Ultra Glucose Control®

Support for the management of glucose response

For complete ingredient information, visit metagenics.com

Blood glucose levels play an important role in overall health by providing energy to get through the day. However, more people are following the standard American diet (foods rich in sugars, fats, and refined carbohydrates) than ever before, so there has been an increase in health problems attributed to imbalanced glucose levels.

How common are problems with blood glucose management? According to a study published by the *Journal of the American Medical Association* (*JAMA*), nearly 50% of adults living in the United States have diabetes or pre-diabetes, a condition where a person already has elevated blood glucose and is at risk to develop diabetes.[1] In such a scenario, achieving stabilized blood glucose levels becomes an important goal.

Blood glucose levels are maintained at a healthy range by a consistent release of glucose into the blood stream. Individuals with glucose control conditions usually experience blood sugar spikes and crashes due to the body's inability to maintain its glucose baseline.

Recent clinical evidence from a 16-week randomized control trial at Joslin has shown that a diet and lifestyle intervention approach to glucose management reduces a patient's plasma glucose concentration.[2] This diet includes UCAN SuperStarch® as a leading part of the formula that sustains a healthy blood glucose response.

UCAN SuperStarch® is produced through a hydrothermal process that yields a large molecule that is structurally different and larger than a complex carbohydrate and is more capable of sustained release of glucose. Ultra Glucose Control contains 15 g of UCAN SuperStarch® per serving in combination with a high-quality prebiotic IMO fiber in a blend we call MetaRelease®.

- Designed with a 40-30-30 ratio-balanced combination of macronutrients (proteins, fats, and carbohydrates) to manage glucose response
- Delivers 15 g of high-quality pea and rice protein along with free branched-chain amino acids
- Delivers 22 essential vitamins and minerals
- Available in chocolate and vanilla flavors in 14-serving and 30-serving sizes

Metagenics®

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Flavor: Vanilla

Information per Serving:

Serving Size	2 Scoops (55 g)
Servings per Container	30
Calories	220
Total Fat	8 g
Saturated Fat	1 g
Trans Fat	0 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	5 g
Cholesterol	0 mg
Sodium	180 mg
Potassium	75 mg
Total Carbohydrate	26 g
Dietary Fiber	4 g
Sugars	3 g
Protein	13 g†

Percentage of Reference Daily Intakes (RDI)

Each Serving Contains:		% RDI
Vitamin A (as retinyl palmitate)	1,250 IU	25%
Vitamin C	30 mg	50%
Calcium	55 mg	6%
Iron	3 mg	15%
Vitamin D_3 (as cholecalciferol)	400 IU	100%
Vitamin E	7.5 IU	25%
Thiamin	0.375 mg	25%
Riboflavin	0.425 mg	25%
Niacin	5 mg	25%
Vitamin B_6	0.5 mg	25%
Folate (as calcium L-5-methyltetrahydrofolate)	185.2 mcg	45%
Vitamin B_{12} (as methylcobalamin)	1.5 mcg	25%
Biotin	75 mcg	25%
Pantothenic Acid	2.5 mg	25%
Phosphorus	200 mg	20%
Iodine	37.5 mcg	25%
Magnesium	180 mg	45%
Zinc	13 mg	90%
Selenium	52.5 mcg	80%
Copper	1.5 mg	80%
Manganese	2 mg	100%
Chromium	120 mcg	100%
Chloride	120 mg	4%
Heat-Moisture Treated Amylopectin††	15 g	‡

Typical Amino Acid Profile per Serving*

Amino Acid	mg/Serving
L-Alanine	610
L-Arginine***	1190
L-Aspartic Acid	1490
L-Cystine (Cysteine)***	160
L-Glutamic Acid	2260
Glycine***	560
L-Histidine**	340
L-Isoleucine (BCAA)**	1120
L-Leucine (BCAA)**	1800
L-Lysine** (as L-Lysine HCl)	880
L-Methionine**	180
L-Phenylalanine**	740
L-Proline***	600
L-Serine***	700
L-Threonine**	510
L-Tryptophan**	140
L-Tyrosine***	550
L-Valine (BCAA)**	1170

*Contributed by pea protein, rice protein, and added amino acids
**Essential amino acid
***Conditionally essential amino acid 15 g total protein with added amino acids: L-leucine, L-isoleucine, and L-valine
†15 g total protein with added amino acids: L-leucine, L-isoleucine, and L-valine
†† As UCAN SuperStarch®, a trademark of the UCAN Company, containing more than 95% heat-moisture treated amylopectin
‡Daily value not established

Directions

Directions: Blend, shake, or briskly stir 2 level scoops (55 grams) into 10-12 fluid ounces of chilled water. Take once or twice daily, or as directed by your healthcare practitioner.

Ingredients: Heat-moisture treated amylopectin††, pea protein isolate, high oleic sunflower oil, natural flavors, rice protein concentrate, erythritol, organic cane sugar, isomalto-oligosaccharide, magnesium citrate, silica, L-leucine, Chinese cinnamon bark powder, guar gum, L-isoleucine, L-valine, xanthan gum, vitamin and mineral blend (zinc gluconate, ascorbic acid, manganese gluconate, d-alpha to-copheryl acetate, copper gluconate, D-biotin, retinyl palmitate, niacinamide, cholecalciferol, d-calcium pantothenate, chromium picolinate, pyridoxine HCl, riboflavin, potassium iodide, thiamin HCl, calcium L-5-methyltetrahydrofolate, selenomethionine, and methylcobalamin), and rebaudioside A (from Stevia rebaudiana leaf extract).

