


Know Your Numbers

METABOLIC SYNDROME RISK FACTORS

Metabolic Syndrome Risk Level	My Number	Am I at Risk?
MIDSECTION over 35 in. (female) or over 40 in. (male)	BMI 30+	Yes No
TRIGLYCERIDES 150+ mg/dl		Yes No
HDL CHOLESTEROL Less than 50 mg/dl (female) Less than 40mg/dl (male)		Yes No
BLOOD PRESSURE 130/85+ mmHg		Yes No
 BLOOD SUGAR* 100+ mg/dl		Yes No

*This risk factor alone means you're prediabetic.

While even one risk factor can be problematic, **having 3** or more qualifies you as having **metabolic syndrome**. This more than **doubles your chances of developing heart disease**. It also makes you **5 times more likely to develop diabetes**.†

Attain®
GC CONTROL™
 Natural Blood Sugar Support Supplement ‡



NOW IS THE TIME TO TAKE CONTROL!

To help you get started living a healthier lifestyle, visit Melaleuca.com/MetabolicSyndrome for a wealth of important tools and information.

† This information is not intended to replace the medical advice of your doctor or health care provider. Please consult your health care provider for advice about a specific medical condition.

‡ This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.