"Sneaky" 4 Tricks to Lower Your Blood Sugar

Joel Marion & Shawn Wells, R.D.
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4 TRICKS TO LOWER YOUR BLOOD SUGAR

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Hi, this is certified nutritionist and bestselling health & weight loss author Joel Marion, and in today’s fast-paced and information packed report I’m going to SHOW you, right before your eyes, the surprising reasons why carbohydrates like bread, pasta, rice, potatoes, and cereals are making you fat, keeping you fat, and even worse, elevating your blood sugar levels to dangerous levels… but not for ANY of the reasons you might think.

In fact, you’ll be shocked to learn that your struggles with your weight and blood sugar have very little to do with the carbohydrates you eat and EVERYTHING to do with your hormones.

You see, there are plenty of people who have no problem whatsoever eating and enjoying carbs on a regular basis, all while staying trim and enjoying healthy, fit bodies. I’m sure you know quite a few of these folks yourself.

But unfortunately, that’s probably not you, and the reason is simple – your body isn’t nearly as efficient at processing carbohydrates as theirs, and as I alluded to just moments ago, it all traces back to your hormones.

The fortunate news is that you can easily correct this problem, and rather quickly, when you learn to harness the power of the simple yet extremely effective hormone and blood sugar management strategies that I am going to spell out for you, step-by-step, in the next few minutes… so be sure to eliminate any and all distractions as you’re not going to want to miss a minute of what I’m about to share…

Again, my name is Joel Marion and I’m a certified nutritionist and health advocate who over the last 13 years has helped hundreds of thousands of good folks all around the world lose weight and gain control of their blood sugar levels, all while showing them...
exactly how to do it while eating MORE carbs, not less… and I’ll show you how you can do it, too, almost without thinking, in just a few short minutes a day.

You see, in the moments that follow, I’m going to reveal to you my top 4 insider secrets for fighting off your body’s #1 carb-storing and waist-expanding hormone, including the EASIEST carb trick of all time that, believe it or not, can work wonders for you and your blood sugar levels in as little as 45 seconds each day.

What’s more, I’ll also let the cat out of the bag on what is undoubtedly the #1 WORST carb EVER, and how this nightmare carb, created by the money-hungry food industry wreaks havoc on your fat-storing hormones and has even been shown to hamper memory, slow brain activity, and increase your risk of Alzheimer’s.

And as if that wasn’t bad enough, according to a recent report published in the renowned journal Nature by University of California scientist Dr. Robert Lustig, this same health-derailing carb is directly linked to the annual deaths of more than 35 MILLION people worldwide—that's more than SIXTY times the number of lives taken annually by cigarettes and alcohol combined.

You’ll want to make sure to avoid this death-sentence, manmade carb as if your life depends on it, because quite literally, it does.

By the way, as a quick side note, I want to point out the little superscript numbers that will be appearing throughout this report like this. Each little number corresponds with a peer-reviewed medical research paper, so you can rest assured that the information I’m sharing is factual, credible information based on real research from top medical doctors and universities—definitely not just my opinion. So be on the lookout for those, as we’ll share the full list of studies with you later in the report...

But before we get into that critical health info, along with those 4 powerful fat-burning and blood-sugar controlling tips and tricks, I want to let you know that despite being known as a “nutrition guru,” I’m just like you… and that I truly understand where you’re at, and exactly what you’re going through.

You see, while I’ve been helping people emerge victorious over carbohydrate intolerance, blood sugar problems, and carb-related fat storage for well over a decade,
these aren’t issues that I’ve been personally immune to, and in fact, they’re all obstacles that I first had to overcome for myself.

Truth is, by no means whatsoever am I someone blessed with the best genetics, and I too know exactly what it’s like to have carbs control my life, my health, and my waistline.

As you may know, when you’re constantly low on energy and unhappy with the way you look and feel, it can do a number on your self-esteem and overall morale, and rather quickly.

I can remember those days in my past where I hated seeing pictures of myself and would literally avoid mirrors like the plague. Instead, I went through each day hiding behind baggy clothes and a counterfeit smile… it was no way to live.

I would even make up excuses to stay in while everyone else went out to have fun, create lasting memories, and experience life’s joys. During that period of my life, I just didn’t feel up for being social, or maybe it was the fear that while out someone would make a comment about my weight, leaving me humiliated and embarrassed in front of my peers.

And perhaps you’re in a similar place today. Perhaps your weight and poor health are taking a toll on your career, your family, and your relationships, just like my weight and health once had a devastating, negative impact on all these same areas of my own life.

Maybe you’re feeling frustrated, discouraged, and alone. It can be a seemingly hopeless situation, and while I can personally relate, I want to let you know that it doesn’t have to be this way.

You see, you’ve probably heard over and over again that carbohydrates are perhaps the WORST thing you could eat when trying to lose fat or transform your body, and for most people, that’s **100% true**.

