Co.Lab

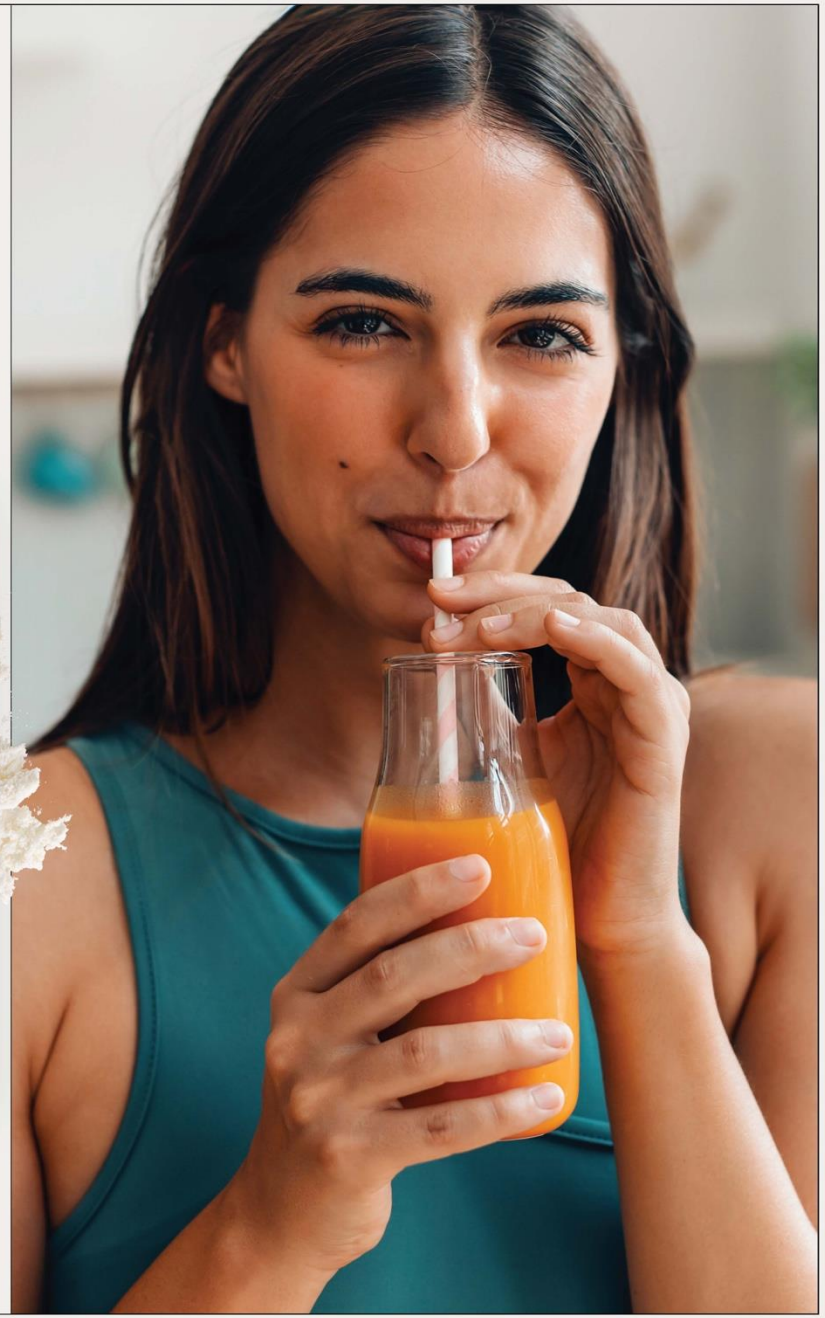
Co.Lab™ Sugar Stop

Scientifically Formulated to Block Sugar and Carbs

Introducing a **Co.Lab** product that combines the best of nature with cutting-edge science to help you live a healthy, balanced life.