This product is non-GMO and gluten free.

Warning: If you are taking blood sugar lowering medication, dosages may need to be altered when using this product. Please discuss this with your healthcare practitioner. This product has not been tested in pregnant or nursing women.

Tamper Evident: Do not use if package is torn or open.

Storage: Keep closed in a cool, dry place.

Take Control of Managing Glucose Response

Ultra Glucose Control is designed for individuals who may need additional support in controlling their blood sugar levels. It also provides satiation and supports muscle-building capacity.

- MetaRelease®—a proprietary blend of slow-release carbohydrates (UCAN SuperStarch®) and fiber—and plant proteins and branched-chain amino acids to support a balanced glucose response and sustained energy release
- Ratio-balanced combination of slow release carbohydrates, protein, and fat (40-30-30)
- 15 grams of a pea/rice protein blend with added branched-chain amino acids (leucine, isoleucine, valine)
- >20 essential vitamins and minerals—including vitamin D_3, chromium, biotin, and magnesium—to support overall health
- Available in:
  - 14-serving pouch
  - 30-serving pouch
  - 7 sachets variety pack
  - All available in chocolate and vanilla flavors

For Questions, contact Patricia at
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Scientific Rationale

Ultra Glucose Control contains MetaRelease®, a proprietary blend of slow-release, hydrothermal-treated amylopectin (UCAN SuperStarch®) and IMO fiber. Containing more than 95% heat-moisture-treated amylopectin, UCAN SuperStarch® has a very high molecular weight and is semi-resistant to digestion, thereby giving it a slow time-released absorption profile. Clinical studies have shown that UCAN SuperStarch® helps support a sustained glucose/insulin response.[3-5]

Favorable Glycemic Response

In a clinical study at the Functional Medicine Research Center, Ultra Glucose Control produced a balanced, sustained, and more stable glucose response for up to 3 hours of use compared to a commonly used commercial product (oatmeal) in pre-diabetic healthy volunteers (**Figure 1**).[6]

In another study conducted at the Joslin Diabetes Center, Ultra Glucose Control stimulated the secretion of both insulin and glucagon-like peptide-1 (GLP-1), resulting in a more sustained and balanced glucose response curve.[7]

Improved HbA1c over 16 weeks

A new randomized study demonstrated that 16 weeks of intervention with Ultra Glucose Control, in combination with a structured dietary plan, resulted in significant improvement in hemoglobin A1c (HbA1c, a biomarker reflecting the average blood glucose levels over the previous 3 months) and body weight in overweight/obese patients with type 2 diabetes compared with the dietary plan alone (**Figure 2**). The study, conducted by the Joslin Diabetes Center, was presented at the American Diabetes Association's 76th Scientific Sessions in June 2016.[2]

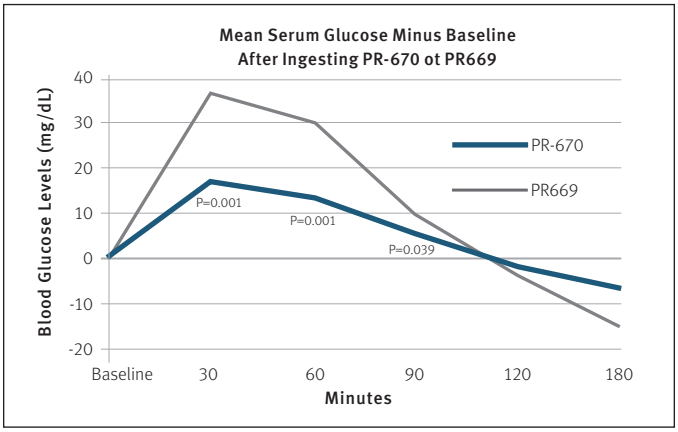

Figure 1. Favorable post-prandial serum glucose levels at 30, 60, and 90 minutes in Ultra Glucose Control (PR-670) compared with a common American breakfast food (PR669).[6]

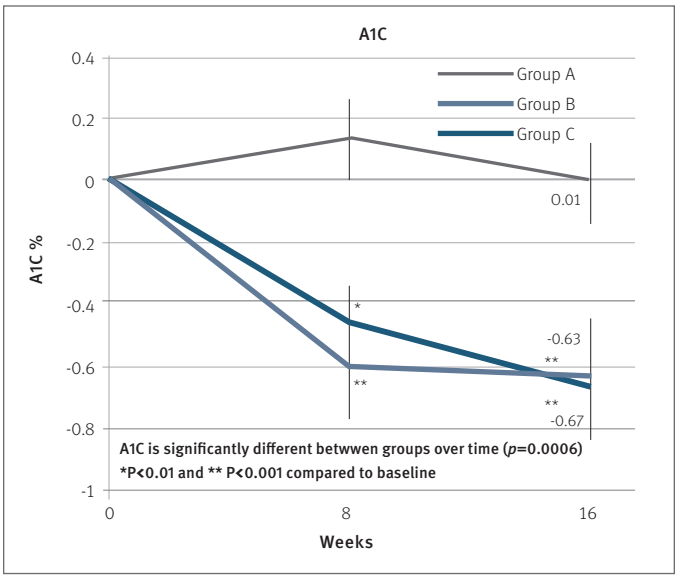

Figure 2. Ultra Glucose Control significantly improved HbA1c levels. Group A: dietary plan alone. Group B: dietary plan plus Ultra Glucose Control. Group C: dietary plan plus Ultra Glucose Control plus weekly phone coaching.[2]

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