Many of us are guilty of being overly cranky when we're hungry. When the body hasn't had food in a while, blood sugar levels decrease and glucose is sparse throughout the body. Glucose, an important carbohydrate that helps to regulate blood sugar, is the primary source of energy to the brain; the availability of glucose, or lack thereof, affects the psychological processes of the brain. That explains why some of us might go temporarily crazy if we have low blood sugar levels when we haven't had anything to eat in a while.

Alternatively, high blood sugar levels can be dangerous as well. High blood sugar levels can overwork the pancreas and other vital blood sugar-maintaining organs, leading to serious conditions such as hyperglycemia or diabetes. High fasting blood sugar levels are an indicator of pre-diabetic and diabetic conditions. The number of people with high blood sugar levels is rapidly increasing in individuals of all ages. An estimated 16 million Americans, including over 300,000 children, have seriously high levels of glucose in their blood. If left untreated, unstable blood sugar levels can lead to diabetes - a condition that affects over 20 million adults and children in the United States, almost 7% of the population.

GLUCOSE AND BLOOD SUGAR LEVELS

Glucose is a vital substance to all living organisms from bacteria to humans. It's broken down by the pancreas and intestines and is then used for fueling brain cells. The rest of the glucose goes to the liver and muscles and is stored as glycogen, after which it is delivered to fat cells and stored as an energy source.

The pancreas, which secretes glucose and another blood sugar-regulating substance known as insulin, is a vital support system in the process of blood sugar regulation. When the body detects a high or low blood sugar, it is the pancreas' job to secrete either insulin, glucose, or a combination of both to help the body normalize. Insulin helps to lower high blood sugars, while glucose helps to raise low blood sugars. If the pancreas is not working properly, high levels of insulin and glucose remain in the body, and cells do not receive the proper nutrition for the energy that is so vital to their proper functioning. In individuals with conditions such as type I diabetes, the pancreas has been damaged and produces an insufficient supply of insulin. In individuals with type II diabetes, the pancreas becomes insulin resistant and does not work properly.
Shaklee's Glucose Regulation Complex helps to promote efficient glucose utilization. Natural minerals help to support the body's ability to process glucose, support normal glucose transportation to cells, and help to normalize the responsiveness of cells to insulin. Chromium and banaba leaf extract in Glucose Regulation Complex help to sustain energy levels so that you won't have carb-craving blood-sugar crashes.

The unique formula in Shaklee's Glucose Regulation Complex offers an alternative approach to regulating your blood sugar levels by making your system more efficient and effective at using blood glucose. In addition, the combination of natural ingredients helps cells to maintain their responsiveness to insulin. By supporting efficient insulin function, long-term cardiovascular health can be achieved as normal blood sugar levels are maintained. As always, the formula combines the best of nature and science and is 100% Shaklee Guaranteed.