Take Control:
Your Guide to Managing
Metabolic Syndrome and Prediabetes
Metabolic Syndrome and Prediabetes: The Hidden Epidemic

What Is Metabolic Syndrome?
Metabolic syndrome is not a disease, but a combination of risk factors that can predict and precede diabetes and heart disease. The vast majority of people with metabolic syndrome are considered insulin-resistant and most likely prediabetic—and worst of all, most aren’t even aware they have it.

An Urgent Wake-Up Call
That Likely Affects Someone You Know

• 1 in 3 U.S. adults meets the criteria for metabolic syndrome/prediabetes.
• More than 90,000,000 Americans have metabolic syndrome.
• Nearly 50% over the age of 50 are affected.

5x Those with metabolic syndrome or prediabetes are 5 times more likely to develop diabetes!
What Are the Signs?
The symptoms of metabolic syndrome and prediabetes are easy to identify. Some you can assess on your own, others require a simple blood test.

To get started, ask yourself the following questions:

1. “Do I ever experience the following, especially after meals?”
   - Fatigue or sleepiness
   - cravings for sweets or carbs
   - Difficulty focusing

2. Do any of these match your eating habits?
   - I often skip breakfast or only have coffee or something sweet
   - I feel like it’s hard to stop eating
   - I eat fast food at least once a week

3. Do you exhibit any of these physical cues?
   - I have love handles
   - I have a pot belly
   - I often feel like my mouth is dry

If you answered “yes” to one or more of the above questions, don’t ignore the answers.

An easy way to know if you are at risk is to get the following measurements.

Know Your Numbers

METABOLIC SYNDROME RISK FACTORS

<table>
<thead>
<tr>
<th>Metabolic Syndrome Risk Level</th>
<th>My Number</th>
<th>Am I at Risk?</th>
</tr>
</thead>
<tbody>
<tr>
<td>MIDSECTION: over 35 in. (female) or over 40 in. (male)</td>
<td>BMI 30+</td>
<td>Yes</td>
</tr>
<tr>
<td>TRIGLYCERIDES: 150+ mg/dl</td>
<td></td>
<td>Yes</td>
</tr>
<tr>
<td>HDL CHOLESTEROL: Less than 50 mg/dl (female)</td>
<td></td>
<td>Yes</td>
</tr>
<tr>
<td></td>
<td>Less than 40mg/dl (male)</td>
<td>Yes</td>
</tr>
<tr>
<td>BLOOD PRESSURE: 130/85+ mmHg</td>
<td></td>
<td>Yes</td>
</tr>
<tr>
<td>BLOOD SUGAR*: 100+ mg/dl</td>
<td></td>
<td>Yes</td>
</tr>
</tbody>
</table>

*This risk factor alone means you’re prediabetic.

Having one risk factor is a problem. Having three or more qualifies you as having metabolic syndrome.

I Think I have Metabolic Syndrome. Now What?

Realizing you’re at risk can be scary, but the important thing to remember is that you can manage and in some cases reverse the risk factors linked to prediabetes and metabolic syndrome. In fact, it may even be easier than you think. First, check with your doctor, then get started on making healthy changes to your lifestyle.
What’s Causing This Epidemic?

A combination of high-sugar, high-carbohydrate diets and a lack of activity is the root cause of metabolic syndrome and prediabetes. So what’s happening in our body with the way we’re eating?

Blood Sugar 101

Your body changes the foods you eat into glucose. Glucose is your body’s primary source of energy. When glucose enters the blood, your body releases the hormone insulin.

Insulin “unlocks” cells, allowing glucose to enter and become energy.
Impaired Blood Sugar Metabolism

Problems arise when the body is fed a diet full of processed carbs and sugars. Glucose enters your bloodstream at an accelerated rate—causing an unhealthy rise in blood sugar and insulin levels.

Over time, high blood sugar and insulin levels can lead to insulin resistance and excess body fat, which further impairs your body’s ability to properly metabolize blood sugar.

