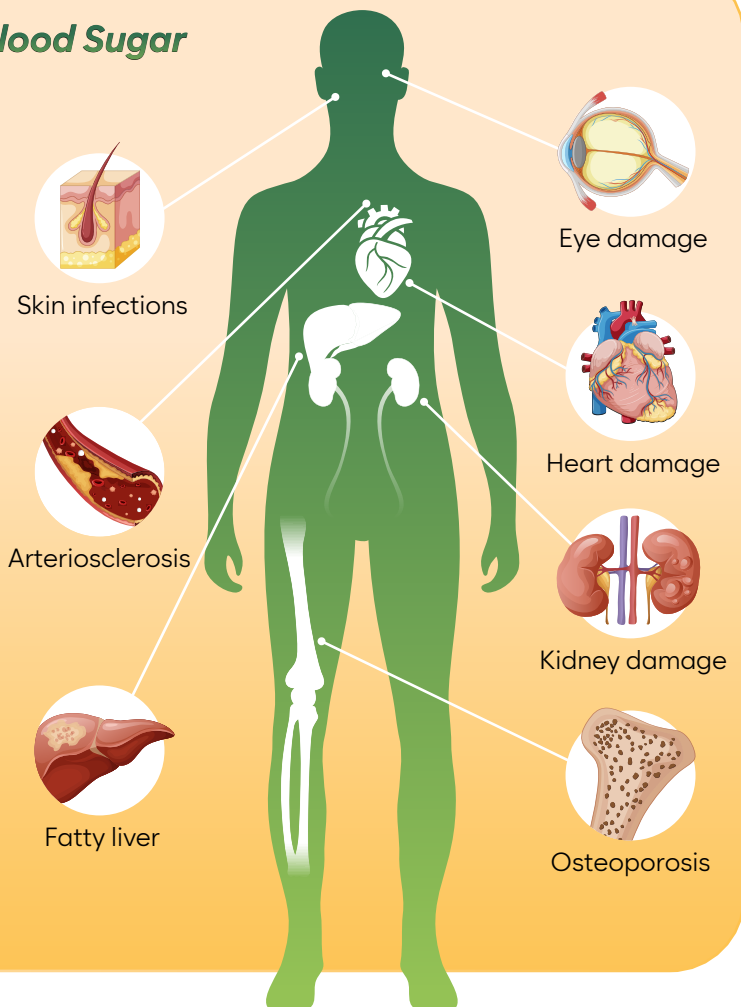
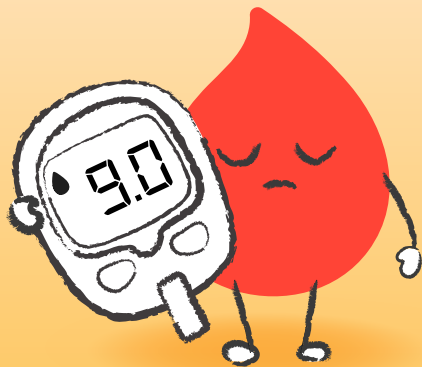
1 in 5 Malaysian adults
(3.9 million people)
**aged 18 & above has
DIABETES**^{3,4}



ALARMINGLY, 49%
were **NEVER TESTED/
UNDIAGNOSED**^{3,4}

Complications of Uncontrolled Blood Sugar

Having high blood sugar or eventually, diabetes can lead to many serious health consequences. It can get very dangerous if not managed properly and early as some of the complications are irreversible



Concerned if you are at risk of having high blood sugar? Let's find out!



Frequently feeling thirsty



Frequent urination



Frequent hunger



Feeling lethargic
(tired and weak)



Slow healing of cuts and wounds



Frequent infections
(gum, skin, vaginal infections or more)



