

# glucaffect™

## FAQ

### Who should take GlucAffect?

Anyone seeking nutritional support, as part of a healthy lifestyle, for help with maintaining healthy blood sugar levels and aiding in weight management.

### Does GlucAffect cure metabolic syndrome and prevent diabetes?

No. Like all Reliv products, GlucAffect is not intended to diagnose, treat, cure or prevent any disease. It is instead a nutritional supplement designed to support blood sugar management and aid in weight loss as part of a healthy lifestyle of proper diet and exercise.

### Has GlucAffect been recommended by doctors to address diabetes?

No.

### Can I take GlucAffect if I am a diabetic or hypoglycemic?

If you are diabetic or hypoglycemic consult your doctor before taking GlucAffect. GlucAffect should be consumed by those receiving treatment for blood sugar-related conditions only as part of a physician-approved program.

### Can I take GlucAffect if I am pregnant?

If you are currently pregnant, breast-feeding, or planning on becoming pregnant, please discuss this product with your physician before using GlucAffect.

### Can GlucAffect be used as a substitute for prescribed medications or insulin treatments?

No. Do not use GlucAffect in place of any physician-directed course of treatment. If you are receiving treatment, be sure to consult your physician before taking GlucAffect.

### What are the active ingredients in GlucAffect?

For a summary of key ingredients, download the [online product guide](#).

### Is there any research to support GlucAffect's effectiveness?

Yes. In an eight-week, placebo-controlled clinical study of overweight individuals with moderately elevated blood sugar levels, test subjects taking four daily servings of GlucAffect as a meal replacement and participating in a diet and exercise program lowered their fasting blood glucose by an average of 30% and lost an average of nearly 16 pounds, while their BMI (body mass index) improved from an average of 26.8 down to 24.5, back into the healthy range. No significant glucose lowering or weight loss was found in the control group.

In addition, the active ingredients in GlucAffect have been clinically shown to help support blood sugar management and promote overall health.

## Have the clinical trial results been published? If so, where can I get them?

The clinical trial results have been submitted for publication. We anticipate they will be published sometime in 2009, at which time we will make the complete published report available for download on our website. In the meantime, please review our [online product guide](#) for a brief summary of the study.

## Should I take GlucAffect as a meal replacement like those in the clinical study?

No. GlucAffect is a dietary supplement and not a meal replacement product. We recommend 1-4 servings a day as part of a healthy diet. If you are looking for a meal replacement product, we recommend Reliv's Simplicity Weight Loss System.

## Does GlucAffect have any side effects?

In clinical trial, all participants completed the study and reported no significant negative side effects after taking the product for eight weeks.

## How long before I can expect to see results?

Individual results will vary. We recommend trying the product for four weeks.

## What can I mix GlucAffect in?

GlucAffect's delicious cinnamon cream flavor and rapid dissolvability makes it the perfect addition to your morning coffee, afternoon tea or one of your daily Reliv shakes.

## Can I take GlucAffect with other Reliv products?

Yes. GlucAffect may be taken alone or with any combination of Reliv products.

## I currently use Simplicity® for weight management. Can I use GlucAffect instead?

While those in the study did experience significant weight loss results, GlucAffect remains a product designed primarily for supporting healthy blood sugar management. For best results with both weight loss and blood sugar management, we recommend taking the two products in combination.