When your body can’t maintain proper blood sugar metabolism, it can lead to a variety of health problems.

Critical Factors for Healthy Blood Sugar

1. Control and balance glucose levels
2. Maintain healthy insulin levels
3. Optimize healthy insulin response

So How Can You Manage the Risk Factors?

Fortunately, making small changes now and building on them over time can effectively manage and reverse metabolic syndrome risk factors. Getting started is as easy as changing your diet, getting active, and developing a support system to keep you motivated and accountable!
Change Your Relationship with Food
The critical nutrients we get from food are needed to sustain life and good health. But when we realize that everything we put into our body has a direct effect on our health—for good or bad—making smart choices becomes easier.

Food 101
When it comes to managing prediabetes and metabolic syndrome, any real, lasting change will unavoidably involve changes in how you eat. Each type of food has a different purpose and effect on the body, so choose wisely when you plan your food choices.

• **Complex Is Best:** When it comes to carbohydrates, the more complex the better. That means limiting simple sugars, refined carbohydrates and sweets, and sticking to whole grains, beans, and starchy vegetables like sweet potatoes and peas.

• **Make Friends with Fiber:** Fiber can actually slow down the absorption of carbohydrates, helping keep blood sugar levels stable. Good sources include broccoli, cauliflower, spinach, beans, raspberries, strawberries, various types of bran, and psyllium husk.

• **The Goodness of Whole Grains:** Whole grains have more fiber and more minerals than their refined counterparts, so they are not only more nutritious, they help support healthy blood sugar. At least half the grains you eat should be “whole grains.”

• **Proteins:** The essential building blocks used to build, repair, and maintain your body. Choose lean cuts of red meats, poultry, seafood, cheese, and eggs.

• **Good Fats vs. Bad Fats:** All fats are calorie-dense—a gram of fat has twice the amount of calories as a gram of protein or carbohydrate—so you don’t need very much. Monosaturated fats—found in almonds, canola oil, olive oil, and avocados—are the best choices and do not raise blood cholesterol. Saturated fats (such as those found in meat, butter, cheese, and cream) should be used the least. And trans fats should be avoided.

• **Say “No” to Salt:** Most Americans consume 2–3 times more sodium than they should every day! High sodium levels have been linked to high blood pressure.
Restaurant Survival Tips

Whether it’s a power lunch or a dinner with friends, you’re going to find yourself in a restaurant sooner or later. Follow these simple tips to stay satisfied and on track.

Know the menu — If it’s a restaurant you’ve been to before, plan your order in advance, so you won’t even have to look at (and be tempted by) the menu.

Practice portion control — If they serve oversized portions (and they probably do) ask for a to-go container right away. Set aside the excess so it’s not even available to tempt you.

Make sensible substitutions — Don’t be afraid to ask for mustard instead of mayo, a healthier bread for the sandwich, or a lower-fat dressing. As long as you’re pleasant and reasonable, most restaurants are happy to honor your request.
Learn to Love the Label
Nutrition Facts panels are critical tools to help you include the nutrients you want in your diet and avoid those you don’t. Pay attention to these:

**Serving Size**
- Nutrition facts are based on one serving.
- This is important when comparing nutrients in similar products.

**Know Your Fats and Sodium**
Limit these nutrients
- **Fat:** While less is always best, manufacturers are required to break out the amount (if any) of “bad fats”—saturated and trans fats.
- **Sodium:** Keep in mind the recommended daily amount is between 1,500 and 2,400 mg.

**Go for Healthy, Wholesome Carbohydrates and Get More Fiber**
- All carbohydrates are not created equal; remember that complex carbohydrates and whole grains are your best choices.
- Fiber is a critical nutrient that 95% of people don’t get enough of. Remember, the more fiber, the better.
- Try to limit products with added sugars and refined carbohydrates.

**Get More Lean Protein**
- When choosing foods that are high in protein, make choices that are lean, low-fat, or fat-free.

