GLYCEMIC FOUNDATION
PRODUCT INFO SHEET

ORTHO MOLECULAR PRODUCTS
Because Efficacy Matters®

Description

Glycemic Foundation is designed to provide a high-level of dietary fiber, especially soluble fiber which will provide stability to daily glycemic control.

Ingredients

Glycemic Foundation plays a key role in adrenal health by supporting the body's glycemic response. When you eat a meal your blood sugar and insulin levels spike, the amount of the spike will depend on what foods were eaten (high sugar or carbohydrate meals will result in a larger spike). A few hours or so after the meal, your blood sugar and insulin levels begin to fall, this often times causes people to feel tired and drained in the afternoons. Overtime this rise and fall can put unwanted stress on the adrenal glands and can contribute to adrenal fatigue. The ingredients in Glycemic Foundation, including beta-glucans, brown rice concentrate, flaxseed flour, lipoic acid and chromium, help decrease the spike in blood sugar and insulin levels after a meal and thereby decreases the large fall of these levels in the afternoon, leading to less fatigue and adrenal stress. To support this glycemic balance with Glycemic Foundation, it is recommended that it be taken either directly before a meal or during a meal for best results.

Dosage

SUGGESTED USE: Add one scoop (32.5g) of Glycemic Foundation to a glass of water or the beverage of your choice, stir and drink between or before meals 1 to 3 times daily, or as recommended by your health care professional.

Contraindications

If you are pregnant or nursing, consult your health care professional before taking this product. Glycemic Foundation contains significant levels of soluble and fermentable fibers. Some individuals may experience gas discomfort when initially taking the product. We recommend using ½ scoop doses for the first several days to allow for bowel adjustments before regularly using the full dose.

Supplement Facts

Serving Size: 32.5 Grams
Servings Per Container: 1

32.5 grams contain	Amount Per Serving	% Daily Value*
Calories	120	
Total Fat	4 g	6%
Saturated Fat	<1 g	0%
Total Carbohydrate	17 g	6%
Dietary Fiber	11 g	44%
Soluble Fiber	9 g	
Sugars	2 g	
Protein	10 g	20%
Calcium	65 mg	7%
Iron	2 mg	11%
Phosphorus	80 mg	8%
Magnesium	45 mg	11%
Chromium (as ChromeMate®)	400 mcg	333%
Potassium	145 mg	4%
Proprietary Blend	28 g	
Oryzatein™ Whole Grain Brown Rice Protein Concentrate		**
Organic Flaxseed Flour		**
Inulin		**
Oat Fiber (Standardized to contain 20% Betaglucans)		**
Acacia		**
Guar Gum		**
Stevia Leaf Extract		**
Alpha Linolenic Acid (from Flaxseed Flour)	1,300 mg	**
Beta Glucan (from Oat Fiber)	750 mg	**
Lipoic Acid	100 mg	**
Vanadyl Sulfate Hydrate	5 mg	**

* % Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

** % Daily Value not established

Calories per gram:
Fat 9 - Carbohydrate 4 - Protein 4

Other Ingredients: Natural Flavors, Cocoa Processed with Alkali and Licorice Root Concentrate.

ID #920977 ~ 977 Grams

These statements have not been evaluated by the FDA. This product is not intended to treat, diagnose, prevent, or cure any disease. Consult a physician before taking. Should you experience any serious physical side effects from taking these nutritional supplements, discontinue and call your doctor immediately.