

**These 7 Supplements
Helped Me
Reverse
Prediabetes
Naturally**

healthyasyoucan.com

The image shows two clear plastic jars with white lids on a white windowsill. The jar on the left is labeled 'Cinnamon' and contains a brown powder. The jar on the right contains cinnamon sticks. Several cinnamon sticks are scattered on the windowsill around the jars. The background is a bright window with greenery outside.

***And where I get
them cheap!***

The Supplements I Used To Help Reverse My Prediabetes

Hey guys!

I appreciate you being interested in the supplements that helped me reverse my prediabetes diagnosis.

Through my grandmother, I've heard about the dangers of diabetes all of my life. So when I got diagnosed with prediabetes, I was determined to reverse so I didn't have to be tied to blood glucose monitors and prescription drugs or live in fear of leg amputations.

So I did some research and I started taking these recommended supplements that help with lowering your blood sugar. Along with changes in my diet and exercising more, these supplements were vital in me being able to get off Metformin and reverse my prediabetes. I pray that they will help you to. God bless you in your journey to get healthy!

Nicky

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Disclaimers:

Now I don't know if by law I have to do a disclaimer but it doesn't matter. I want to do one anyway because it's important to know these things

1) I'm not a doctor and nothing I say should take the place of your doctor's advice. They know your medical history. I don't.

2) I care about you more than I care about making a sale (because, yes, this document contains affiliate links). Given this fact, I can't guarantee that these supplements will work for you. I hope that they do but I can't say for sure they will. Everyone's body is different and it could be that these supplements don't help you at all. Just because they worked for me doesn't mean you will have the same result.

3) These supplements are to be used in conjunction with a healthier diet and increased activity production (ie exercise). Can't nobody eat twinkies all day and then take these supplements and reverse their prediabetes. These supplements are strong but not that strong.

The Supplements I Used To Help Reverse Prediabetes

My favorite place to get supplements is from Puritain's Pride because they have high quality supplements and awesome buy one get two free sales!

Stress B Complex

Cinnamon

Maca

Alpha Lipoic Acid

Fenugreek

Melatonin

Extra Virgin Coconut Oil

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Keep in mind that I didn't take all of these supplements all at once or every day. I'll admit, it's been a long time since I've needed all of these supplements because I reverse my prediabetes years ago but I know that I didn't take all of these supplements all at once.

My nonmedical suggestion: Try the cinnamon and alpha lipoic acid first and start incorporating extra virgin coconut oil into your diet. Then as your body gets used to them you can start using some of the other supplements, as needed.