**Amounts of Vitamins & Minerals**
- Getting proper amounts of vitamins and minerals is important for good health.

**% Daily Value**
- This quickly gives you an idea of how close this food gets you to your daily recommended amount. 5% or less is considered low, 20% or more is considered high.

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size 1 Bar (45g)</th>
<th>Servings Per Container 6</th>
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</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>160</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>60</td>
</tr>
<tr>
<td>% Daily Value*</td>
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</tr>
<tr>
<td>Total Fat</td>
<td>7g 11%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>4.5g 23%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg 0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>160mg 7%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
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</tr>
<tr>
<td>Dietary Fiber</td>
<td>9g 36%</td>
</tr>
<tr>
<td>Sugars</td>
<td>10g</td>
</tr>
<tr>
<td>Protein</td>
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</tr>
<tr>
<td>Vitamin A</td>
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</tr>
<tr>
<td>Vitamin C</td>
<td>0%</td>
</tr>
<tr>
<td>Calcium</td>
<td>6% 8%</td>
</tr>
<tr>
<td>Iron</td>
<td>8%</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Calories per gram:</th>
</tr>
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<tbody>
<tr>
<td>Fat 9 • Carbohydrate 4 • Protein 4</td>
</tr>
</tbody>
</table>

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Keep in mind that all vitamin sources are not the same. In addition to fresh fruits and vegetables, the best sources come from the Vitality Pack® powered by Oligo®. Only Oligo is clinically shown to:

- Deliver nutrients Just Like Nature®
- Make minerals up to 10x more available for absorption
- Offer superior antioxidant protection*

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* This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
Surviving The Grocery Store Gauntlet
Grocery store aisles can be daunting—especially in our time-crunched society. Here are a few tips to make your next visit a little less overwhelming.

**Stick to the list**—Know what you need going in, so you don’t end up wandering every aisle and filling your cart with unhealthy options.

**Don’t shop when you’re hungry**—You’ll be far more likely to cave into temptation and grab the high-fat confections strategically placed in your path.

**Hug the walls**—Generally speaking, your healthy staples—dairy, meat and poultry, and fruits, and veggies—are placed along the edges of the store.

**Splurge for the healthy alternative**—Most high-fat or high-calorie foods such as margarine, yogurt, sour cream, salad dressing, and even cookies have a healthier alternative. If you can’t live without them, just practice moderation and opt for the healthiest alternative.
A Healthy Balance
Eating healthy doesn’t mean giving up certain foods, it just means eating in moderation and properly balancing what you eat to provide the nutrition you need to stay healthy.

Beware of Portion Distortion
Over the last 20 years, this nation’s portion sizes have expanded dramatically. A typical restaurant portion is nearly twice the recommended amount. Use these visual cues when it comes to sizing up your next meal.

One serving of chicken, pork, or beef should be about the same size as a deck of playing cards.

One serving of fruits or vegetables is typically about the size of a baseball.

One serving of pasta or rice is about the size of a standard lightbulb.

One serving of salad dressing, mayonnaise, butter, or margarine is about the size of a poker chip.

One serving of nuts or hummus is about the size of a golf ball.

To limit your total calories and still feel satisfied, try eating 5–6 portion-controlled meals daily instead of the traditional breakfast, lunch, and dinner.
Understanding the Glycemic Index

The glycemic index (GI) measures how fast and how much a food raises blood sugar levels. Each food is assigned a value on a scale of 0–100, based on how fast blood sugar rises in the two hours after the food is eaten. The higher the number, the more rapidly blood sugar rises.

The glycemic index can be a powerful tool when it comes to healthy meal planning and managing blood sugar levels.

High GI Foods
Examples include white bread, white rice, corn flakes, pasta, pretzels, and sweets with added caloric sweeteners.

Low GI Foods
Examples include most fruits and vegetables, legumes, whole grains, nuts, kidney beans, beets, and chick peas.

In general, the less processed a food is the lower the GI. High-fiber content will also lower the GI. Foods that do not contain carbohydrates (such as fats and meat) do not have a GI.
Get Active

The Essentials of Exercise

That’s right—essential. There is no way around it. If you want to prevent or reverse the risk factors associated with metabolic syndrome and prediabetes, you’re going to have to get moving. But that doesn’t mean it has to be boring or painful.

