What is GC Control?
GC Control is a delicious, low-sugar shake that’s specially formulated to put you in control of your junk food cravings, energy levels, and weight-management efforts.

Who should take GC Control?
Anyone who wants to feel more in control of their junk food cravings, energy levels, and weight management can benefit from GC Control.

How do you take GC Control?
You can take GC Control once or twice a day in place of the snacks you’d normally eat. Because it’s a shake mix, GC Control is easy and convenient to mix up and enjoy at home or on the go.

Can GC Control replace a meal?
For best results, drink a shake once or twice a day as part of 5–6 portion-controlled meals or snacks. You can drink a shake during any part of the day (for example, as part of a small breakfast or an afternoon snack).

Can GC Control be mixed with other Melaleuca drinks or shakes, like FiberWise® or ProFlex20®?
We recommend mixing GC Control only with water to keep the nutrition content the same as listed on the Supplement Facts panel on the packaging. GC Control can be mixed with any other drinks or shakes, but the overall nutrition content (calories, carbohydrates, sugars, etc.) will change, which could affect its efficacy.

What are the key ingredients in GC Control?
The exclusive GC Control formula contains Oligo® mineral-delivery technology and a special blend of highly concentrated natural ingredients—all backed by clinical research.

The key ingredients are:

- Chromium powered by Oligo
- Cinnamon bark extract—24x polyphenols vs. cinnamon powder
- Korean red ginseng root—7% ginsenosides
- Mulberry leaf extract—clinical levels 1-DNJ
- Green tea leaf extract—85% polyphenols
- Sweet potato extract—200 mg

How does GC Control naturally support healthy blood sugar?
GC Control provides scientifically formulated nutritional support with an ideal low-glycemic nutrient balance to help support healthy blood sugar. When it comes to supporting healthy blood sugar, there are three critical factors:

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

The patent-pending GC Control technology helps address all three factors by using the power of Oligo plus a proprietary blend of specially formulated ingredients—backed by clinical research.

- Oligo chromium: supports diets deficient in chromium and is necessary for proper carbohydrate metabolism*
• Cinnamon bark extract: helps support healthy glucose levels*
• Korean red ginseng root: helps support balanced glucose uptake*
• Mulberry extract: helps slow absorption of high-glycemic index foods*
• Green tea leaf extract: promotes healthy insulin activity*
• Sweet potato extract: helps support healthy fasting blood glucose levels*

Together, these ingredients are clinically shown to:

• Help support and balance blood glucose levels*
• Promote healthy insulin response*
• Optimize blood sugar metabolism*

**Does GC Control™ contain gluten or lactose?**

GC Control does not contain gluten, but it does contain a small amount of residual lactose from dairy proteins.

**Is GC Control kosher?**

Yes, it is Scroll K certified.

**How is GC Control different from Attain® CraveBlocker®?**

GC Control is scientifically formulated to manage blood sugar levels and insulin response with a proprietary blend of specially formulated ingredients and a low-glycemic nutrient balance.*

Attain CraveBlocker naturally addresses the root causes of hunger cravings with the CraveBlocker ingredient blend.

**Is GC Control safe for a child?**

We recommend consulting your child’s pediatric health care professional.

**Have glycemic index values been calculated for GC Control?**

We have not calculated the glycemic index value. Because there is neither glucose nor digestible sugars in the product, it is low glycemic.

**What does “GC Control” stand for?**

GC Control is the trademarked brand name for Melaleuca’s clinically researched and patent-pending natural blood sugar support supplement blend. While the name itself does not have one specifically defined meaning, it implies support for healthy glucose metabolism in a low-glycemic supplement shake.

**Who was tested in the GC Control clinical study?**

Prediabetic male and female subjects between 18 and 45 years of age participated in a blind, independent clinical study over the course of 56 days. Read more about the clinical study at Melaleuca.com/GCControl in the “Discover More” tab.

**What is the best way to talk to my doctor about GC Control?**

When you visit your doctor, bring your GC Control product and the information from the clinical study. Access the clinical study information at Melaleuca.com/GCControl in the “Discover More” tab.

**Can people without metabolic syndrome use GC Control™?**

Yes. GC Control provides an ideal low-glycemic nutrient balance that’s high in protein and fiber, with 3–4 grams of net carbohydrates. It is a welcome addition to any portion-controlled meal plan.

**Can people with type 1 or type 2 diabetes use GC Control?**

We encourage diabetics to consult with doctors or dietitians to see how GC Control would best fit into prescribed meal plans or prescription drug routines.
GC Control provides an ideal low-glycemic nutrient balance that’s high in protein and fiber, with 3–4 grams of net carbohydrates. It is a welcome addition to any portion-controlled meal plan.

As a diabetic, it is important to monitor yourself regularly to see how GC Control may affect your blood sugar, as well as your insulin needs. We have not studied the effect GC Control has on diabetics; the GC Control clinical study was conducted on prediabetic subjects.

If I have hypoglycemia, can I use GC Control?
Yes, however, GC Control should not be used to treat hypoglycemia because it is not absorbed quickly enough to restore blood sugar to a normal level. GC Control provides an ideal low-glycemic nutrient balance that’s high in protein and fiber with 3–4 grams of net carbs.

Can GC Control be used during pregnancy for women with gestational diabetes?
Nursing and pregnant mothers should consult with doctors or dietitians to see how GC Control would best fit into prescribed meal plans.

* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.