Sugars
and Carbs
Can Feel
Unavoidable
The average American consumes more than 100 pounds of sugars every year.* Even when you try your best to eat a clean diet, sugar can sneak in from unexpected sources.
*According to The US Department of Agriculture.
Learn more at https://l.partner.co/ars.usda.gov-sugar

Nix the Sugar, *Not the Goods*



How *Sugar Stop* Works

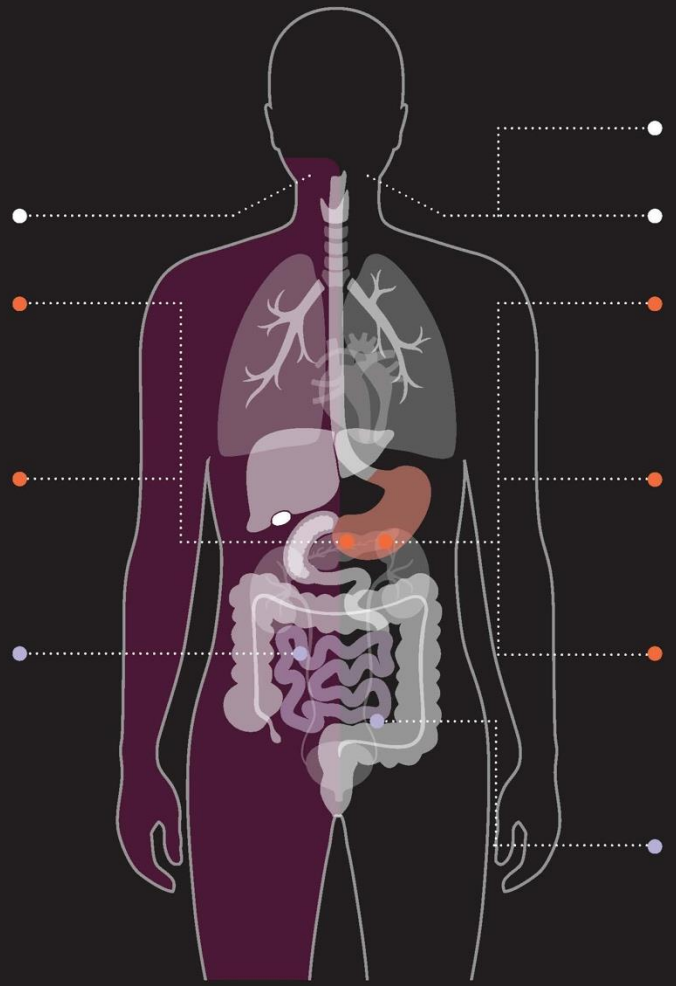
Without Sugar Stop

Eat meal

Sugars are broken down by sucrase so they can be absorbed into the bloodstream

Carbs are broken down by amylase so they can be absorbed into the bloodstream

Broken down sugars and carbs are absorbed along the small intestine



With Sugar Stop

Drink Sugar Stop

Eat meal

L-arabinose helps intercept sucrase activity so up to **20%** of sucrose is not absorbed

White kidney bean extract helps intercept amylase activity so up to **40%** carbs are not absorbed