Work Towards a Goal

You should start with a goal in mind—moderate activity for 30 minutes, 4–5 days a week. That’s the amount that has been shown to deliver real health benefits. Now, with your doctor’s help, decide the best way to get started and how quickly you can progress toward that goal.
Ease into Exercise
Once exercise becomes a habit, you may very well wonder why you ever lived without it. But that won’t happen overnight. Begin with these simple tips to start including activity in your day.

• **Make time to “play”**—Whether it’s basketball in the driveway or tag with the kids, play is a great way to inject activity into your day.

• **Pick something you like**—Hate the treadmill? Then stay away from it. Instead go for a scenic walk along the river with friends or skip the cart when you go golfing. Look for ways to make the activities you already like more active.

• **Start slow and build up**—Is finding 30 minutes all at once too much to begin with? Start with three 10-minute segments. Gradually add time or intensity to your activity every week. You’ll not only see results quicker, you’ll avoid burnout and develop a habit you can sustain for life.

• **Schedule the time**—The best way to never have time to exercise is to just “squeeze it in” sometime during the day. Too many other things can take its place. Plan your workout time just like you’d plan an important meeting.

• **Add some variety**—Once you’ve started on your plan, you need to find ways to keep it interesting. Begin adding short strength training sessions to your walking routine, or try biking or swimming, and don’t forget stretching or yoga. The key is developing a program you can and want to maintain for life!

**Anatomy of an Exercise Routine**
All activity should include these basic elements:

• **Warm-up** (5–10 minutes of light activity)
• **Stretching** (5–10 minutes, focusing on the muscles you’ll use)
• **Workout** (20–30 minutes of moderate activity)
• **Cool-down** (5–10 minutes of slow, easy activity)

**Activity Benefits**
It’s almost impossible to overstate the importance of physical activity. Regular exercise may help you:

• Burn calories at a higher rate
• Lose weight
• Support your cell’s sensitivity to insulin
• Maintain healthy blood pressure
• Support healthy blood sugar levels
• Manage lipid (fat) levels in your blood
• Support your respiratory and circulatory system
Don’t Do It Alone

The best way to ensure your healthy lifestyle lasts a lifetime is to involve others. Partnering with friends, family, and Melaleuca will make it easier to get started and stick with it.

- **Pick someone you trust to keep you accountable**—Let them know your goals and report your progress to them at least weekly. Encourage them to push you when you’re not feeling motivated and celebrate the little victories on your journey.

- **Work out with friends**—Begin or join a neighborhood walking group. Most cities have groups that walk shopping malls or parks. Team up to keep your activity more interesting.

- **Pick the best products**—The right products can deliver real results and help keep you on the right track. As a pioneer in breakthrough wellness technology, Melaleuca has developed a family of one-of-a-kind products that help you naturally maintain good health.
**Specialized Products to Help You Succeed**

Just as you should partner with the right people who will encourage and inspire you, you need to include products in your daily routine that are specially designed to help you meet your goals. When it comes to managing metabolic syndrome, Melaleuca has created a comprehensive range of products to address the key factors.

**Take Control Now with Help from Melaleuca**

<table>
<thead>
<tr>
<th>MELALEUCA PRODUCT SUPPORT</th>
<th>KEY PRODUCT BENEFIT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Attain® CraveBlocker®</strong></td>
<td>Feel satisfied longer to help you eat less and support healthy weight</td>
</tr>
<tr>
<td><strong>Simply Fit™</strong></td>
<td>Smarter snack and meal choices to promote healthy weight</td>
</tr>
<tr>
<td><strong>Access®</strong></td>
<td>Helps reduce body fat and increase lean muscle</td>
</tr>
<tr>
<td><strong>ProvexCV®</strong></td>
<td>Supports healthy blood pressure levels* †</td>
</tr>
<tr>
<td><strong>FiberWise® and Phytomega®</strong></td>
<td>Help lower cholesterol‡‡</td>
</tr>
<tr>
<td><strong>Phytomega® and Vitality Coldwater Omega-3®</strong></td>
<td>Promote healthy triglyceride levels§</td>
</tr>
</tbody>
</table>
| **Attain® GC Control™**   | • Helps support and balance blood glucose levels*  
                           | • Promotes healthy insulin response*  
                           | • Optimizes blood sugar metabolism* |

