

## Supplements that Aid with Glycemic Control

<i>Supplements</i>	<i>Recommended dose</i>	<i>What they're used for</i>
Alpha Lipoic Acid (ALA)	600 mg 1-3x's/day	<ul style="list-style-type: none"> <li>• prevent the onset of diabetes</li> <li>• enhances the uptake of glucose into the cells</li> <li>• helps to improve neuropathy in higher doses (600mg 3x/day)</li> </ul>
Berberine	500 mg 2-3x's/day	<ul style="list-style-type: none"> <li>• Helps to lower blood sugar and decrease cholesterol and triglycerides</li> <li>• If gastrointestinal side effects occur, decrease dose to 250mg</li> </ul>
Chromium	250-1000 mcg/day	<ul style="list-style-type: none"> <li>• To improve insulin sensitivity &amp; impaired glucose tolerance, specifically in the presence of chromium deficiency</li> <li>• Best taken in chromium piccolinate form</li> <li>• Chromium should be limited for someone with a history of liver or kidney dysfunction</li> </ul>
Cinnamon	1000-6000 mg/day	<ul style="list-style-type: none"> <li>• Improves fasting glucose, triglycerides, total cholesterol, and LDL cholesterol</li> <li>• Best taken as cinnamon cassia</li> </ul>
Coenzyme Q10 (ubiquinol)	200mg/day	<ul style="list-style-type: none"> <li>• Improves insulin secretion and aids in decreasing HgbA1c</li> </ul>
Magnesium (Mg)	250-600 mg/day	<ul style="list-style-type: none"> <li>• Improves insulin sensitivity in people who are Mg deficient</li> <li>• The best sources of Mg include Mg citrate or Mg glycinate. Mg citrate can have a laxative effect and should be started at the lowest dose and incrementally increase. If loose bowels occur, decrease dose.</li> <li>• Mg can also be absorbed through the skin through Epsom salt or Dead Sea salt baths.</li> <li>• Mg oils are also available to spray directly onto the skin for absorption.</li> </ul>
Vitamin B12	1000 mcg/day	<ul style="list-style-type: none"> <li>• Best taken in methylcobalamin form.</li> <li>• The use of metformin can cause vitamin B12 deficiency</li> </ul>
Vitamin C	1000mg/day	<ul style="list-style-type: none"> <li>• Lowers fasting glucose and after meal glucose levels, especially in conjunction with metformin</li> </ul>

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Vitamin D	2000 IU/day is a standard dose, however that is dependent on vitamin D status	<ul style="list-style-type: none"><li>• Works well with insulin resistance</li><li>• Supplementation is only recommended when lab tests indicate vitamin D status is less than 60ng/mL where daily amount of vitamin D can be calculated to specifically meet your needs</li></ul>
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Other nutrients and substances which may serve beneficial for glycemic control:

- Biotin repletion of deficiency may prove beneficial for insulin sensitivity
- Bitter melon can be used as a tea or in a supplement form to aid with blood sugar control
- Inositol and carnitine can be effective to treat diabetic neuropathy
- Glutamine can be helpful to regulate insulin secretion after meals and improve insulin sensitivity
- Zinc supplementation in light of deficiency can prove to be beneficial