Having blurry vision



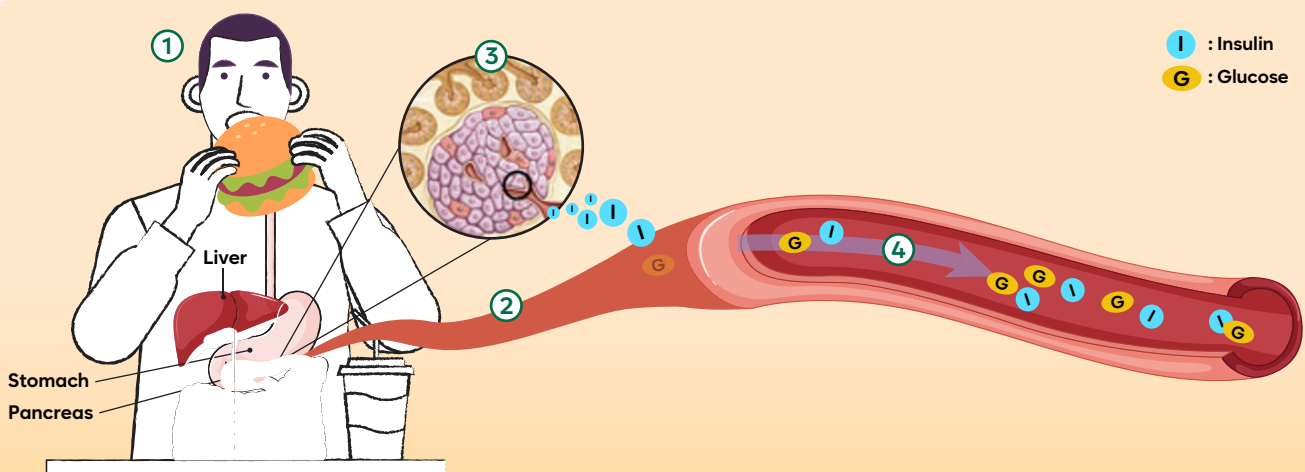
Tingling, numbness or pain (hands or feet)



Feeling irritable or having mood swings

If you're experiencing any of the symptoms listed above, it's time to check your blood sugar levels.

Understanding Blood Glucose

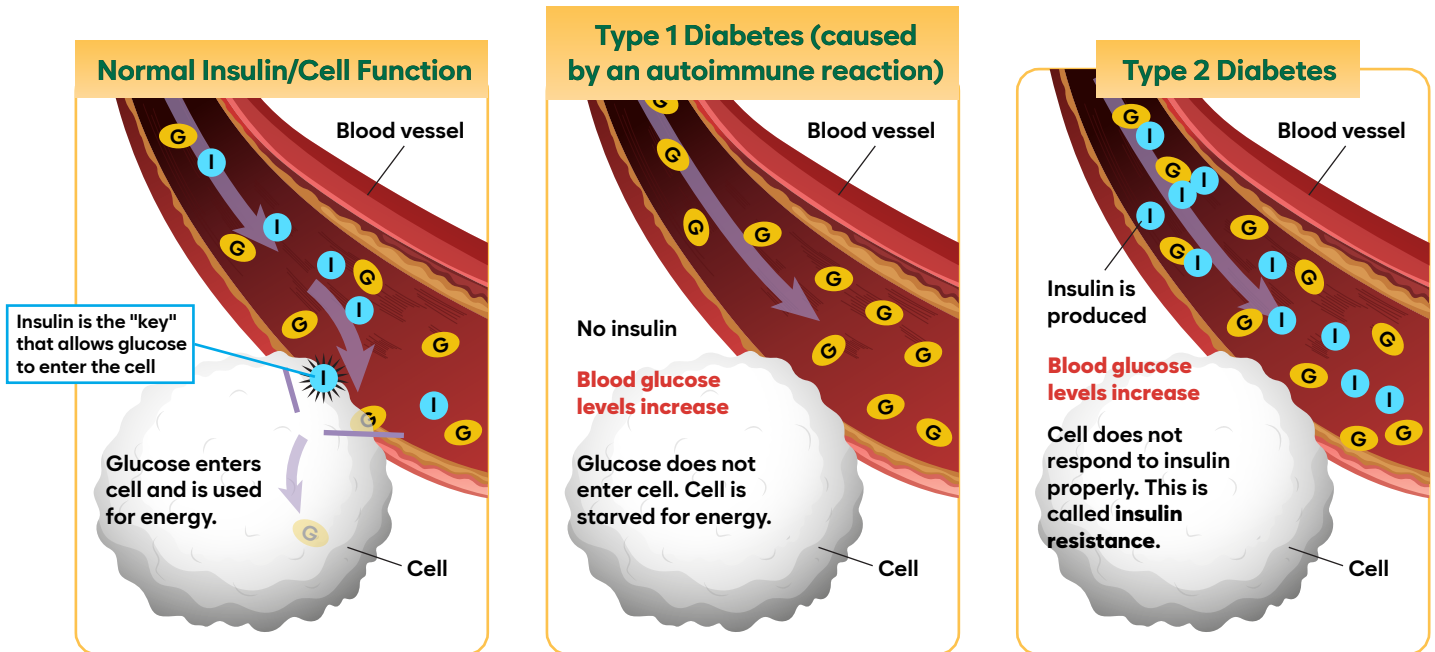


Glucose is the body's primary source of energy, and comes from the food you eat.