Fact is, due to years of consuming a diet full of processed carbs and sugars, most people have grown quite insensitive to one of the most important hormones in our body—a hormone that can either be a huge asset to your body transformation goals, or a total fat-loss and health-derailing nightmare.

The name of this hormone is **insulin**.
And insulin’s function is to help your body keep blood sugar at bay, clear it quickly from your bloodstream after a carbohydrate meal, and (hopefully) shuttle that blood sugar to muscle tissue for energy instead of into fat cells (driving up your weight).

I say “hopefully” because that’s actually the exact opposite of what occurs when most people eat carbs. Going back to insulin sensitivity and carbohydrate tolerance, due to a diet full of processed, insulin- and blood-sugar-spiking carbohydrates, most folks are suffering from some level of insulin resistance, a condition in which insulin is no longer able to efficiently remove blood sugar from the blood stream.

The result? Dramatically reduced fat burning, increased blood sugar levels, and increased fat storage.

Even worse, insulin resistance can and often does lead to type II diabetes and an array of other health problems over time, such as an increased risk for Alzheimer’s and other cognitive disorders, premature aging, heart disease, and even stroke…and it all leads back to insulin sensitivity.

Ideally, when you consume carbohydrates, here is what you want to happen:

1. **Minimum insulin release.** This occurs when your body is highly sensitive to insulin. When it is, only a small amount of insulin is necessary to effectively and efficiently clear glucose from your blood to its storage sites. This is great news because your body has an incredibly difficult time burning fat in the presence of insulin. The less insulin you have floating around, the better.

2. **Quick and efficient blood sugar clearance.** Again, this will occur when your body is highly sensitive to insulin.

3. **Maximum glycogen uptake.** Glycogen is the term used for stored carbohydrate in muscle tissue and the liver. When these tissues are highly sensitive to insulin, the vast majority of blood glucose will be stored within them as an energy reserve, instead of being converted to fat.

4. **Minimum fat storage.** When you increase insulin sensitivity, your body will choose to store your carbohydrate intake as energy, again in lean muscle tissue and the liver,
instead of body fat.

Simply put, your body’s ability to process the carbohydrates you eat all comes down to your insulin sensitivity and your body’s ability to quickly and efficiently clear sugar from your blood.

Knowing that, and also knowing that you yourself are very likely suffering from too much blood sugar and some degree of insulin resistance due to the previously mentioned dietary and lifestyle factors, you’re probably wondering what you can do to improve your insulin sensitivity and make your body responsive once again to this critically important hormone.

Well, as I mentioned earlier, there are 4 somewhat odd, but extremely effective strategies you can begin using that will ultimately end your struggle with insulin resistance and carbohydrate intolerance once and for all, while finally allowing you to experience the excitement of seeing a thinner waist, flatter stomach, and a more defined body when looking back at yourself in the bathroom mirror each morning.

At the same time, these simple techniques are easy-to-implement strategies that will allow you to get back in the driver’s seat of your health as you regain control over your blood sugar levels and ultimately renew the passion in your life that has been suffocated by the strangling hold of insulin resistance for far too long.

The first strategy is to participate in high-intensity, high-volume resistance training. Numerous studies have shown that training with weights can have a profound impact on insulin sensitivity, with the most beneficial effects seen with protocols that incorporate many sets and many reps, such as 5 sets of 8 repetitions per body part, repeated for a total of 3 exercises per body part.

These high-volume strength training workouts deplete stored carbohydrates in muscle tissue (again, known as glycogen), and increase insulin sensitivity and glucose uptake in muscle to replenish these depleted energy stores.

One particular study executed by Dr. Laurie Black of Arizona State University and published in the *Journal of Strength and Conditioning Research* found that multiple sets of 6 to 8 repetitions per body part performed with a heavy load were able to significantly
improve insulin sensitivity and fasting blood glucose levels in 17 pre-diabetic test
subjects.¹

While these findings are extremely promising, they are dependent upon performing
bodybuilding style workouts with heavy loads for 60 minutes every day, an option that,
unfortunately, many folks won't entertain as a practical solution for increasing insulin
sensitivity.

This brings me to the next sneaky trick I promised, one that may lead you to your very
own kitchen cupboard to locate a rather familiar spice by the name of… cinnamon.

In a rather compelling study conducted by Dr. Alam Khan published in Diabetes Care,
30 men and 30 women were randomly assigned to either consume up to 6 grams
of cinnamon daily or a placebo (AKA, fake cinnamon) for a period of 40 days. After
the 40-day testing period, those who consumed the actual cinnamon reduced their
fasting blood glucose by 18 – 29%, while the placebo group experienced no significant
changes.²

Other studies have shown large, substantial quantities of cinnamon to have acute,
positive effects on insulin sensitivity and blood sugar management in response to a
meal.³⁴

The main drawback here is that this strategy calls for you to douse all your food with
cinnamon in order to reap the benefits, or take up to TWELVE, 500 mg capsules each
day, a practice that would grow old rather quickly by most people’s tastes.

