

### Food supplement with chromium and plant extracts that help maintain normal glucose levels.

#### Did you know that...?

Glucose is the main source of energy in our body. The key to feeling well, having enough energy and good concentration is maintaining your blood sugar levels stable.

Having the right level of glucose in our body enables us to control our appetite and, therefore, our weight.

#### What does GluCoach provide?

It contains nutrients that help to balance our glucose levels.

Chromium helps to maintain **normal glucose levels** in the blood and the normal metabolism\* of **macronutrients**.

Vitamin C aids **normal energy** metabolism, helps reduce **tiredness and fatigue** and contributes to the normal functioning of the **immune system**.

#### Nutritional Information

Daily dose: One (1) capsule  
Daily doses per pack: 120

Amount per daily dose	%NRV*	
Chromium	150 µg	375%
Vitamin C	65 mg	81%
Colostrum	35 mg	-
Egg yolk	15 mg	-
Ceylon Cinnamon	120 mg	-
Nopal (Prickly pear)	105 mg	-
Banaba	100 mg	-
Ginseng	60 mg	-

\*NRV: Nutrient Reference Values



120 CAPSULES  
NET WEIGHT 71.88 g

**INGREDIENTS:** Ceylon cinnamon (*Cinnamomum zeylanicum*), nopal (prickly pear) (*Opuntia ficus-indica*), banaba (*Lagerstroemia speciosa*), gelatin, L-ascorbic acid, ginseng (*Panax ginseng*), 4Life Transfer Factor (obtained from bovine colostrum (milk) and egg yolk), water and chromium chloride (III).

**INSTRUCTIONS:** Take one (1) capsule per day with 240 ml of fluid.

#### Complement your healthy lifestyle with other 4Life products in accordance with your nutritional goal



**SPORTSPEOPLE:** FibroAMJ™, Energy Go Stix™, PRO-TF™, Glutamine Prime™ and Renuvo™.

**WEIGHT CONTROL:** 4LifeTransform BURN™, Superdetox™ and Nutrastart™ (as a meal substitute).

#### COMPLEMENT YOUR DIET:

**WOMEN:** RiteStart™, Bellevie and 4LifeTransform™ Woman.  
**MEN:** RiteStart, MalePro™ and 4LifeTransform Man.

1,2,3: Helps control weight

1,2,4: Maintain your blood sugar (glucose) levels



**Cinnamon bark**  
(*Cinnamomum zeylanicum*)

1



**Banaba leaf**  
(*Lagerstroemia speciosa*)

2



**Nopal (Prickly pear)**  
(*Opuntia ficus-indica*)

3



**Ginseng root**  
(*Panax ginseng*)

4

\* **Metabolism** is the name given to the chemical transformations that nutrients undergo in tissues, once the digestive and respective absorption processes are complete

Warnings: Do not exceed the recommended daily dose. Dietary supplements should not be used as a substitute for a varied and balanced diet or a healthy lifestyle. KEEP OUT OF THE REACH OF CHILDREN. Store in a cool dry place.