GlycoSupport360°

ENDOCRINE HEALTH

CLINICAL APPLICATIONS

- **Supports Natural GLP-1 Production**
- **Promotes Healthy Postprandial Glucose Responses**
- **Encourages Feelings of Satiety**
- **Supports Healthy Weight Management**
- **Supports Muscle Composition and Maintenance**

GlycoSupport360° is a research-driven formula created to support the core pillars of metabolic wellness, including blood sugar balance, lean muscle maintenance, and healthy body composition. The blend brings together clinically researched fibers, polyphenols, amino acids, and functional nutrients that target the linked roles of the gut, skeletal muscle, and glucose metabolism in maintaining steady energy balance. Reflecting today's multi-faceted strategies for metabolic care, the formula works by encouraging GLP-1 production, fostering microbial diversity, helping preserve muscle, and supporting healthy insulin sensitivity. GlycoSupport360°'s integrative architecture aligns with the modern view that gut health, muscle quality, appetite control, and glucose regulation are deeply interrelated. Its ingredients are grouped into three complementary blends–**BiomeFuel Blend**, **Muscle Support Blend**, and **Glycemic Control Blend**–that together build a strong foundation for metabolic resilience.

BiomeFuel Blend †

A growing body of research highlights the central role the gut microbiome plays in shaping major aspects of metabolic function, such as glucose handling, energy balance, and body composition. Gut bacteria help break down fibers the body cannot digest on its own, generating short-chain fatty acids (SCFAs) that affect insulin sensitivity, appetite cues, and inflammatory pathways. Butyrate, in particular, contributes to gut-liver axis communication and helps maintain healthy blood sugar patterns. A diverse, well-balanced microbial community is also tied to stronger intestinal barrier function, better satiety hormone signaling, and improved metabolic flexibility. The BiomeFuel Blend in GlycoSupport360° is built to feed these beneficial microbes and reinforce these connected pathways, helping sustain healthy glucose metabolism, weight regulation, and overall metabolic resilience.

Resistant Tapioca Dextrin (FiberSMART®)†

FiberSMART® is a clinically researched, digestion-resistant soluble fiber sourced from tapioca. Acting as a prebiotic, it preferentially feeds beneficial gut bacteria including Bifidobacterium and Akkermansia muciniphila, both tied to metabolic and intestinal wellness. Studies indicate it supports SCFA production, particularly butyrate–a metabolite associated with favorable gut-liver axis signaling and steadier glucose regulation.[1] FiberSMART® also encourages a healthy after-meal glycemic response and a sense of fullness by enhancing GLP-1 and PYY signaling.[2] Additionally, it has been shown to improve stool consistency and regularity, contributing to overall digestive comfort.[3]

Resistant Potato Starch (Solnul®)†

Solnul® is a clinically studied prebiotic resistant starch that encourages microbial diversity and gut health. In a four-week clinical trial, a daily 3.5 g dose produced meaningful increases in beneficial microbes such as Bifidobacterium and Akkermansia muciniphila, along with better stool regularity and consistency.[4] Bifidobacterium species are recognized for their role in supporting healthy immune function, maintaining intestinal barrier integrity, and producing SCFAs.[5,6,7] Akkermansia muciniphila has been specifically linked to improved gut barrier function and metabolic balance, including support for healthy glucose metabolism and weight regulation.[8]

Allulose†

Allulose is a rare sugar with virtually no caloric impact that has been shown to affect post-meal glucose and insulin levels.[9,10] It may aid glucose uptake by tissues and liver glucose metabolism without promoting fat storage.[11] Allulose may also contribute to better glycemic variability and assist long-term metabolic flexibility.[12]

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Oat Beta Glucan†

Oat beta glucan is a soluble, viscous fiber from oat cell walls that helps support healthy after-meal metabolic responses. By creating a gel-like matrix in the gut, it slows the rate of gastric emptying and carbohydrate absorption, helping produce a more even glycemic curve and longer-lasting satiety. This action also supports healthy insulin and lipid metabolism.[13,14] Clinical evidence shows that consistent oat beta glucan intake supports favorable metabolic markers in those working to maintain healthy blood glucose and lipid levels for cardiovascular wellness.[15]

Muscle Support Blend†

Skeletal muscle is a highly metabolically active tissue that plays a key part in glucose uptake, insulin sensitivity, and energy use. Preserving muscle mass matters not just for strength and physical function, but also for sustaining metabolic flexibility and a healthy body composition. This is especially relevant during caloric restriction, intermittent fasting, or aging–times when muscle loss accelerates and can lead to negative health consequences. Supporting muscle health helps sustain resting metabolic rate, improves nutrient partitioning, and serves a protective role in long-term weight management. The Muscle Support Blend in GlycoSupport360° is designed to drive muscle protein synthesis (MPS) and supply key cofactors for energy metabolism, providing well-rounded support for metabolic resilience and healthy aging.