Fibers absorb water in the stomach, giving a feeling of fullness

Fibers slow down the absorption of remaining sugar

Why *Sugar Stop* Works

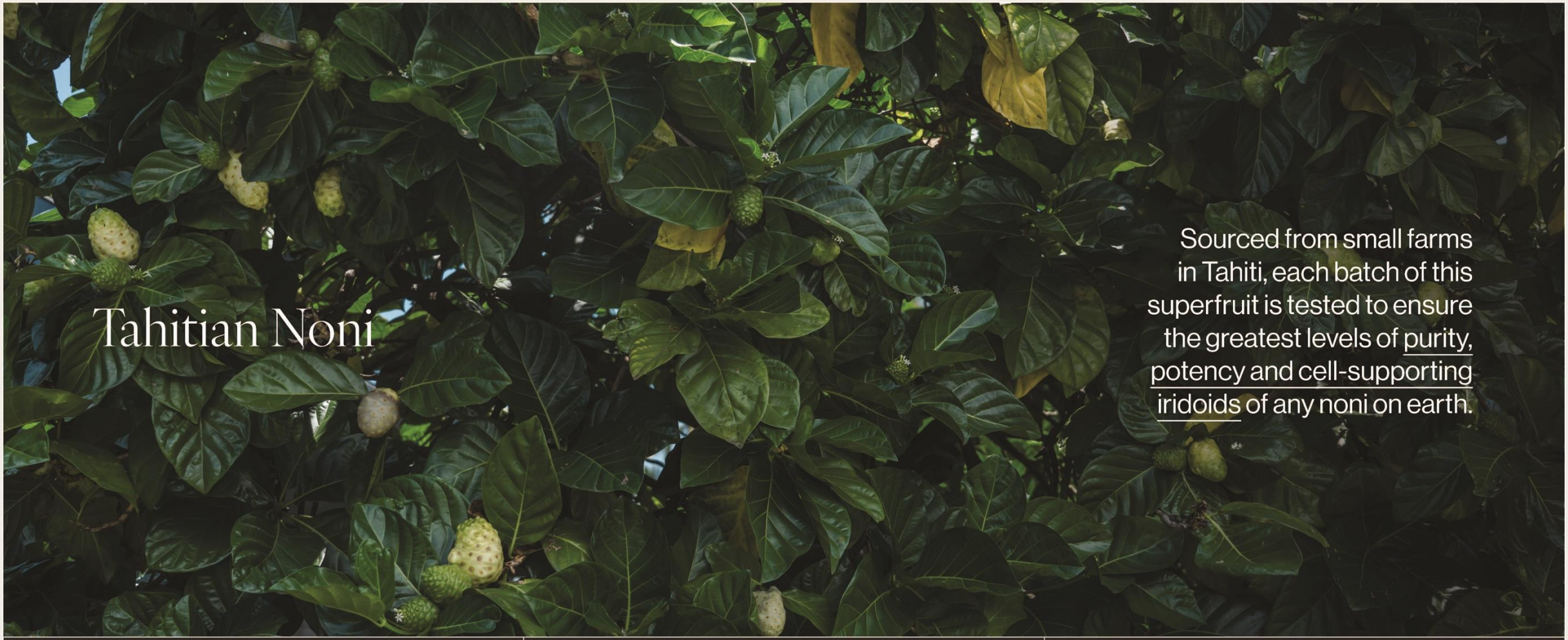
- Helps block up to **40%** of sugars from starch-based foods
- Helps block up to **20%** of sugars from sucrose (table sugar)
- Supports a healthy weight
- Helps curb cravings

Farm to **Farm**aceutical

High-quality products start with raw ingredients. **Sugar Stop** features plant-based ingredients, sourced from quality-conscious farms, to help block sugars and carbs.

White Kidney Bean Extract

- Helps prevent complex carbohydrate digestion
- Helps inhibit amylase enzyme activity, reducing carb and starch uptake
- Plant-based weight loss solution



Tahitian Noni

Sourced from small farms in Tahiti, each batch of this superfruit is tested to ensure the greatest levels of purity, potency and cell-supporting iridoids of any noni on earth.

- **100+** published scientific studies
- Provides antioxidants and phytonutrients, boosting cellular health
- Sourced exclusively from French Polynesia

L-arabinose

Helps sugar pass through the body undigested

Helps inhibit sucrase enzyme activity, reducing sugar uptake

Sourced from the trunks and branches of acacia trees

10 g Fiber

Helps curb cravings

Soluble and insoluble fibers give you a feeling of fullness

Sourced from four different plants (inulin from chicory root, rice hulls, psyllium seed husk, gluten-free oat bran)

