

How do I find out if I have metabolic syndrome?

Metabolic syndrome is a condition that affects more than 90 million Americans – that's 1 in 3 adults! It is a combination of risk factors that predict and precede diabetes and heart disease.

A simple group of tests will let you know if you have metabolic syndrome, and it doesn't take as much as you think to be at risk. [Listed here are the five risk factors](#). Having one is a concern, but if you have three, you officially have metabolic syndrome and your chances of developing diabetes just increased 5 times. In fact, if your fasting glucose – blood sugar – reading is greater than 100, you are considered prediabetic.

How you feel can be a good indicator of your risk. There are physical and mental cues that are strong indicators. Ask yourself if you ever experience the following, especially after meals:

- Fatigue or sleepiness
- Cravings for sweets
- Difficulty focusing

If so, don't ignore these symptoms. They may be signs that accompany metabolic syndrome and prediabetes. You should also consult with your health care provider for medical advice particular to you and your symptoms.

What are the key ingredients in GC Control?

The exclusive GC Control formula contains patent-pending Oligo® mineral-delivery technology and a special blend of highly concentrated natural ingredients – backed by clinical research.

The key ingredients are:

- Chromium powered by Oligo®
- Cinnamon bark extract – 24x phenols vs. cinnamon powder
- Korean red ginseng root – 7% Rg3 ginsenosides
- Mulberry extract – clinical levels 1-DNJ
- Green tea leaf extract – 85% polyphenols
- Sweet potato extract – 200 mg caiapo

How does GC Control naturally support healthy blood sugar?

GC Control provides scientifically formulated nutritional support with an ideal low-glycemic nutrient balance to help support healthy blood sugar. When it comes to supporting healthy blood sugar, there are three critical factors:

1. Control and balance blood glucose levels*
2. Maintain healthy insulin levels*
3. Optimize healthy insulin response*

The patent-pending GC Control technology helps address all three factors by using the power of Oligo®, plus a proprietary blend of specially formulated ingredients – backed by clinical research.

- Oligo® chromium: Supports diets deficient in chromium and is necessary for proper carbohydrate metabolism*
- Cinnamon bark extract: Helps support healthy glucose levels*
- Korean red ginseng root: Helps support balanced glucose uptake*

- Mulberry extract: Helps lower the glycemic index of food*
- Green tea leaf extract: Promotes healthy insulin activity*
- Sweet potato extract: Helps support healthy fasting blood glucose levels*

Together, these ingredients are clinically shown to:

- Help support and balance blood glucose levels*
- Promote healthy insulin response*
- Optimized blood sugar metabolism*

[Learn more about the GC Control clinical study here.](#)

Why is GC Control in a shake form?

Because many of the factors of metabolic syndrome and prediabetes are so closely tied to proper diet and nutrition (especially weight loss), we designed GC Control to not only provide a proprietary blend of ingredients that help promote healthy blood glucose metabolism and support normal insulin response*, but also to provide low-glycemic nutritional support in a supplement shake that is high in fiber and protein, with 3-4 grams of net carbohydrates.

Who should use GC Control?

GC Control is scientifically formulated to promote natural blood sugar support for people with metabolic syndrome and prediabetes.* [You can find out the risk factors for metabolic syndrome or prediabetes here.](#)

Can people without metabolic syndrome use GC Control?

Yes. GC Control provides an ideal low-glycemic nutrient balance that's high in protein and fiber, with 3-4 grams of net carbohydrates. It is a welcome addition to any portion-controlled meal plan.

Can people with type 1 or type 2 diabetes use GC Control?

We encourage diabetics to consult with doctors or dietitians to see how GC Control would best fit into prescribed meal plans or prescription drug routines.

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As a diabetic, it is important to monitor yourself regularly to see how GC Control may affect your blood sugar, as well as your insulin needs. We have not studied the effect GC Control has on diabetics; the GC Control clinical study was conducted on prediabetic subjects.

If I have hypoglycemia, can I use GC Control?

Yes, however, GC Control should not be used to treat hypoglycemia because it is not absorbed quickly enough to restore blood sugar to a normal level. GC Control provides an ideal low-glycemic nutrient balance that's high in protein and fiber with 3-4 grams of net carbs.

How often should I use GC Control?

For best results, drink a shake once or twice a day as part of 5-6 portion-controlled meals or snacks. You can drink a shake during any part of the day, for example, as part of a small breakfast or an afternoon snack.

Can GC Control replace a meal?

GC Control should be used as a snack or a supplement to a portion-controlled meal. For best results, drink a shake once or twice a day as part of 5-6 portion-controlled meals or snacks. You can drink a shake during any part of the day, for example, as part of a small breakfast or an afternoon snack.

Can GC Control be mixed with other Melaleuca drinks or shakes, like FiberWise® or ProFlex20®?

We recommend mixing GC Control only with water to keep the nutrition content the same as listed on the Supplement Facts panel on the packaging. GC Control can be mixed with any other drinks or shakes, but the nutrition content (calories, carbohydrates, sugars, etc.) will change and could affect its efficacy. If you choose to mix GC Control with other drinks, we recommend drinks that are low in sugar and a good source of fiber and/or protein.

Can GC Control be used during pregnancy for women with gestational diabetes?

Nursing and pregnant mothers should consult with doctors or dietitians to see how GC Control would best fit into prescribed meal plans.

Is GC Control safe for a child?

We recommend consulting your child’s pediatric health care professional.

Have glycemic index values been calculated for GC Control?

We have not calculated the the glycemic index value. Because there is neither glucose nor digestible sugars in the product, it is low glycemic.

Does GC Control contain gluten or lactose?

GC Control does not contain gluten, but it does contain a small amount of residual lactose from dairy proteins.

Is GC Control kosher?

Yes, it is Scroll K certified.

Who was tested in the GC Control clinical study?

Prediabetic male and female subjects between 18 and 45 years of age participated in a blind, independent clinical study over the course of 56 days. [Read more about the clinical study here.](#)

What is the best way to talk to my doctor about GC Control?

When you visit your doctor, bring your GC Control product and the information from the clinical study. [Access the clinical study information here.](#)

How is Attain GC Control different from Attain CraveBlocker?

Attain GC Control is scientifically formulated to manage blood sugar levels and insulin response with a proprietary blend of specially formulated ingredients and a low-glycemic nutrient balance.*

Attain CraveBlocker naturally addresses the root causes of hunger cravings with the patent-pending CraveBlocker ingredient blend.

What does “GC Control” stand for?

“GC Control” is the trademarked brand name for Melaleuca’s clinically tested and patent-pending natural blood sugar support supplement blend. While the name itself does not have one specifically defined meaning, it implies support for healthy glucose metabolism in a low-glycemic supplement shake.

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