

Supplements to Help Lower Blood Sugar

Psyllium	
Alpha lipoic acid	
Beta glucan (whole oats/barley)	
Chromium	
Cinnamon	
Pectin	
Alpha linolenic acid (flaxseed oil)	
Garlic	
Ginseng	
Guar gum	
Magnesium	
OTHER FIBERS	
Soluble corn fiber	
Calcium polycarbophil	
Inulin	
Methylcellulose	
Wheat dextrin	
Bitter Melon	
Glucomannan	

Recommended: Several well-designed studies in humans have shown positive benefit. Our team is confident about its therapeutic potential.

Recommended with Caution: Preliminary studies suggest some benefit. Future trials are needed before we can make a stronger recommendation.

Not Recommended - Evidence: Our team does not recommend this product because clinical trials to date suggest little or no benefit.

Not Recommended - High Risk: Our team recommends against using this product because clinical trials to date suggest substantial risk greater than the benefit.

For more detailed information, access full supplement reviews at: www.clevelandclinicwellness.com/suppreview





Supplements to help manage total cholesterol, LDL, and HDL

Beta glucan (whole oats/barley)
Plant sterols and stanols
Psyllium
Alpha linolenic acid (flaxseed oil)
Chia Seed
CoQ10 (as adjunct to statin therapy to lower LDL cholesterol)
Flaxseed (ground)
Niacin
Pectin
Probiotics - Lactobacillus reuteri NCIMB 30242
Red yeast rice
Soy
Vitamin D
Garlic —
Ginseng
Guar gum
Krill Oil
Omega-3 fatty acids (fish oil)
Magnesium
OTHER FIBERS
Calcium polycarbophil
Inulin
Methylcellulose
Soluble corn fiber
Wheat dextrin
Resveratrol (grape skin extract)
Glucomannan

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