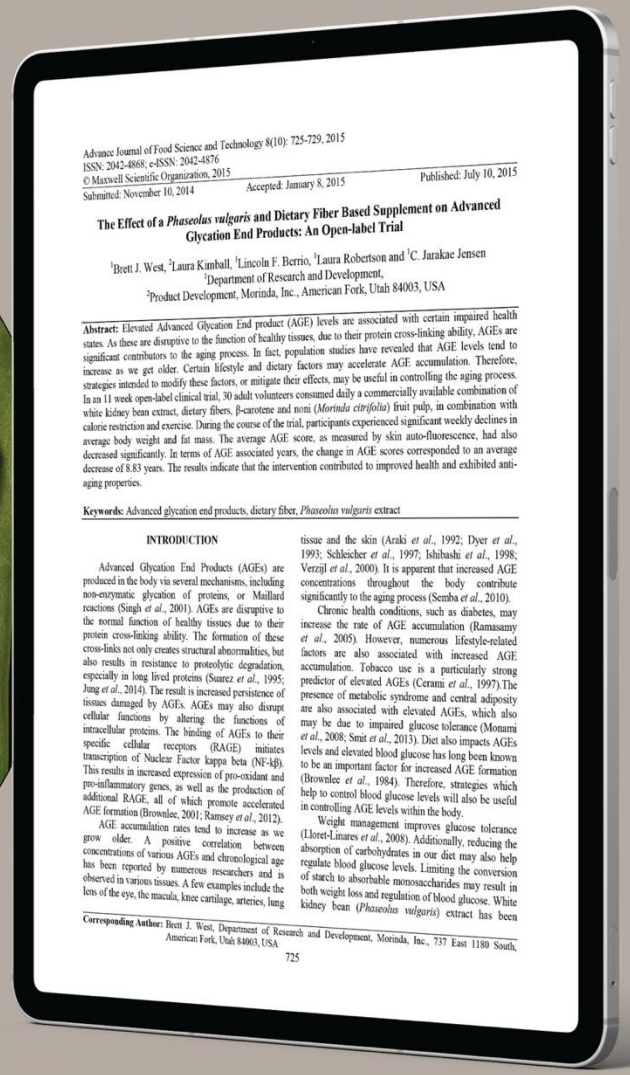
The American Heart Association recommends 25-30 g of daily fiber intake, but average adults only consume 15 g per day.[1]

[1]https://www.ucsfhealth.org/education/increasing-fiber-intake#:~:text=How%20much%20fiber%20do%20I,about%2015%20grams%20a%20day


Guaranteed,
Tested &
Proven
Ingredients
100%
Guaranteed.
Tested.
Proven.
partner.co

Clinically Tested *for Your Health*

The **Sugar Stop formula** is rigorously researched and clinically tested.



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The Effect of a *Phaseolus vulgaris* and Dietary Fiber Based Supplement on Advanced Glycation End Products: An Open-label Trial

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Abstract: Elevated Advanced Glycation End product (AGE) levels are associated with certain impaired health states. As these are disruptive to the function of healthy tissues, due to their protein cross-linking ability, AGEs are significant contributors to the aging process. In fact, population studies have revealed that AGE levels tend to increase as we get older. Certain lifestyle and dietary factors may accelerate AGE accumulation. Therefore, strategies intended to modify these factors, or mitigate their effects, may be useful in controlling the aging process. In an 11 week open-label clinical trial, 30 adult volunteers consumed daily a commercially available combination of white kidney bean extract, dietary fibers, β-carotene and noni (*Morinda citrifolia*) fruit pulp, in combination with calorie restriction and exercise. During the course of the trial, participants experienced significant weekly declines in average body weight and fat mass. The average AGE score, as measured by skin auto-fluorescence, had also decreased significantly. In terms of AGE associated years, the change in AGE scores corresponded to an average decrease of 8.83 years. The results indicate that the intervention contributed to improved health and exhibited anti-aging properties.

Keywords: Advanced glycation end products, dietary fiber, *Phaseolus vulgaris* extract

INTRODUCTION

Advanced Glycation End Products (AGEs) are produced in the body via several mechanisms, including non-enzymatic glycation of proteins, or Maillard reactions (Singh *et al*., 2001). AGEs are disruptive to the normal function of healthy tissues due to their protein cross-linking ability. The formation of these cross-links not only creates structural abnormalities, but also results in resistance to proteolytic degradation, especially in long lived proteins (Suarez *et al*., 1995; Jung *et al*., 2014). The result is increased persistence of tissues damaged by AGEs. AGEs may also disrupt cellular functions by altering the functions of intracellular proteins. The binding of AGEs to their specific cellular receptors (RAGE) initiates transcription of Nuclear Factor kappa beta (NF-kβ). This results in increased expression of pro-oxidant and pro-inflammatory genes, as well as the production of additional RAGE, all of which promote accelerated AGE formation (Brownlee, 2001; Ramsey *et al*., 2012).