Beyond that, most cinnamon that you find at the grocery store has been heavily
irradiated to extend its shelf life. This irradiation process destroys many of the active
nutrients found in cinnamon, thus inactivating its ability to produce any health-promoting
benefits.

Next up is a unique strategy that calls for you to “recharge” your insulin receptors (the
“lock” to insulin’s “key”) by avoiding carbohydrates in your diet for an extended period
of time, especially sugar, and most importantly, high fructose corn syrup, a manmade
sweetener created by the food industry that spikes blood sugar levels higher than
virtually any other carb, officially winning my award for the #1 Worst Carb Ever. And
while you should make it a point to never, ever consume high fructose corn syrup due to its long list of negative health consequences, temporarily reducing your overall carb intake to less than 30 grams a day, and maintaining that level of carb intake for 8 weeks or longer, has shown promise for repairing insulin sensitivity and increasing carbohydrate tolerance.\textsuperscript{5}

The downside to going completely low carb is that it’s a rather painful option for most, full of deprivation and sacrifice, and one that most dieters simply can’t stick with for the length of time required to make the potential benefits of this approach a reality.

But what if I told you there is a much easier way to increase your insulin sensitivity and repair your carbohydrate tolerance that doesn’t require you to perform exhausting bodybuilding style workouts, choke down massive amounts of potentially useless cinnamon each day, or endure the pain and suffering of a low-carb diet?

And what if I told you that you could take advantage of this scientifically-backed, simple solution, practically without thinking, in a little as 45 seconds flat?

Is that something you might be interested in?

You see, this simple “trick” involves a special combination of 5 odd flat-belly, carb-fighting ingredients that researchers have discovered are able to tackle insulin sensitivity and blood sugar management from multiple angles all at the same time. And to tell you about each, I’d now like to turn things over to my colleague and one of the top Registered Dietitians in the world, Shawn Wells, RD.

Thanks, Joel. Hi, this is Shawn Wells, and as Joel mentioned I’m a top Registered Dietitian, internationally published nutrition author and Advisory Board Member to \textbf{The International Society of Sports Nutrition}. All together I have more than 20 years of experience helping literally tens of thousands of ordinary individuals, as well as dozens of professional athletes, achieve extraordinary results through sound nutrition and cutting-edge science.

One of coolest things about working in the nutrition field is
the new discoveries constantly being made, giving us insight into the human body and how it works, especially with regards to hormones and metabolism.

For example, just within the last 12 months we’ve learned more about carbohydrate tolerance, blood sugar management, and the hormone insulin than the last 10 years combined.

Moreover, through research and progressive science, we’re now finding some pretty powerful “glyconutrients” that can actually have a profound impact on insulin sensitivity and blood sugar metabolism...huge discoveries for those of us looking to achieve and maintain our best bodies, while at the same time fighting premature aging and ensuring optimal health.

The first ingredient I’m excited to share with you today is Cinnamomum Cassia, a potent extract harvested from Indonesian cinnamon bark that has been shown to have remarkable effects on both blood sugar and carbohydrate tolerance alike. For example, in a study conducted at the Swedish University of Lund by Dr. Joanna Hlebowicz, subjects receiving this potent cinnamon bark extract demonstrated a 10-fold increase in their body’s ability to metabolize and process carbohydrates! And as if that wasn’t enough, this same extremely concentrated cinnamon extract was also shown to reduce blood sugar levels by up to a whopping 51% after a meal.6

Unlike the store-bought cinnamon that Joel mentioned earlier, Cinnamomum Cassia is the exact same highly-potent cinnamon extract used in clinical research like in the Dr. Khan study previously reviewed. It is highly pure, does not undergo any irradiation whatsoever, and is concentrated by 400% to contain robust levels of the active ingredients, known as polyphenols, for unparalleled effectiveness.

In fact, it takes 25 pounds of cinnamon bark to make a single pound of this powerfully effective extract!

In the end, this means you don’t have to worry about choking down TWELVE, 500mg capsules of cinnamon daily. Instead, with this incredibly potent extract, just 100mg, twice a day, does the trick.

I’ll tell you the best place to get this specific extract, and economically, in just a few short
moments, so be sure to keep watching...

The second ingredient I’d like to tell you about is a rare, naturally occurring plant alkaloid called Berberine, which has been successfully used throughout India for centuries due to its ability to regulate blood sugar levels via several different pathways at the same time. For example, berberine activates a key enzyme called AMPK, which facilitates the uptake of carbs into muscles. In other words, berberine helps shuttle the carbs you eat to muscle tissue for energy, instead of storing them as fat around your waistline like you’re probably used to. But that’s not all; activation of AMPK also enhances insulin sensitivity and stimulates fat burning—not a bad combination of additional benefits if I do say so myself.