Oat Beta Glucan†

Amino L40® is a leucine-rich, vegan-friendly blend of essential amino acids (EAAs) created to drive muscle protein synthesis. Leucine and the other EAAs are essential not only for tissue repair and MPS, but also for supporting mitochondrial biogenesis, enzyme production, and the formation of apolipoproteins involved in lipid transport. This is particularly meaningful in scenarios like calorie restriction, intermittent fasting, or aging, where preserving lean muscle is crucial for metabolic health and glucose handling. Research has repeatedly shown that a leucine-enriched EAA blend like Amino L40® outperforms whey protein alone in stimulating MPS, particularly in older adults. Volpi et al. found that older adults achieved significantly greater MPS from an EAA blend than from whole protein, suggesting that EAAs can sidestep some of the anabolic resistance seen with age.[16] Churchward-Venne et al. demonstrated that leucine content–not just overall protein–is the primary driver of post-meal MPS, making leucine-rich blends more efficient than even premium proteins.[17] Dreyer et al. reported that consuming a leucine-enriched EAA and carbohydrate mixture after resistance exercise meaningfully boosted mTOR signaling and MPS, highlighting the distinct anabolic edge of leucine-rich formulas over standard protein supplements.[18]

Wilkinson et al. also found that leucine-enriched essential amino acid (LEAA) blends were highly effective at driving MPS in older women, even at doses as small as 1.5 g, both at rest and after resistance exercise. Their study showed that the MPS response from 1.5 g or 6 g of LEAAs matched what was produced by a 40 g serving of whey protein, reinforcing that leucine content–rather than the total amount of protein–is the key factor driving anabolic signaling. These results support leucine-rich EAA blends as an efficient way to help maintain muscle health in aging populations.[19]

Magnesium Glycerophosphate†

Magnesium has a central role in insulin receptor activity and glucose transport. The glycerophosphate form supports metabolic function and muscle energy generation, with strong bioavailability and good GI tolerance.[20,21] Sufficient magnesium intake also supports muscle relaxation and healthy insulin sensitivity.[22,23]

Glycemic Control Blend†

Keeping post-meal glucose swings in check is a key element of metabolic health and overall wellness. A systematic review and meta-analysis found that postprandial glucose levels correlate strongly with long-term glucose balance markers such as HbA1c–even more strongly than fasting glucose levels do.[24] Elevated post-meal glucose has also been tied to higher oxidative stress and may impact vascular health over time.[25] Encouraging a healthy postprandial glucose response can help maintain steady energy levels and contribute to ongoing cardiovascular and metabolic function as part of a balanced lifestyle.

Mulberry Leaf Extract (Reducose®)†

Reducose® is a clinically studied, standardized mulberry leaf extract that supports healthy after-meal glucose responses. By blocking alpha-glucosidase enzymes in the small intestine, it slows the breakdown and absorption of carbohydrates, helping moderate blood glucose and insulin responses after eating.[26,27] This mechanism makes Reducose® a useful ingredient for glycemic balance without triggering hypoglycemia.

Multiple randomized, double-blind, placebo-controlled trials in healthy adults have shown that mulberry leaf extract–specifically Reducose®–significantly reduces post-meal glycemic and insulinemic responses. Lown et al. reported that a single dose of Reducose® cut post-meal glucose and insulin levels by as much as 40% after a high-carbohydrate meal.[28] In a similar study, Thondre et al. observed that mulberry leaf extract significantly lowered blood glucose and insulin at multiple time points following a 75 g sucrose load, reducing the incremental area under the curve (iAUC) for glucose and insulin by 42% and 40% respectively, and cutting peak glucose and insulin by roughly 40%–all with no adverse effects reported.[29]

Prickly Pear Fruit Juice and Nopal Leaf Powder†

Prickly pear (Opuntia spp.) has been clinically shown to help moderate post-meal glycemic swings.[30,31] Its natural pectins and antioxidant flavonoids contribute to healthy glucose metabolism by supporting how carbohydrates are processed in the intestine and by helping maintain oxidative balance. Traditionally used for generations, its role in supporting metabolic equilibrium is now backed by research–particularly relevant in the context of today's diets that lean heavily on refined carbohydrates.

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Acacia and Carob Fiber (Inavea™)†

Inavea™ is a distinctive prebiotic fiber blend made up of acacia and carob fruit fibers that supports the gut-metabolism connection. It has been shown to encourage microbial diversity and SCFA production—especially butyrate—which is linked to gut barrier integrity and metabolic signaling.[32] Inavea™ has also shown support for inflammatory balance and satiety, making it a versatile ingredient for promoting overall metabolic health in the context of after-meal glucose support.[33]

Directions

Mix 1 scoop (8.1 grams) with 2-4 ounces of water or your preferred beverage before meals or as directed by your health care professional. Use with liquids below 140°F for best results.

Does Not Contain

Gluten, yeast, artificial flavors or synthetic colors.

Cautions

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Do not consume this product if you are pregnant or nursing. Consult your physician for further information. As with all dietary supplements, some individuals may not tolerate or may be allergic to the ingredients used. Please read the ingredient panel carefully prior to ingestion. Cease taking this product and consult your physician if you have negative reactions upon ingestion.

Supplement Facts

V1

Serving Size 1 Scoop (8.1 Grams)
Servings Per Container About 30

	Amount Per Serving	% Daily Value
Calories	20	
Total Carbohydrate	6 g	2%*
Dietary Fiber	4 g	14%*
Magnesium (as Magnesium Glycerophosphate)	50 mg	12%
BiomeFuel Blend	5 g	
Resistant Tapioca Dextrin		**
Resistant Potato Starch (Solnul®)		**
Allulose		**
Oat Beta Glucan		**
Muscle Support Blend	1.2 g	
Amino Acid Mix (Amino L40®)		**
Magnesium Glycerophosphate		**
Glycemic Control Blend	1 g	
Prickly Pear (*Opuntia ficus-indica*) Fruit Juice Powder (Cacti-Nea™) (Organic)		**
Acacia Gum (*Acacia senegal*) Fiber and Carob (*Ceratonia siliqua*) Fiber (Inavea™)		**
Mulberry (*Morus alba* L.) Leaf Extract (Reducose®)		**
Nopal (*Opuntia ficus-indica*) Leaf Powder (NeOpuntia™) (Organic)		**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

Other Ingredients: Lemon Juice Powder, Natural Flavor, Malic Acid, Citric Acid and Rebaudioside M.

ID# 937030 243 Grams

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