

Strategies for Using PGX® To Increase Insulin Sensitivity and Promote Satiety

“The key ingredient to successful weight loss is the ingestion of 2 ½ to 5 grams of PGX® at major meals and perhaps twice more for those with a more difficult to tame appetite.” – Doctor Murray

- In most cases, I recommend starting with 2 ½ grams of PGX® before meals.
- After 1 to 2 weeks, increase the dosage to 5 grams of PGX® before meals at least 3 times per day.
- If you consider yourself to be heavy, you may find that 5 grams of PGX® with each meal will reduce your appetite substantially.
- To get 2 ½ grams of PGX® you can choose:
 - 3 to 4 capsules of Daily Ultra Matrix Softgels
 - 1 stick pack of granules from Daily Singles
 - 1 scoop of Satisfast Vegan Protein powder
 - 1 scoop of Satisfast Whey Protein Energy Drink
 - 1 scoop of SlimStyles Weight Loss Drink Mix
- These products can be found in health food stores throughout North America and through a number of Internet retailers.
- Take medications 1 hour before or after taking PGX®. Be sure to consult your physician.
- PGX® can be taken in combination with other supplements.
- PGX® is natural, gluten free and does not contain caffeine or other stimulants.

“By eliminating your food cravings and choosing healthier foods, PGX can help produce a remarkable stabilization of your blood sugar levels.” – Doctor Murray