Evidence of this is found in a randomized, double-blind, placebo-controlled study published in the renowned journal *Metabolism*. In the study, participants who supplemented with berberine experienced a 3.5 times greater improvement in fasting blood sugar compared to the control group, along with a 37% improvement in insulin sensitivity. Not only that, but the berberine group also experienced a 10-fold improvement in glucose disposal rate, a term referring to how quickly sugar is removed from the blood and burned as energy.

Cleary, berberine is the real deal, yielding incredible carbohydrate management, insulin sensitivity, and fat-burning benefits in and of itself, but what if you could take this carbohydrate wonder herb and make it TWICE as powerful? Well, fact is, you can, with the addition of another extremely unique ingredient known as naringin. You see, naringin is a flavanone naturally found in very small amounts in grapefruits and other citrus fruits, but when taken in higher amounts and concentrations, naringin has been shown to inhibit P-glycoprotein, a compound that can reduce the absorption of berberine by as much as 90%. In the end, by inhibiting P-glycoprotein, naringin can effectively DOUBLE berberine’s absorption, and in turn have a dramatic impact on berberine’s effectiveness and ultimately YOUR results.

In addition to being an extraordinary bioavailability enhancer, Naringin is rich in antioxidants that help protect cells against dangerous free radicals and oxidative stress. Fact is, oxidative stress is directly associated with impaired carbohydrate tolerance and reduced insulin sensitivity, so the more you can protect your delicate cells against destructive free radicals, the greater your results will be.
The next and fourth super ingredient I want to tell you about today is Benfotiamine, a powerful derivative of thiamine, more commonly known as vitamin B1. Not only does benfotiamine play an important role in carbohydrate regulation, but it also blocks the body’s ability to manufacture dangerous AGEs within the body’s cells.\textsuperscript{14,15} AGEs are toxic compounds that have been associated with cellular aging, improper glucose function, as well as higher levels of oxidative damage to healthy cells.\textsuperscript{16,17,18}

To get an idea of just how powerful benfotiamine is, check this out. In a peer-reviewed study conducted by Dr. Jaime Urabarri at the Mount Sinai School of Medicine in New York, overweight individuals taking benfotiamine before a meal not only blunted the rise of blood sugar levels by an average of 18%, but they also showed a 17-fold reduction in serum AGE levels after just four hours!\textsuperscript{19} These results show that benfotiamine is extremely effective at removing both sugar AND harmful AGEs from the blood, shuttling them off to get burned for energy.

Just a quick note: while the above ingredients and several others we’re about to go over have been shown through research to significantly lower blood sugar levels and increase insulin sensitivity—leading to an array of fat-loss and body composition benefits—it is important to realize that they do not replace medication for those suffering from diabetes. Anyone with a medical condition such as diabetes should continue to take their prescribed medication while working closely under the supervision of their physician, always following his or her medical and dietary advice.

And lastly is one of the most unique, exotic carbohydrate management ingredients I’ve ever come across, \textit{Zychrome}\textsuperscript{®}. \textit{Zychrome}\textsuperscript{®} is a patented and highly bioavailable form of the trace element chromium, an essential mineral that aids in the metabolism of carbohydrates and fats.

Just how effective is \textit{Zychrome}\textsuperscript{®}? Well, in a randomized, double-blind, placebo-controlled study conducted by Dr. Jain of Louisiana State University and published in \textit{Molecular Nutrition & Food Research}, 24 participants took 400 micrograms of \textit{Zychrome}\textsuperscript{®} daily for 12 weeks and ultimately experienced a whopping 30% reduction in fasting insulin levels (an improvement 5 times greater than the placebo group). What’s more, the participants taking \textit{Zychrome}\textsuperscript{®} also demonstrated a 30% improvement in insulin sensitivity and a 50% greater improvement in insulin efficiency compared to participants taking chromium picolinate, a much more common, yet far less effective
form of chromium. So, what does all of this mean to you? It means that with the help of these 5 research-backed ingredients, you can ensure your body’s most critical carbohydrate and blood-sugar-maintaining hormone, insulin, is working for you, not against you.

The end result? You burn more fat, in less time, all while dramatically improving your health and enjoying plenty of delicious carbohydrates in the process.

At this point, I’m sure you’re probably wondering where you can get your hands on these 5 unique ingredients and what specific extracts of each you should be taking, along with how much of each to take and when… and that’s where we’ve made it really easy for you.

You see, in addition to being a Registered Dietitian, I’ve also been researching and formulating all-natural dietary supplements to help people live better, fitter, healthier lives for more than two decades, and it wasn’t too long ago when Joel, along with his partner Josh, contacted me to put together an insulin sensitivity and blood sugar management supplement for their clients based on some of the research I had been doing on the ingredients we just talked about.

What impressed me most about Joel, Josh, and their co-owned company BioTrust Nutrition is their commitment to the quality, potency, and purity of their products and their untiring dedication to each and every one of their clients.

In fact, I believe in BioTrust and what they’re doing so much that I now serve as both their Head of Research & Development and Chief Science Officer.

