

# 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

[www.FGSprotocol.com](http://www.FGSprotocol.com)

Jennifer Brown MPH Nutritionist, CHES<sup>®</sup>  
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## DIABETES TOOLS

# I WANT TO HELP YOU FEEL BETTER

Using the FGS Protocol

[www.fgsprotocol.com](http://www.fgsprotocol.com)



Prediabetes, PCOS & Migraines **FIXED!**



## OUR SOLUTION

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

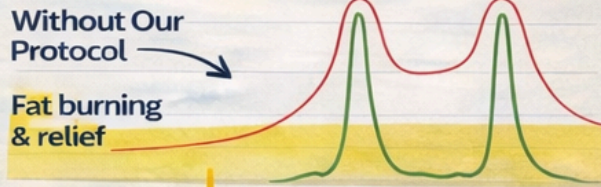
~\$5 per day



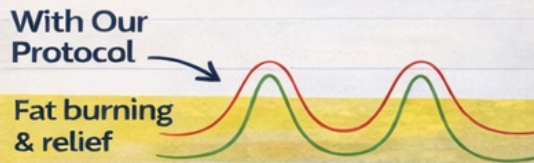
Take when fasting  
(morning or between meals)

### HOW INTERMITTENT FASTING

With Our Patented Natural Products



With Our Protocol



Take before meals

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

SCAN HERE



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