AGE accumulation rates tend to increase as we grow older. A positive correlation between concentrations of various AGEs and chronological age has been reported by numerous researchers and is observed in various tissues. A few examples include the lens of the eye, the macula, knee cartilage, arteries, lung tissue and the skin (Araki *et al*., 1992; Dyer *et al*., 1993; Schleicher *et al*., 1997; Ishibashi *et al*., 1998; Verzijl *et al*., 2000). It is apparent that increased AGE concentrations throughout the body contribute significantly to the aging process (Semba *et al*., 2010).

Chronic health conditions, such as diabetes, may increase the rate of AGE accumulation (Ramasamy *et al*., 2005). However, numerous lifestyle-related factors are also associated with increased AGE accumulation. Tobacco use is a particularly strong predictor of elevated AGEs (Cerami *et al*., 1997).The presence of metabolic syndrome and central adiposity are also associated with elevated AGEs, which also may be due to impaired glucose tolerance (Monami *et al*., 2008; Smit *et al*., 2013). Diet also impacts AGEs levels and elevated blood glucose has long been known to be an important factor for increased AGE formation (Brownlee *et al*., 1984). Therefore, strategies which help to control blood glucose levels will also be useful in controlling AGE levels within the body.

Weight management improves glucose tolerance (Lloret-Linares *et al*., 2008). Additionally, reducing the absorption of carbohydrates in our diet may also help regulate blood glucose levels. Limiting the conversion of starch to absorbable monosaccharides may result in both weight loss and regulation of blood glucose. White kidney bean (*Phaseolus vulgaris*) extract has been