This wasn’t a decision I made lightly. Fact is, I’m an extremely well-respected formulator in the nutrition field who has worked with countless Olympic and professional athletes, along with hundreds of thousands of ordinary people looking to shed fat and get healthy, and I’d never put my name and reputation on the line for a company I didn’t fully believe in and trust.

So what makes BioTrust different?
For starters, we only use the Scientific Dose™. This means that we use the exact amount of each ingredient in our products that the scientific research has shown to be effective. We never add a “dusting” of an ingredient just for window dressing or marketing hype, a HUGE problem that is extremely common even with many of the most popular brands found at your local supplement store. Cutting corners increases profits, but fortunately at BioTrust we’re more concerned with you and your results than we are about our margins. Instead, we give you the honest amount of each ingredient that science shows will get you the best results.

Secondly, we search the globe for the highest quality, all-natural, purest forms of every ingredient we include in our products. For example, the berberine ingredient that we include in our insulin sensitivity and blood sugar management formula is the same exact ingredient used in the various research studies we’ve quoted showing its remarkable effectiveness. Same goes for our highly potent cinnamon extract and each of the 3 other specialized ingredients that we just went over. This is critically important because there are a TON of “imposter” products on the market for each one of these ingredients, filling their low-quality products with diluted, impure extracts, so don’t be fooled.

Third, all of our BioTrust products are manufactured in FDA-registered facilities. These facilities are also certified by the Natural Products Association, NSF International, Quality Assurance International, and Good Manufacturing Practices. GMP is a third-party certification program which includes inspection of manufacturing facilities to determine whether stringent performance standards are being met.

Lastly, we have a system of checks and balances in place that even watches over our certified manufacturers through third-party quality assurance testing. After our products are manufactured, labeled, and sealed, we voluntarily send random samples from each production run to independent testing laboratories, to make sure that each product contains exactly what is stated on the label, and that it’s pure and free from harmful byproducts and contaminants.

All of these practices are extremely rare in the
supplement industry—in fact, they are almost non-existent—as they all substantially drive up costs and decrease margin, but at BioTrust we feel that furnishing you with an **honest, pure, and potent** product that works and meets label claims is by far the most important part of helping you get the results you deserve.

You see, together the five ingredients I just went over make up what is truly the most advanced insulin sensitivity and blood sugar management formula available anywhere. We call it IC-5 and it is by far one of the most exciting, unique products I’ve ever had the opportunity to work on.

I’d also like to point out that IC-5™ is made with natural ingredients, is gluten-free, and contains no artificial sweeteners, flavors, colors, preservatives, or stimulants. It really is the best of the best—we’ve spared no expense.

Like Joel, I’m an insulin sensitivity research junkie and the reality is that without this critically important carbohydrate-regulating hormone on your side, it literally becomes impossible for you to achieve your health and fat loss goals.

Fortunately, the key ingredients found in IC-5, at the precise doses included in our formula, have been clinically shown to dramatically improve your insulin sensitivity and blood sugar management all while allowing you to eat and enjoy plenty of delicious and satisfying carbohydrates along the way.

And even better, IC-5 couldn’t be any easier to benefit from: just take 2 capsules with any carb-containing meals and let science do the rest.

Now, before I show you how you can get IC-5 for yourself today at a substantial discount, I want to make sure you’re aware of the devastating cost of continuing to do nothing about your insulin sensitivity and carbohydrate tolerance.

For those who choose to do nothing, recent research from George Washington University estimates the annual cost of being obese to be a sizable $4879 for a woman and $2646 for a man, and then an additional 35% on top of that for those with elevated blood sugar. That’s up to $6586 annually! Where do those figures come from?
• lost productivity
• increased sick time
• increased medical bills
• increased insurance premiums

And even the fact that unhealthy, overweight individuals are less likely to get promoted or chosen for a job.

It’s a sad, unfortunate reality, but it is reality…and we don’t want that for you.

Even more expensive than the above dollar amounts, however, are the severe costs that excess body fat and elevated blood sugar can have on your health and longevity.

While eventual diabetes is the most obvious concern for those who continue to do nothing about their insulin and blood sugar issues, as mentioned earlier, it’s just one of many health issues that have been linked to elevated blood sugar: heart disease, stroke, metabolic syndrome, memory issues, slowed brain activity and Alzheimer’s disease; depression and emotional disorders; chronic and debilitating nerve pain; eye disease, retinopathy, and eventual blindness; kidney disease and kidney failure, along with amputations of various limbs and extremities are just a few of the more common potential “prices” that unattended, unresolved high blood sugar may have you paying…and sooner than you think.

Are those costs that you are willing to pay? Let me be the first to tell you that your body image, self-esteem, finances, health, longevity, and quality of life are NOT worth sacrificing for something that can be so easily corrected.

And that’s exactly why we created IC-5—to give you a true, couldn’t-be-easier 45-second solution comprised of the most comprehensive blend of research-backed ingredients available anywhere, at doses clinically shown to help you regain control of your blood sugar and increase insulin sensitivity, all while having your cake and eating it, too.