- ① Food is converted into glucose (blood sugar).
- ② Glucose enters the bloodstream.
- ③ Pancreas produces and releases insulin into the bloodstream.
- ④ Insulin acts as a key and helps glucose to "enter" every cell in the body. It is important for regulating and stabilising blood glucose levels.

Watch Your Sugar Level

- Blood sugar levels are a key indicator of overall health
- It can easily fluctuate for many reasons that are linked to our lifestyle
- High blood sugar level most often occurs due to a lack of insulin or when the body can't use insulin properly (insulin resistance). This leads to diabetes (which can be categorised into **Type 1** and **Type 2**)



- Determining your blood sugar levels through tests helps to prevent/reduce the risk of diabetes and other serious health complications
- If your blood glucose is at the upper limit of the healthy range or within the prediabetes range, you need to start paying attention to your health immediately

		HEALTHY	PREDIABETES	DIABETES
Indicate immediate blood sugar levels	Fasting Blood Glucose⁵ (reading after 8 hours without food & drinks)	< 5.6 mmol/L	5.6 – 6.9 mmol/L	≥ 7.0 mmol/L
	Non-Fasting Blood Glucose⁵ (reading after having food or drinks)	< 7.8 mmol/L	7.8-11.1 mmol/L	≥ 11.1 mmol/L
Indicate blood sugar levels over the past 2-3 months	HbA1c Level⁵	< 5.7% (< 39 mmol/mol)	5.7-6.2% (39-44 mmol/mol)	≥ 6.3% (≥ 45 mmol/mol)

Prediabetes and Its Risk Factors

- Prediabetes is when your blood glucose levels (HbA1c) are between 5.7%-6.2% (higher than normal)
- As prediabetes usually presents no symptoms, it can easily develop into Type 2 diabetes if left untreated



Risk factors for prediabetes include



Overweight/
obesity



Large waist size



Family history of
Type 2 diabetes



Stress



Intake of high carbs
food/poor eating habits



Inactive
lifestyle



Have high blood pressure/
high cholesterol or both



Smoking



Good News:

Prediabetes can be reversed with early detection and long-term lifestyle changes (diet and exercise).



Lifestyle Changes for A Better Life

Maintain a healthy glucose level today! If you are prediabetic, take action immediately to bring your blood glucose level back to a healthy range.

3 main lifestyle changes. Reverse your condition with these:



Diet



Practice a balanced diet
(*suku-suku separuh*)



Limit carbs and portion
size during meals



Increase your fibre and
protein intake



Limit food and drinks high
in sugar



Stay hydrated (with plain
water)



