

# BELL ADVISORY SERVICES

## A Statement on ViaViente and Diabetes

Taken as suggested, ViaViente is a low-sugar product. Each serving of 1 fluid ounce has only 2.5 grams of sugar – or less than 1% of the RDA for carbohydrates. ViaViente is also a rich source of fiber and antioxidants, both of which are known to have health benefits in relation to diabetes.

### Background

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. As a result, sugars converted from carbohydrates enter the blood stream and cause damage to healthy cells, tissues, and organs.

For diabetics, it is important to regulate the levels of sugar (glucose) in the blood. This is often done by reducing the intake of carbohydrates.

Carbohydrates are organic compounds that consist of carbon, hydrogen and oxygen. Depending on their individual molecular buildup, carbohydrates behave in different ways in the body. Most carbohydrates are digested and turned into blood sugar.

Other carbohydrates are digested by our bodies but are not turned into glucose. These are most commonly known as polyols. Still other carbohydrates, like fiber, simply pass through our bodies as waste. For this reason, only carbohydrates that are used by the body and enter the blood stream as sugars affect blood glucose levels.

### The Benefits of Whole Fruits

Whole fruit products like ViaViente deliver both fiber and antioxidants. Both are helpful in managing blood glucose levels.

Fiber. The American Diabetes Association says, “Eating a diet high in fiber has been shown to lower the risk for getting type 2 diabetes.” Also, “It generally is accepted that a diet high in fiber, particularly soluble fiber, is useful in the management of the plasma glucose concentration in individuals with diabetes.”

A good source of fiber contains at least 2.5 grams per serving. Each serving of ViaViente contains 2.5 grams of fiber.

Antioxidants. Scientific evidence indicates that oxidative stress contributes to the pathogenesis of type 2 diabetes. By reducing oxidative stress, antioxidants play a role in managing diabetes. ViaViente is a proven source of broad-spectrum antioxidant protection.

Compare ViaViente to a premium, antioxidant fruit juice. Welch’s 100% Concord Grape Juice has 5 grams of sugar per fluid ounce, no fiber, and less than 50% of the antioxidants found in ViaViente.

**Low-Carbohydrate Diet**

The American Diabetes Association defines a “Low Carbohydrate Diet” as a diet in which no more than 35% of calories come from carbohydrates. This is about half the RDA of 300 grams per day, or 150 grams per day. Very low carbohydrate diets may be as low as 50 grams per day.

ViaViente provides only 2.5 grams of carbohydrates from sugar in each serving. This represents less than 2% of a low carbohydrate diet, or 5% of a very low carbohydrate diet.

**Conclusion**

The American Diabetes Association strongly recommends fruits in a diabetic diet:

“A diabetes meal plan is a guide that tells you how much and what kinds of food you can choose to eat at meals and snack times... Eat lots of vegetables and fruits... They have plenty of vitamins, antioxidants, and fiber...Try picking from the rainbow of colors available to maximize variety.”

The combination of low-sugar, high-fiber, and high-antioxidants makes ViaViente a safe and beneficial product for those who seek to manage blood glucose levels.

All diabetics should carefully monitor their diets and blood glucose response to foods, and consult their health practitioner with any concerns.