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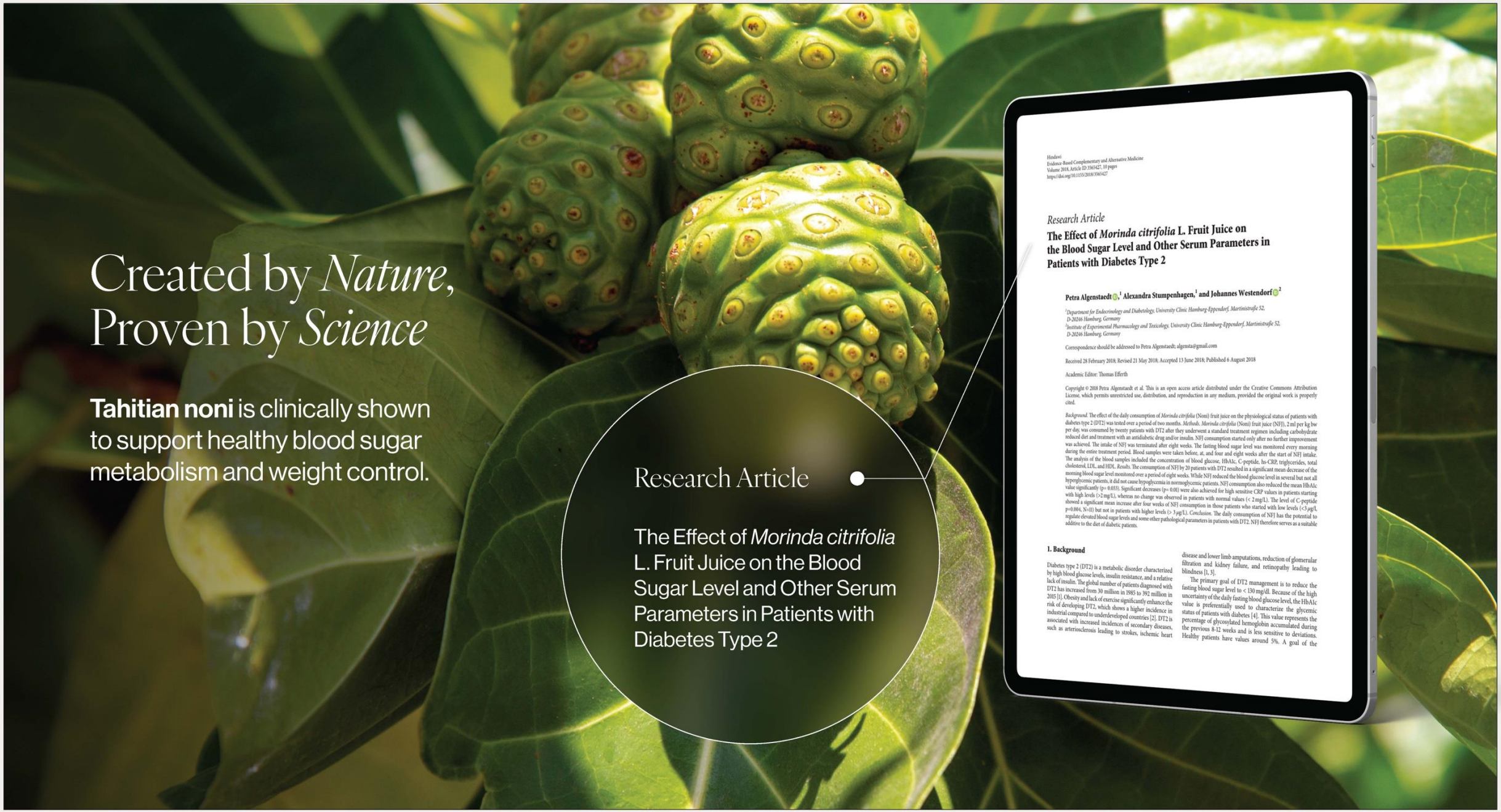
Created by *Nature*, Proven by *Science*
Tahitian noni is clinically shown to support healthy blood sugar metabolism and weight control.
Research Article
The Effect of *Morinda citrifolia* L. Fruit Juice on the Blood Sugar Level and Other Serum Parameters in Patients with Diabetes Type 2
Hindawi
Evidence-Based Complementary and Alternative Medicine
Volume 2018, Article ID 3565427, 10 pages
https://doi.org/10.1155/2018/3565427
Research Article
The Effect of *Morinda citrifolia* L. Fruit Juice on the Blood Sugar Level and Other Serum Parameters in Patients with Diabetes Type 2
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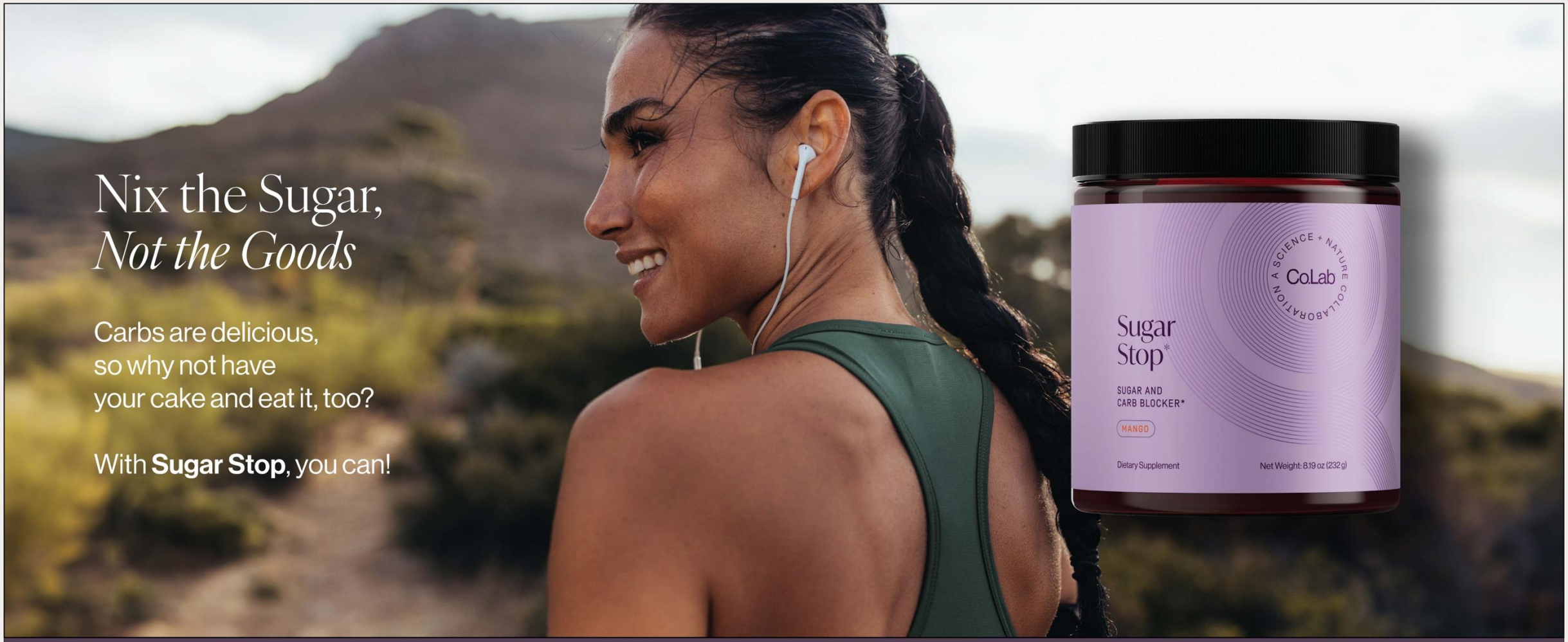
Background. The effect of the daily consumption of Morinda citrifolia (Noni) fruit juice on the physiological status of patients with diabetes type 2 (DT2) was tested over a period of two months. Methods. Morinda citrifolia (Noni) fruit juice (NFJ), 2 ml per kg bw per day, was consumed by twenty patients with DT2 after they underwent a standard treatment regimen including carbohydrate reduced diet and treatment with an antidiabetic drug and/or insulin. NFJ consumption started only after no further improvement was achieved. The intake of NFJ was terminated after eight weeks. The fasting blood sugar level was monitored every morning during the entire treatment period. Blood samples were taken before, at, and four and eight weeks after the start of NFJ intake. The analysis of the blood samples included the concentration of blood glucose, HbA1c, C-peptide, hs-CRP, triglycerides, total cholesterol, LDL, and HDL. Results. The consumption of NFJ by 20 patients with DT2 resulted in a significant mean decrease of the morning blood sugar level monitored over a period of eight weeks. While NFJ reduced the blood glucose level in several but not all hyperglycemic patients, it did not cause hypoglycemia in normoglycemic patients. NFJ consumption