Exercise



Stay active



Maintain a healthy
weight/lose excess
weight if you are
overweight



Support



Monitor your blood
glucose regularly



Take supplements for
better blood glucose
management



Get enough
sleep



Stress
management



Balancing Glucose, Made Easy

Nutriline Botanical Beverage Mulberry, Fenugreek & Cinnamon

Combination of Herbal Wisdom & Modern Science



Mulberry Leaf

Slows down carbohydrate absorption in body^{6,7}



Fenugreek Seeds

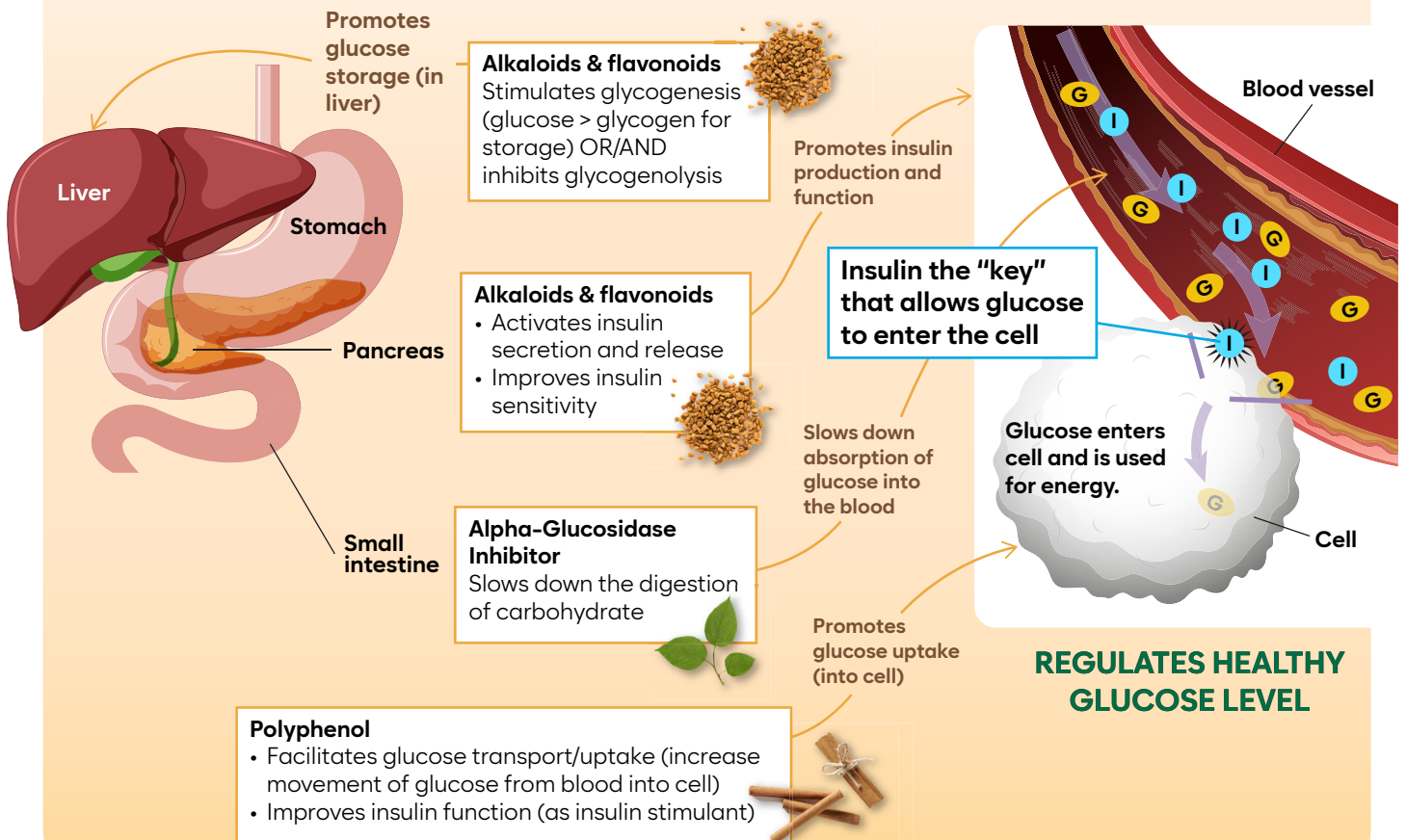
Improves insulin function and increases the amount of insulin released^{7,8}



Cinnamon Extract

Promotes the glucose uptake and entry into the cell from blood^{9,10}

How It Works?





Nutralite Botanical Beverage Mulberry, Fenugreek & Cinnamon



Stabilise blood glucose



Reduce excess storage of glucose as fat



Improve insulin resistance



Reduce food cravings

Disclaimer: This product is not to treat/cure/prevent any medical condition.

What makes it special?



Mulberry and Cinnamon from NutriCert™ partner farms. Fenugreek sourced in-line with Nutralite standards



Scientifically formulated 3-in-1 combination



Backed by clinical research



Portable liquid stick packs



Suitable for vegetarians, and is gluten-free



Free from artificial colours, flavours and preservatives

Holistic Solution for 'Sweet' Health



Nutralite CB Plus



Nutralite Botanical Beverage Mulberry, Fenugreek & Cinnamon



Tropical Herbs Misai Kucing Plus Herbal Tea

Key Ingredients	<ul style="list-style-type: none"> Kidney bean extract Soybean extract Parsley concentrate 	<ul style="list-style-type: none"> Mulberry leaf extract Fenugreek seed extract Cinnamon extract 	<ul style="list-style-type: none"> Misai Kucing Gymnema Cinnamon Ginger Green Tea Extract
Main Function/Mechanic	Carbohydrate blocker	Regulates blood glucose	Supports general health
When To Take	Before meal [Pre-meal inhibition]	After meal [Post-meal decomposition]	In between meals/ any time of the day

“It's A Fact: Stabilised blood glucose promotes sustainable weight management and better management of blood cholesterol and blood pressure, so you can enjoy better health and ultimately, a better quality of life.

Kickstart your healthy journey now by managing your blood glucose

[SHOP NOW](#)

[Click HERE for reference](#)

Note:

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- All Nutralite products do not contain artificial colours, flavours or preservatives.