

DUOLIFE Sugar Metabolism pack



DUOLIFE Sugar Metabolism pack features a carefully selected composition of products supporting the proper functioning of the body, adjusted to its daily rhythm.

Impaired sugar metabolism negatively affects the functioning of internal organs, including the brain. This problem is mainly linked to unhealthy lifestyle and poor nutrition.

The Sugar Metabolism functional pack contains::

ProCardiol®,
ProSugar®,
SHAPE CODE® Slim Shake,
DUOLIFE RegenOil Liquid Gold®,
DUOLIFE Fiber,
DUOLIFE My Gastrin,
DUOLIFE Aloes.

Recommended use of the food supplements from the Sugar Metabolism Pack:**

In the morning:

ProSugar® - 2 capsules before breakfast,
DUOLIFE Fiber – 25 ml with breakfast (optimally to be taken with a glass of water)
DUOLIFE RegenOil Liquid Gold®- 5 ml with breakfast (can be added to DuoLife SHAPE CODE® Slim Shake at lunch time or added to dinner or salad),

During lunch:

SHAPE CODE® Slim Shake - 1 shake.

During dinner:

ProCardiol® - 2 capsules before dinner.

In the evening:

DUOLIFE Aloes – 25 ml after supper,

DUOLIFE My Gastrin - 25ml before or after supper.

Want to learn more?

Problems with maintaining healthy blood glucose levels most often affect people with poor diet, those who are overweight and lack physical activity. For this reason, in order to properly support the functioning of body, it is important to eat well-balanced meals. Diet should be planned in such a way so as to provide the right amount of fats, proteins and carbohydrates. Imbalance between these nutrients can lead to disturbed blood glucose and cholesterol levels, adversely affecting the functioning of blood vessels and the heart, but also other systems or organs of the body.

What is equally important is maintaining a healthy lifestyle, a healthy body weight and getting enough exercise.

Dietary recommendations

The diet has been developed by a clinical dietitian and a personal trainer. It contains detailed information on proper nutrition and recommended foods, as well as a shopping list for the entire week. It can be easily adjusted to individual calorie intake requirements.

**When used on a regular basis, one pack is sufficient for one adult, for approximately 1 month. When using food supplements in liquid form, the dose may be increased to the maximum daily dose indicated for the given product. In this case, extra packages of the product have to be purchased in addition to the pack.*

*** Recommended duration of supplementation: 3 months*