also reduced the mean HbA1c value significantly ($p = 0.033$). Significant decreases ($p = 0.01$) were also achieved for high sensitive CRP values in patients starting with high levels (>2 mg/L), whereas no change was observed in patients with normal values (< 2 mg/L). The level of C-peptide showed a significant mean increase after four weeks of NFJ consumption in those patients who started with low levels (<3 μg/l, $p = 0.004$, N=11) but not in patients with higher levels (> 3 μg/L). Conclusion. The daily consumption of NFJ has the potential to regulate elevated blood sugar levels and some other pathological parameters in patients with DT2. NFJ therefore serves as a suitable additive to the diet of diabetic patients.
1. Background
Diabetes type 2 (DT2) is a metabolic disorder characterized by high blood glucose levels, insulin resistance, and a relative lack of insulin. The global number of patients diagnosed with DT2 has increased from 30 million in 1985 to 392 million in 2015 [1]. Obesity and lack of exercise significantly enhance the risk of developing DT2, which shows a higher incidence in industrial compared to underdeveloped countries [2]. DT2 is associated with increased incidences of secondary diseases, such as arteriosclerosis leading to strokes, ischemic heart disease and lower limb amputations, reduction of glomerular filtration and kidney failure, and retinopathy leading to blindness [1, 3].
The primary goal of DT2 management is to reduce the fasting blood sugar level to < 130 mg/dl. Because of the high uncertainty of the daily fasting blood glucose level, the HbA1c value is preferentially used to characterize the glycemic status of patients with diabetes [4]. This value represents the percentage of glycosylated hemoglobin accumulated during the previous 8-12 weeks and is less sensitive to deviations. Healthy patients have values around 5%. A goal of the



Allergen *Free* 💜 **Gluten** *Free* 💜 **Soy** *Free* 💜 **No Artificial** *Flavors, Colors, Sweeteners* 💜 **Vegan**