

DrWhitaker's

FORWARD NUTRITION

Blood sugar concerns and a sweet tooth? Good news!



Great for Baking!

Dear *Health & Healing* Reader,

For years, I've recommended stevia and xylitol to my patients concerned about blood sugar. And though these sweeteners remain on the top of my list, I realize that they aren't for everyone. Stevia's aftertaste is a little strong for some, and xylitol, being a sugar alcohol, is tough for some people to digest.

That's why I am happy to recommend another sweetener, called *Whey Low*[®], that tastes, looks, bakes, even *feels* exactly like common table sugar. But instead of causing a spike in your blood sugar, it **reduces your body's glucose response**. In fact, it's 60–80% lower on the glycemic scale than regular table sugar. Plus, it has 75% fewer calories!

How is this possible?

It has to do with the composition of *Whey Low*. Regular sugar is all sucrose, but *Whey Low* is a careful balance of three forms of sugar: fructose, lactose, and sucrose. The lactose interferes with the absorption of sucrose, instantly cutting calories and stopping sucrose's entrance into your bloodstream where it would normally cause a blood sugar spike.

Don't let the word "lactose" worry you. The meager amount of milk sugar in this product will not interfere with your body's ability to digest dairy products. In fact, **you won't notice any difference between regular sugar and all-natural *Whey Low* at all—except for your lower blood sugar readings.**

Plus, it passes the toughest test of all—professional chefs

Whey Low even fools professional chefs—

possibly because it was developed for an avid baker who wouldn't settle for anything but perfection.

Whey Low was created by Dr. Lee Zehner after his wife was diagnosed with type 2 diabetes. He set out to develop a natural sugar substitute she could use that would react the same way and taste the same as sugar in recipes.

And *Whey Low* delivers. Not only does it have the same texture and flavor as regular sugar, it even measures exactly the same. One cup of *Whey Low* equals one cup of sugar. You don't even have to think about it—anywhere you'd use sugar, you can substitute *Whey Low*. While cutting out sugar is always good, the serious health benefits of *Whey Low* can't be denied. If you struggle with blood sugar concerns, excess weight, or metabolic syndrome, you'll find that *Whey Low* gives you a whole new lease on life, or at least your diet!

Whey Low is made right here in the USA. Dr. Zehner runs a family-owned business in Maryland, where he develops natural products used largely by local restaurants and businesses.

You owe it to yourself, your family, and your waistline to give this sweetener a try.

To your health,

Julian Whitaker, MD

P.S. *Whey Low* looks and tastes identical to table sugar—your taste buds won't know the difference. You can add it to your coffee or tea and use it as a one-for-one substitution in all of your favorite recipes, including baking. No one will know the difference...except your doctor!

Continued on back...



"This delicious sweetener is not only good for your blood sugar—it's also good for your waistline."

The delicious sweetener that's good for your blood sugar—and your waistline

Whey Low is a godsend for people with blood sugar concerns, weight problems, or metabolic syndrome—or anyone who simply wants a healthier way to cook and bake for themselves and their families. It's **easy, natural, healthy**, and no one will ever notice that it's not common table sugar!

Whey Low:

- Is all natural
- Is 60-80% lower on the glycemic scale than table sugar
- Naturally reduces your body's glucose response
- Has 75% fewer calories than table sugar (only four calories per teaspoon!)
- Tastes exactly the same as regular sugar and will not alter the texture of any food
- No math required—you use the exact same amount of *Whey Low* as you would regular sugar
- You can bake with it, cook with it, and use it in tea and coffee



Order Request: *Whey Low*®

YES! I want to replace unhealthy table sugar with new *Whey Low* for the same exact flavor and texture, but without the spike in my blood sugar. Please send me:

<i>Whey Low</i>	Item#	Quantity	Reg. Price	Savings	Your Price	Total
<input type="checkbox"/> TWO 2-LB POUCHES	WLG2	_____	\$25.98			\$ _____
<input type="checkbox"/> FIVE 2-LB POUCHES	WLG5	_____	\$64.95	Save \$5!	\$59.95	\$ _____
<input type="checkbox"/> TEN* 2-LB POUCHES	WL10	_____	\$129.90	Save \$20!	\$109.90	\$ _____

(*an additional \$3 surcharge applies to this order)

Order Value	S&H Charge
\$0-\$49.99	\$6.99
\$50.00-\$74.99	\$7.99
\$75.00-\$99.99	\$8.99
\$100.00-\$199.99	\$9.99
\$200.00 or more	only \$2.99

Order Value \$ _____

Sales Tax \$ **TAX FREE!**

Shipping and Handling: (Based on order value. See chart) \$ _____

Heavyweight Charge: (add \$3 for 10 bags ordered) \$ _____

TOTAL AMOUNT \$ _____

*Please include \$4.99 for additional shipping addresses. Shipping and handling is non-refundable. Please allow up to 2 weeks for delivery of mail orders.

SHIP TO: Check here if this is a new address.

Name _____
 Address _____
 City _____ State _____ ZIP _____
(UPS will not deliver to P.O. Box addresses.)
 Phone (_____) _____

PAYMENT METHOD:

Check or Money Order (payable to Forward Nutrition).

Total Amount Enclosed: \$ _____
(Please be sure to include shipping and handling.)

Credit or Check Card:

Card # _____ - _____ - _____ - _____ Exp. ____ / ____

Signature _____
(As shown on card)

Yes! I'd like to receive an e-mail confirmation that my order has been shipped, along with Dr. Whitaker's latest health news and e-mail-only savings opportunities.

E-mail _____
(We never sell or rent e-mail addresses.)

ASK FOR SERVICE CODE 171425



Call Toll-Free
1-800-705-5559
 24 hours a day, 7 days a week

90-Day Money-Back Guarantee

Try *Whey Low* for 90 days at no risk or obligation. If you're not completely satisfied, you may return it for a full refund of the product price, no explanation needed.



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