

# Blood Sugar Support



Dr. Hyman's supplement stack recommendation for optimal healthy support

## Recommended Usage and Benefits

### PureLean Pure Pack

**Take 1 pack daily.** Supports glucose and lipid metabolism.

### Glucose Control

**Take 2 capsules daily.** Support for gut, brain, blood sugar and insulin resistance.

### Omega-3 Rejuvenate

**Take 2 capsules daily.** Supplies phytonutrients (found in fruits), health-promoting effects on immunity, metabolism, and cellular rejuvenation, and has a wide range of benefits including decreasing viral growth.

### Vitamin D Supreme

**Take 1 capsule daily.** Anti-inflammatory that is critical for optimal immune function, and this cannot be achieved without supplementation (especially during the winter months).

### ALAmox CR

**Take 1 capsule daily.** Helps maintain a balance between oxidized and reduced CoQ10.

### CM Core

**Take 2 capsules daily.** Helps maintain heart function, metabolism, antioxidant status, and lipid and glucose levels.

## Supplements will ship as needed to maintain optimal levels

If you have any questions or concerns regarding the supplements or their usage, please don't hesitate to contact our customer support team. You can reach us at [support@drhyman.com](mailto:support@drhyman.com) or call us at [1-888-702-2995](tel:1-888-702-2995)

We hope this guide helps you make the most of your supplement stack. Remember, consistency is key in achieving optimal results. Here's to your health and well-being!

\*Information and statements regarding dietary supplements available on this Website have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.