

Breakthrough Product!

PharmaPure® Sugar Blocker Gold is finally here after five years of research, sourcing, testing, and formulating the finest ingredients available. This superior product combines the trusted results of **PharmaPure® Sugar Blocker's** clinically proven combination of ingredients, **plus** a hefty amount of Vitamins and Minerals.

And yes, if you take this product as directed, you do not have to continue taking another multiple vitamin!* Taken as directed daily, following our Nutritional Plan and doing 20 minutes of exercise 3-4 times a week will help you to get healthier, improve your quality of life, and reduce your sugar absorption.

PharmaPure® Sugar Blocker Gold was carefully designed by a Pharmacist with more than fifty years' experience in the Food Supplement Category.

The product is **Vegan, Non GMO, and Gluten Free.**

Sugar: The Enemy Within

- Do you crave sugar?
- Do you get uncontrollable urges although you eat regularly?
- Are you still gaining weight despite eating better and exercising?
- Do you feel tired and lethargic in the middle of the afternoon?
- Do you have trouble managing your insulin levels?

If the answer is “**yes**” to any of these questions, you’re probably the victim of excess sugar consumption. Research has shown that a diet with low sugar, complex carbohydrates and low-glycemic foods may result in lower levels of insulin circulating in the bloodstream. A high level of insulin is commonly found in overweight and obese individuals. Insulin is a hormone responsible for, among other things, storing fat. Research also confirms that low insulin responses associated with low-glycemic, low-sugar food can help favor fat oxidation (fat burning) at the expense of carbohydrate oxidation. The end result is a more efficient, fat-burning metabolism.

A Major Change Occurred

About 100 years ago, the human diet changed from natural, unprocessed foods to packaged, convenience foods loaded with sugars, refined carbohydrates and saturated fats, which led people to become overweight, obese and diabetic, or victims of other chronic diseases caused by poor diet.

Combined with **PharmaPure® Sugar Blocker Gold** caplets, the **Sugar Blocker Gold Nutrition Plan** is an effective tool that helps limit your intake of sugar, promoting better health, weight loss, and an overall improvement in your quality of life. In a nutshell, this **Sugar Blocker Gold Nutrition Plan** helps you select nutritious, flavorful foods that promote good health and optimize the conditions that promote efficient energy use.

The Simple and Complex “Truth About Carbs”

There are two main groups of carbohydrates: simple and complex. Simple carbohydrates, which include most refined foods such as bread, snack foods, and various forms of sugar, are digested rapidly and produce a sharp increase in glucose and insulin. Complex carbohydrates, such as vegetables, beans, other legumes, and some types of fruit (e.g. berries, apples, etc.), contain complex sugars and various types of fiber. They are digested slowly while moderating the human body’s glucose and insulin response. These types of carbohydrates are the basis for the **Sugar Blocker Gold Nutrition Plan**.

Compare our **PharmaPure® Sugar Blocker Gold's** Vitamin & Mineral formula to anything on the market. Keep on looking! The simple truth is that you won't find a formula that compares.

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**PharmaPure®
Sugar
Blocker
GOLD**

with Vitamins & Minerals

Supplement Facts

Serving Size: 1 Caplet

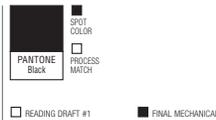
Directions: Take one caplet 3 times a day with meals.

Amount Per Serving	1 Caplet	% DV	3 Caplets	% DV
Chromium (as chromium nicotinate)	67 mcg	191%	201 mcg	574%
Gymnema Sylvestre Leaf Extract	83 mg	†	249 mg	†
Vanadyl Sulfate	5 mg	†	15 mg	†
Vitamin A (as retinyl acetate)	540 mcg RAE (1800 IU)	60%	1620 mcg RAE (5400 IU)	180%
Vitamin C (as ascorbic acid)	50 mg	55%	150 mg	167%
Vitamin D3 (as cholecalciferol)	6.25 mcg (250 IU)	31%	18.75 mcg (750 IU)	94%
Vitamin E (as dl-alpha tocopheryl acetate)	9 mg (10 IU)	60%	27 mg (30 IU)	180%
Vitamin K (as phytonadione)	30 mcg	25%	90 mcg	75%
Thiamin (as thiamine mononitrate)	8 mg	667%	24 mg	2000%
Riboflavin	8 mg	615%	24 mg	1846%
Niacin (as niacinamide)	8 mg	50%	24 mg	150%
Vitamin B6 (as pyridoxine hydrochloride)	8 mg	471%	24 mg	1412%
Folate (as folic acid)	417 mcg DFE (250 mcg folic acid)	104%	1250 mcg DFE (750 mcg folic acid)	313%
Vitamin B12 (as cyanocobalamin)	8 mcg	333%	24 mcg	1000%
Biotin (as d-biotin)	50 mcg	167%	150 mcg	500%
Pantothenic Acid (as d-calcium pantothenate)	8 mg	160%	24 mg	480%
L-Arginine HCl	60 mcg	†	180 mcg	†

†Daily value (DV) not established

*You should always consult your physician or other health care professional before starting this or any other exercise or nutrition program to determine if it is right for your needs.

