



AIM GlucoChrom™



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CANADA

GlucoChrom is a unique combination of trace minerals and herbs that increases the effective action of insulin and helps the body to metabolize carbohydrates and fats.

How is GlucoChrom Unique?

- Formulated with a non-synthetic, highly bioavailable source of chromium
- Contains the amount of chromium tested to be effective in blood glucose maintenance
- Encourages the activity of enzymes that convert sugar into a storable source of energy

Approach

The Canadian Diabetes Association (CDA) reports that more than 11 million Canadians live with diabetes or prediabetes.¹ In recent years, the risk of diabetes in children and adolescents has increased dramatically due to rising rates of obesity. The standard North American diet, which is low in dietary fiber and rich in processed sugars, fats and simple carbohydrates, contributes to an imbalance in the body's ability to manage glucose levels. This problem underlies the growing prevalence of diabetes, hypoglycemia, insulin resistance, and other blood sugar imbalances.

Blood Sugar

When we eat, the body breaks down the carbohydrates in foods to produce glucose, the sugar that fuels our cells and provides them with vital energy for healthy functioning. It is extremely important for the blood glucose level to remain stable. If it is elevated, the pancreatic hormone insulin is secreted to encourage uptake of glucose by the cells. Ideally, the pancreas secretes just the right amount of insulin to efficiently metabolize glucose.

If insulin levels are consistently high, insulin resistance may develop. In this case, the pancreas pumps out insulin, but the cells are unable to properly respond, so glucose remains in the bloodstream, creating a circulating source of inflammation throughout the body.

Insulin resistance frequently leads to weight gain because high insulin levels force the body to store fat rather than burn it as energy. Elevated levels of glucose and fats may also result in abnormally high cholesterol and triglyceride levels. Over time, this can damage the vital organs, leading to heart attack, stroke, or kidney

Key Benefits and Features

- Helps maintain healthy blood sugar levels
- Promotes the reduction of body fat and increase of lean muscle mass (when combined with a healthy diet and exercise)
- Vegan formula

failure. For those who are overweight or obese, a chronic blood sugar imbalance makes weight loss very difficult.

Normal insulin levels aid in the breakdown of stored fats and sugar, making weight loss possible. One element that plays such a vital role in the insulin-glucose process is chromium. Chromium is considered to be insulin's cofactor. Chromium assists insulin by helping it to gain access to the cell membrane, allowing glucose to enter the cells where the body can use it.

GlucoChrom

As part of a healthy diet and lifestyle, GlucoChrom is a beneficial supplement for those trying to maintain healthy blood sugar levels. The ingredients in GlucoChrom may also promote fat loss or the maintenance of lean body mass.

Chromium (200 mcg per capsule)

GlucoChrom's chromium is derived from *Saccharomyces cerevisiae* yeast that has been organically bound to trivalent chromium, offering an easily absorbed form of this trace mineral that the body recognizes as food.

As always, AIM is committed to finding the most bioavailable ingredients, especially this natural form of chromium that is more efficacious than synthetic forms such as the chromium nicotinate or picolinate commonly found in chromium supplements.



Even though chromium deficiency is not very common in young individuals, chromium depletion escalates as we age.² On average, women consume up to 29 mcg per day and men 54 mcg.³ Symptoms of chromium deficiency include glucose intolerance, which can lead to fatigue and nerve pain. Chromium regulates the movement of glucose out of the blood and into the cells, thus maintaining stable blood sugar levels.

Vanadium Citrate (37.5 mcg per capsule)

Vanadium is an essential trace mineral needed for cellular metabolism. Vanadium appears to play a role in healthy pumping of the heart muscle as well as strengthening of bones and teeth.

Gymnema Sylvestre Leaf (4:1 extract 250 mg per capsule)

This woody climbing plant, native to India, has long been used for its medicinal properties, favored for long-term use as a supplement for stabilizing blood sugar. Additionally, *Gymnema sylvestre* promotes a reduced caloric intake by blocking sweet receptors in the taste buds and thereby reduces cravings for sweets.⁴

Bitter Melon Fruit (*Momordica Charantia*) (225 mg per capsule)

Bitter melon, also known as balsam pear, is a tropical fruit that grows in Asia, East Africa and South America. Bitter melon increases the activity of hexokinase and glucokinase, the enzymes in the body that convert sugar into glycogen, which is then stored in the liver and used later for energy.

Additional recommendations:

- Drink plenty of water daily.
- Perform 30 minutes of cardio exercise daily and reduce calories, fats and alcohol for best results.
- Recommended for use with AIM's Peak Endurance, ProPeas and Fit 'n Fiber.

¹ Diabetes in Canada: Background. Ottawa: Diabetes Canada; 2020.

² A scientific review: the role of chromium in insulin resistance, 2004.

³ Office of Dietary Supplements - Dietary Supplement Fact Sheet: Chromium, n.d.

⁴ 6 Impressive Health Benefits of *Gymnema Sylvestre*, n.d.

How to use GlucoChrom:

- Take 1 capsule twice daily, preferably before meals.
- Do not use if pregnant or nursing. Those with diabetes should consult a health care practitioner prior to use.
- Close tightly after opening and store in a cool, dry, dark place. Do not refrigerate.
- Keep out of reach of children.

FAQs

Who should use GlucoChrom?

Anyone who wants to maintain healthy blood sugar levels may benefit from using GlucoChrom. Those who want to promote fat loss and maintain healthy, lean body mass should consider using GlucoChrom.

Is there anyone who should not use GlucoChrom?

Do not use if you are pregnant or breastfeeding. Not recommended for children.

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