At this point, you’re probably wondering how you can obtain IC-5 for yourself, along with the price for such a breakthrough, quality formula…both great questions.

Because we only use premium ingredients and the true, Scientific Dose™ of each ingredient in IC-5, combined with the cost of third-party testing and FDA-registered, top-
tier manufacturing facilities, the cost to produce IC-5 is 400% to 500% higher than many of the low-quality, ineffective dietary supplements available on the market today.

Beyond that, science proves that the ingredients in IC-5 actually work, at the precise doses included in this revolutionary formula, and we stand behind that claim like literally no other supplement does or ever will.

What do I mean?

Simply put, we guarantee you will significantly flatten your belly, improve your health, and increase your energy as a result of your use of IC-5, all while enjoying the full array of delicious and satisfying carbs you’ve grown to love over the years, and then we take things a step further by backing that promise with an unheard of 1-YEAR Unconditional Money-Back Guarantee.

I want you to do me a favor: Think about all the money you’ve spent, and all the valuable time you’ve wasted over the years, on so-called weight-loss and health “solutions” that did nothing but leave you frustrated and disappointed. Now, how much would something that actually works—a true solution that definitively puts an end to your insulin sensitivity and blood sugar struggles once and for all—be worth to you?

$1000?

$500?

Heck, I’m sure you’ve probably spent at least that much over the years without much in the way of results to show for it.

And while we are guaranteeing your results with BioTrust IC-5, obtaining access to this true blood sugar and hormone-balancing solution isn’t going to cost you $1000 or $500. In fact, it’s not $400, $300, or even $200; although I’m sure you’d agree that finally achieving your weight loss and health goals without the pain and suffering of more wasted time, effort, and money would be completely worth that price.

Instead, the price you’ll pay today for a 30-day supply of IC-5 is just $97.
But you know what? Joel, Josh, and I want to make this even better for you. Because you showed us, and yourself, that you are committed to losing weight and improving your health, or you wouldn’t have read this entire report, if you order right now we’re going to reward you with a 30-day supply of IC-5 for just $69…and here’s the best part: when you choose to invest in our most popular 90-day supply package, or our “best deal” 180-day supply package, we’re going to **give you an additional, sizable discount** on top of today’s already reduced price.

That said, we’re only able to guarantee this price until our current inventory runs out, as the price for the premium raw ingredients contained in IC-5 ™ is constantly changing, causing our pricing to be stringently re-evaluated with each subsequent production run… another reason why stocking up today is a smart option.

And by the way, that’s not marketing hype; that’s the cold, hard, honest truth.

**It’s also important to know that you cannot** buy IC-5 cheaper at any other web site and it’s not sold in stores. We guarantee the lowest price available by eliminating all the middlemen, and shipping direct to you straight from our state-of-the-art fulfillment center.

So, provided IC-5 is still in stock, you should see a table appear at the link below with 3 money-saving options for you to choose from. If you don’t see it, that means we’ve temporarily sold out, in which case you can contact our customer service department and they’ll be happy to add you to our back-order notification list.

===> **Secure Your Discounted Order of IC-5 Now!**

If you do see those 3 options below, however, make sure to secure your order today while we still have availability and are able to offer the current pricing.

Here’s exactly what to do:

For fastest service, simply choose your money-saving package via the special links in this report and then click the yellow “Add to Cart” button to reserve your discounted order of IC-5 and proceed to our 256-bit secure order page. And don’t worry; your order information is 100% safe and secure. We use the same online security system as trusted companies like Amazon.com.
And what’s more, when you choose to invest in IC-5 today, we’re also going to include a FREE copy of our special fat-burning report “The Top 10 Carbs for a Flat Belly,” giving you the inside scoop on all the best carbohydrates to eat for maximum fat loss, along with 5 other carbs you should avoid at all costs, to ensure you get the best results from your use of IC-5. This is another $29.95 value, but we’re including it with your purchase today at no additional cost.

And if that wasn’t enough, you’ll also receive FREE email support and FREE access to our members-only online community so our trained health & nutrition experts can make certain that every aspect of your insulin sensitivity and weight loss transformation is fully supported...just one more way we assure your success at BioTrust with our industry-leading customer service team.

==> Secure Your Discounted Order of IC-5 Now!

Now, as you can probably tell, at BioTrust we do things a LOT differently than the majority of companies in the nutritional supplement industry. You see, instead of our wallets, our number one priority is you, your results, and making sure you are taken great care of, which is why I want to take a moment to reiterate our guarantee to you:

If you use IC-5, you will get results, guaranteed. We know it works, and so do the thousands of happy IC-5 customers worldwide. After all, as we’ve shared with you today, the ingredients we’ve included in IC-5 are clinically shown through top-rated, peer-reviewed research to dramatically improve your insulin sensitivity and blood sugar management, all while allowing you to eat and enjoy plenty of delicious and satisfying carbohydrates as you lose weight and get healthy fast.