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Alejandro Carranza 9/09/2022

Name/Date Submitted by Creative Services

Name/Date • Regulatory Affairs

Name/Date • Research and Development

Name/Date • Quality Assurance

These types of carbohydrates are the basis for the Sugar Blocker Gold Nutrition Plan

Acceptable foods and beverages

Protein	Vegetables	Fruit	Breads & Pastas	Cheese	Beans (Legumes)	Beverages
Eggs, Fish, Dairy Products, Chicken, Turkey and Meats (Lamb, Buffalo, Venison, Lean Beef and others).	Asparagus, Avocados, Bean Sprouts, Broccoli, Cucumbers, Eggplant, Mushrooms, Onions, Green, Yellow & Red Peppers, Tomatoes, Zucchini.	Apples, Blueberries, Cherries, Grapes, Grapefruit, Honeydew, Melon, Lemons, Limes, Nectarines, Oranges, Peaches, Pears, Plums, Raspberries, Strawberries, Tangerines.	Sourdough, Pumpernickel, Multi-Grain, Whole Wheat, (Stone Ground Only), Capellini (Undercooked/Al Dente), Linguine (Undercooked/Al Dente), Spaghetti (Undercooked/Al Dente), Fettucini (Undercooked/Al Dente), Ravioli, Tortellini.	American, Blue, Brie, Cheddar, Cottage, Cream, Mozzarella, Parmesan, Ricotta, Swiss, Provolone.	Baked Beans, Butterbeans, Kidney Beans, Lentils, Navy Beans, Pinto Beans, Green Beans, Soybeans, Black Beans.	Juices With Pulp, Diet Sodas, Low Fat Milk, Iced Tea, Hot Tea, Water.

Unacceptable foods and beverages

Vegetables	Fruit Juice	Sports Drinks	Breads & Pastas	Cookies & Crackers	Snacks & Candy	
Potatoes (Mashed, Baked And Boiled) (Potato Chips), French Fries.	Beet Juice, Carrot Juice, Celery Juice.	Gatorade® Powerade® or sugary energy drinks.	Bagels, Biscuits, Pancakes, Bread Stuffing, Cornbread, Croissants, English Muffins, French Toast, Hamburger Buns, Hot Dog Buns, Kaiser Rolls, Taco Shells,	White Bread, Canned Noodles, Canned Pasta, Gnocchi, Kraft Macaroni And Cheese®, Rice Pasta, Rice Vermicelli, Spaghetti, Overcooked Or Over-Boiled Pasta.	Donuts, Graham Crackers, Rice Cakes, Vanilla Wafers, Waffles, White Crackers.	Corn Chips, Jelly Beans, Rice Krispie Treats®, Life Savers®, Skittles®, Popcorn Cakes, Potato Chips, Pretzels.

Meal Planning – 5 meals a day

Prepare meals at the beginning of each week and plan out your diet. This will help you stick to your diet plan. Breakfast, lunch and dinner should have roughly the same amount of calories. For example, if your goal is to consume 2,000 calories per day, breakfast, lunch and dinner should each contain roughly 500 calories, with the remaining calories being allocated to snacks (preferably, two 200-250 calorie snacks between breakfast and lunch, then between lunch and dinner).

Your goal should be to continuously provide your body with a constant, and steady amount of low-sugar foods in order to keep your metabolism elevated and your hunger in check. Examine labels of the foods you regularly eat, enabling you to determine if they are still appropriate for your low-sugar diet. Lastly, be sure to consume water regularly during the day.

Diet & exercise tips

1. Always have breakfast.
2. Drink at least eight 8-ounces bottles or glasses of water per day.
3. Focus on lean proteins such as fish, shell fish, eggs, chicken, turkey, plain or Greek yogurt.
4. Allow for a couple of healthy, low-carb snacks each day to avoid binging on unhealthy foods.
5. Eat all the non-starchy vegetables you want except those high in sugar, including beets, carrots, corn, yams, peas, white potatoes, turnips, butternut squash, acorn squash, spaghetti squash and other winter squashes.
6. Avoid foods high in saturated fat, such as butter, margarine, coconut oil, whole milk, sour cream, hard cheese and virtually any take-out food, including packaged salad dressings.
7. Never consume sugar after 6 PM. If you do ingest sugar-based foods after 6PM, combine them with fibrous and/or protein-based foods.
8. One day of terrible eating will not dramatically affect your weight, but if the pattern continues over several days or more, it will cause weight-gain.
9. Alcohol – Limit your intake. Alcohol interferes with nutrient metabolism and promotes fat storage.
10. Exercise at least three times per week with each session lasting for 30 minutes or more.

The Sugar Blocker Gold Nutrition Plan is NOT a punishment. It is a way of life! Be healthy...Your body and mental well-being deserve it!!! Always consult with a health care professional before starting any diet and exercise program.

Questions? Call toll-free: 1-877-921-7873 Or visit: www.pharmapure.com

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

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