



## **E. EXCEL** **EverSure-D™** **Questions & Answers**

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**Q What's in EverSure-D?**

**A** EverSure-D, a low glycemic index food for those watching their sugar intake, contains soy, psyllium husk, wheat bran, and natural vanilla flavoring.

**Q What is the Glycemic Index?**

**A** The Glycemic Index measures how fast carbohydrates in foods raise blood glucose levels during digestion. The faster foods raise these levels, the higher the glycemic index for these foods. Anything under an index of 35 is considered a low glycemic food.

**Q Are soybeans considered a low glycemic food?**

**A** Yes, the glycemic index of soybeans is approximately 18.

**Q Why are soybeans good for a low-sugar diet?**

**A** Soybeans are very low in cholesterol and sodium. It is also a good source of dietary fiber, protein and folate, and a very good source of manganese. One of the problems with having a high blood glucose level is albuminuria. This occurs when the body releases more than normal amounts of a protein called albumin in the urine, and is often a first sign of kidney damage. Soy protein helps reduce albumin in the urine.

**Q How does psyllium husk affect blood sugar levels?**

**A** The soluble fiber found in psyllium husks can help relieve both constipation and diarrhea, and other intestinal problems. It has also been used to help regulate blood sugar levels in people with diabetes according to the University of Maryland Medical Center. Studies suggest that a high-fiber diet may help lower insulin and blood sugar levels and help improve cholesterol levels. <http://umm.edu/health/medical/altmed/supplement/psyllium>

**Q Why does EverSure-D contain wheat bran?**

**A** Wheat bran is low in saturated fat, very low in cholesterol and sodium, and is a source of protein, thiamin, riboflavin and potassium, as well as dietary fiber, niacin, vitamin B6, and a number of minerals the body needs. Its glycemic index is only 4, making it an excellent food for those with low-sugar needs.

**Q What does EverSure-D taste like?**

**A** Everyone's tastes differ, but EverSure-D contains natural vanilla flavoring for a smooth vanilla taste that mixes well with any other E. EXCEL product. Try it with *Nutrifresh Strawberry*, *Nutriall Berry*, *Vegecolor*, or *Nutricardia* for a great impact on your health!

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