At the same time, as a first-time IC-5 user, you have yet to experience those results and we understand that you may still be a little skeptical. Fact is, you work hard for every penny you earn and you deserve to know your purchase is fully protected—and it is—by our industry-best 1-Year Unconditional Money Back Guarantee.

Simply put, that means you can try IC-5 today, and if at any point over the next 365 days you feel IC-5 isn’t for you, for any reason whatsoever, you can get a prompt, courteous, unconditional refund of even empty bottles by contacting our customer support at 1-800-766-5086, or by emailing support@biotrust.com, or by using the quick contact form on
your website. And if you didn’t jot that down, don’t worry; our contact information will be on your receipt and we’re very easy to get a hold of.

**Secure Your Discounted Order of IC-5 Now!**

Well, here we are. You’re now standing at a fork in the road, staring down two possible paths to choose from.

On one side is a road that leads to more disappointment, frustration, weight gain, and further health risk as your blood sugar issues and insulin sensitivity continue to spin out of control, firmly grabbing hold of every aspect of your life.

As you travel this road, you’ll continually struggle with unsuccessful bouts of dieting, depriving yourself of foods you were meant to enjoy, only to get nowhere, and achieve nothing. Your health and energy will continue to decline as your waist expands and your self-esteem depreciates… and even worse than the devastating consequences this road will have on you, your physical health, and your emotional well-being is the heavy toll this unfortunate path will ultimately take on your family, your loved ones, and all those closest to you as they watch your health deteriorate, and your potential go unrealized.

But it doesn’t have to be this way. You see, there lies that other road… a road where you are in total control of your body, your health, and ultimately your life’s destiny, knowing that the smooth, firm ground you walk on has been paved by the hundreds of hours of research we’ve already done on your behalf.

On this road, your health is restored, and your body transformation goals are fully realized and achieved…your life is full of vigor, free of distress, and overflowing with energy—energy to spend on your family, your kids, and your most cherished relationships.

It’s the only road that allows you to experience all the things you love most in life, including all your favorite carbs like bread, cereal, pasta, and even dessert, the way they’re supposed to be enjoyed—without guilt, regret, or restrictions, but rather with the knowledge that you are in control, and that a life of deprivation is no longer necessary.
As a dietitian who has dedicated my life to helping others, it is my genuine hope that this path is the direction you choose and experience, and I know it’s the path that you also desire for yourself.

So now’s your chance, your one opportunity to forgo your past and get started today toward a new, bright future where you’re once again in the driver’s seat, taking full control of your health, your body, and your life.

I speak for Josh, Joel and the entire BioTrust Team when I say that we couldn’t be more excited to work with you and help you along the new path that you are choosing today. We’re incredibly proud of you, and we want you to know that we’ll be here for you, with you, every step of the way.

So make it a great day. Select your money-saving package below and then click the “Add to Cart” button to secure your discounted purchase of IC-5 and get started toward your new future, and your new body, right now.

==> Secure Your Discounted Order of IC-5 Now!
FREQUENTLY ASKED QUESTIONS

Q: How many bottles should I order?

If you have more than 10 pounds to lose, we recommend you invest in our discounted 3 bottle option. If you have more than 30 pounds to lose, we recommend our even further discounted 6 bottle option. These recommendations will ensure you have an ample supply of IC-5 on hand to achieve your weight loss and health goals without the need to re-order often. You can always return what you don’t use if you achieve results even faster and these packages allow you to take advantage of our lowest possible prices today.

Q: What are the ingredients and amounts used in the formula?

IC5 Supplement Facts

<table>
<thead>
<tr>
<th>Supplement Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Sizes: 2 Capsules</td>
</tr>
<tr>
<td>Servings Per Container: 60</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chromium (as chromium dinicocysteinate [Zychrome*]))</td>
<td>200 mcg</td>
</tr>
<tr>
<td>Berberine (from Berberis aristata root extract)</td>
<td>500 mg</td>
</tr>
<tr>
<td>25:1 Cinnamon bark extract (Cinnamomum cassia) (30% polyphenols)</td>
<td>100 mg</td>
</tr>
<tr>
<td>Benfotamine</td>
<td>80 mg</td>
</tr>
<tr>
<td>Naringin (from citrus fruit)</td>
<td>50 mg</td>
</tr>
</tbody>
</table>

* Daily value not established.

OTHER INGREDIENTS: Gelatin, rice flour, magnesium stearate, silicon dioxide.

This product is manufactured in a facility that also processes milk, eggs, fish, crustacean shellfish, tree nuts, wheat, and soy.

Zychrome* is a registered trademark of Interleath H.I.

Q: Why is IC-5 the most advanced insulin sensitivity and carbohydrate management formula in the industry?

