

3 SIMPLE SECRETS TO SUPPORT HEALTHY BLOOD SUGAR

A simple tools-based approach for Type 2 & prediabetes

This page is for education only. It does not diagnose, treat, or cure disease.

SECRET #1 EAT WITH TIME + DRINK YERBA MATE

Eating all day keeps blood sugar high.

Giving your body breaks between meals helps it **rest and reset**.

What to do:

- ✓ Eat meals with space in between
- ✓ Try not to snack all day
- ✓ Drink Yerba Mate twice a day



Fewer Cravings



Steady Energy



Better Mood



Less Snacking

SECRET #2 TAKE FIBER BEFORE YOU EAT

Good fiber **BEFORE** meals

- ✓ Not all fiber is the same
- ✓ Choose tested fiber blends



Slow Sugar Spikes



Feel Full Longer



Supports Digestion



Helps Portion Control

SECRET #3 STOP EATING AT NIGHT & MOVE A LITTLE DAILY

Small daily habits matter more than big changes.

Simple steps:

- ✓ Stop eating by 7:00 PM
- ✓ Move 10-15 min a day
- ✓ Try moving after meals



Uses Sugar Better



Aids Digestion



Improves Sleep

WANT A SIMPLE PLAN?

Easy steps. Daily support. 90-Day Guarantee!

- ✓ Get the Right Support
- ✓ Take the Right Fiber
- ✓ Follow an Easy Plan



FB @jenniferbrownjo

DIABETES TOOLS

I WANT TO HELP YOU FEEL BETTER

Using the FGS Protocol

www.fgsprotocol.com

OUR SOLUTION

- ✓ Proven in 20+ clinical studies
- ✓ HSA/FSA qualified
- ✓ Natural ingredients
- ✓ Used in 50+ countries
- ✓ Patented formula
- ✓ Money-back guarantee

~\$5 per day



Take when fasting
(morning or between meals)

✓ Listed in the **Physicians' Desk Reference**
(a medical reference used by doctors)



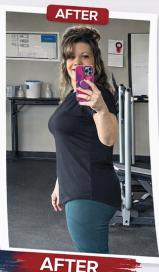
Prediabetes, PCOS & Migraines **FIXED!**



BEFORE

- ✓ Prediabetes gone A1c 5.7 to 5.3 in 2 months
- ✓ No more migraines
- ✓ No more hot flashes
- ✓ Down 20 pounds
- ✓ Triglycerides 153 to 55
- ✓ More Energy than I had in my 20s

-20 lbs



AFTER

HOW INTERMITTENT FASTING

With Our Patented Natural Products

Without Our Protocol

Fat burning & relief

With Our Protocol

Fat burning & relief

Take before meals

SCAN HERE