† Diets low in saturated fat and cholesterol that include 7 grams of soluble fiber per day from psyllium husk may reduce the risk of heart disease by lowering cholesterol. One serving of FiberWise drink has 3.2 grams of psyllium husk.
‡‡ Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease. One serving of Phytomega provides 180 mg of EPA and 120 mg of DHA omega-3 fatty acids.
§ Foods and supplements containing at least .65 g per serving of plant sterol esters, eaten twice a day with meals for a daily intake of at least 1.3 g, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. A daily dose of Phytomega (4 softgels) supplies 1.5 g of plant sterol esters.

* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
**GC Control™**
Clinically Tested Natural Blood Sugar Support

**GC Control** provides scientifically formulated nutritional support with an ideal low-glycemic nutrient balance that’s high in protein and fiber, with limited net carbohydrates.

The exclusive GC Control formula contains patent-pending Oligo® mineral delivery technology and a special blend of highly concentrated natural ingredients. Together they are clinically shown* to:

- Help support and balance blood glucose levels†
- Promote healthy insulin response†
- Optimize blood sugar metabolism†

* Results versus baseline levels among prediabetic participants who used GC Control twice daily.

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Powered by Nature—
Supercharged by Melaleuca

As the world’s foremost expert in mineral delivery systems and as a proven formulator of concentrated, bioactive ingredients, Melaleuca leveraged its expertise to identify proven natural ingredients. Then we enhanced them in a way only Melaleuca can for clinically proven results.

- **Oligo Chromium**—Supports diets deficient in chromium and is necessary for proper carbohydrate metabolism†
- **Cinnamon Bark Extract**—Helps support healthy glucose metabolism†
- **Korean Red Ginseng Root**—Helps support balanced glucose uptake†
- **Mulberry Extract**—Helps lower the glycemic index of food†
- **Green Tea Leaf Extract**—Promotes healthy insulin activity†
- **Sweet Potato Extract**—Helps support healthy fasting blood glucose levels†
Passing the Clinical Test

While more than 100 clinical studies support the efficacy of the ingredients in GC Control, Melaleuca wanted to further put GC Control to the test—an independent clinical study.

The blind, independent study was conducted over 56 days with men and women who were carefully screened and identified with prediabetic blood sugar levels. Subjects were not taking any medications or other supplements that may have biased the results. The only change they made was taking GC Control twice daily as a meal supplement or snack.

Blood tests and questionnaires were administered throughout the study to monitor changes, and the results were exceptional.*

Study participants saw significant changes in three key areas of blood sugar support.

GC Control™ is clinically shown to:
- Help support and balance blood glucose levels†
- Promote healthy insulin response†
- Optimize blood sugar metabolism†

The True Measure of Success: How You Feel

As encouraging as the study results were, most exciting was the improvement in how the participants felt during the study.

At the end of the study, participants reported feeling significantly better in several key areas.

* Results versus baseline levels among prediabetic participants who used GC Control twice daily.
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Take Control Now!

Remember, in most cases, metabolic syndrome and prediabetes are manageable! The key is taking control of your health now.

To help you get started, we’ve created a website with additional tools and information about metabolic syndrome, prediabetes, and how GC Control along with Melaleuca’s exclusive nutritional supplements and foods can help.

You can access it all at: Melaleuca.com/GCcontrol

- Metabolic Syndrome Risk Factors card
- GC Control videos
- GC Control FAQs
- GC Control clinical study information

For the best results, drink a GC Control™ shake once or twice a day as part of 5–6 portion-controlled meals or snacks.