Your body’s ability to process carbohydrates can be your body transformation’s best friend
or your worst nightmare. As a result of over-eating processed carbohydrates, a sedentary lifestyle and being overweight, most folks are suffering from some degree of decreased carbohydrate metabolism and tolerance, which leads to significantly reduced fat burning and increased fat storage.

Fortunately, you can **supercharge** your carbohydrate tolerance before any carbohydrate-containing meal in just a few seconds with IC-5. IC-5 contains research-backed levels of 5 synergistic, unique and hard-to-come-by nutrients shown through research to:

- Dramatically increase your carbohydrate tolerance
- Significantly improve your body’s ability to process the carbohydrates you eat
- Effectively partition carbohydrates to muscle tissue to be burned as energy (instead of storing them as fat around your waistline like you’re probably used to)

Further, most companies do not test their products to ensure that what’s on the label is actually in the bottle (BioTrust does). Even worse, some companies are known to flat out lie on their labels and fill their capsules with nothing more than rice flour and other fillers.

Another common pitfall of dietary supplements is “fairy dusting” formulas that do not deliver effective levels of each ingredient. Clearly, if science shows 200mg of a product to be effective, putting 20mg of the ingredient in the product for “window dressing” isn’t going to do anything for your results. This deceptive practice saves the manufacturer money, but robs you of the results you deserve.

All that said, you can rest assured that when you invest in IC-5 you are getting:

- A quality, science-backed formula based on peer-reviewed research, containing the Scientific Level™ of each ingredient
- A quality product that has been verified as pure and potent through 3rd-party testing
- A quality product that is manufactured in a certified GMP facility
- A customer care team that is committed to your success
- Additional coaching from trained experts in our online weight-loss community to ensure your success
- Simply put, at BioTrust we are committed to doing EVERYTHING the right way, with integrity, and with your results in mind… and that’s exactly why you can be
confident in joining the BioTrust team today, and experiencing the science behind what IC-5 has to offer.

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Q: What is the best way to take this product?

Simply take two (2) capsules with any carbohydrate-containing meal. If on a low-carbohydrate diet, take two (2) capsules twice daily with your two largest meals of the day.

Q: Is it OK to keep taking this product even after achieving my goal weight?

IC-5 is a stimulant-free formula made with natural ingredients that is safe for daily use. You may safely and confidently take IC-5 as long as needed to achieve your goal weight and to maintain your weight and healthy blood sugar levels already within normal range thereafter.

Q: How long do I have to use this product before I see results?

We expect you to see noticeable, visual results within 30 days and more profound results with prolonged, continued use. Moreover, many users report increased energy and less hunger within the first few days due to IC-5’s carb and insulin optimizing effects.

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Q: Does this product contain caffeine or any other stimulants?

No. This product is caffeine- and stimulant-free.

Q: Are there any allergy concerns with this product?

Like every BioTrust product, IC-5 is made with natural ingredients and at the Scientific Level needed to be effective. This product is manufactured in a facility that also processes milk, eggs, fish, Crustacean shellfish, tree nuts, wheat, and soy. Independent laboratory
testing ensures potency and purity. GMP quality assured. No sugar, artificial sweeteners, flavors, colors or preservatives added. It’s also Gluten-Free and non-GMO. If you have any concerns you should consult your physicians before taking any supplement.

Q: If I have a medical condition, can I take this product?

IC-5 is made with natural ingredients that have been shown to be both safe and extremely effective, and its use is intended for healthy adults over the age of 18. If you take prescription medications or have a medical condition, we recommend that you show a bottle of IC-5 to your physician and/or pharmacist for proper approval. Do not use this product if you are at risk or being treated for diabetes. Do not take IC-5 if you are pregnant, nursing, or have a medical condition.

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Q: How long will today’s special pricing be available?

We are unable to guarantee today’s pricing beyond today. Our pricing often changes due to the constantly changing prices of the high-quality, exotic ingredients used in IC-5. To guarantee our lowest pricing, be sure to secure your order today.

Q: How will this product be shipped to me and how quickly?

We will ship your order directly to your home or office using a premium carrier such as FedEx or UPS, and customers in the US and Canada can expect their orders within 5 to 7 business days. International orders typically take 8 – 15 business days (plus customs clearance time). Rush shipping is available.

Q: Will anything else be sent to me, or billed to me, after I order?

No. This is NOT an auto-ship program. You only get shipped what you order today and nothing more.

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Q: Is it safe to order online from your web site?

Yes. We use a 256-bit secure shopping cart where 100% of your data is encrypted, safe and secure. Our secure cart is verified by numerous 3rd party security verification systems, including the leader in security scanning, McAfee Secure, so you can rest assured that your information 100% safe and secure at all times.

Q: What if this product doesn’t work for me?

While IC-5 was created to work, if for any reason at all you are unsatisfied with your IC-5 purchase, just let us know and we will issue a prompt and courteous refund even on empty bottles. You’re always protected by our industry best 1 YEAR Money Back Guarantee.

==> Secure Your Discounted Order of IC-5 Now!
REFERENCES


