



Home » Diabetes Supplements » Best Supplements To Help Control Blood Sugar

Best Supplements To Help Control Blood Sugar

Learn about the best supplements to help control blood sugar naturally. Support insulin function, reduce glucose spikes, and maintain healthy levels.



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Blood sugar, also known as **glucose**, is the body's primary source of energy. It fuels our cells and powers essential bodily functions. However, when blood sugar levels become too high, it can lead to **serious health complications** like diabetes, heart disease, nerve damage, and even kidney failure.

Many factors affect blood sugar levels, including **diet, lifestyle, stress, and genetics**. While healthy eating and exercise are the foundation of blood sugar management, certain supplements can offer **extra support** by improving insulin sensitivity, reducing

sugar absorption, and enhancing glucose metabolism.

In this guide, we will explore the **best supplements to help control blood sugar**, how they work, and how to use them effectively. These supplements are backed by scientific research and have been used for centuries to support metabolic health.

Understanding Blood Sugar & Insulin Resistance

Before diving into the **best supplements to help control blood sugar**, it's important to understand **how blood sugar is regulated** in the body.

How Blood Sugar Works in the Body

When you eat carbohydrates, your body breaks them down into glucose, which enters your bloodstream. In response, the **pancreas releases insulin**, a hormone that helps transport glucose into cells to be used for energy.

However, if you consume too much sugar or processed carbohydrates, your body may develop **insulin resistance**. This means your cells become **less responsive to insulin**, leading to **high blood sugar levels** over time. Insulin resistance is a major risk factor for **type 2 diabetes and metabolic syndrome**.

How Supplements Can Help

The **best supplements to help control blood sugar** work by:

- ✓ **Enhancing insulin function** so your body can process glucose efficiently.
- ✓ **Reducing sugar absorption** to prevent spikes in blood sugar.
- ✓ **Improving metabolism** to use glucose more effectively.
- ✓ **Reducing inflammation** which is often linked to insulin resistance.

Now, let's explore the top supplements that can naturally regulate blood sugar levels.

1. Gluco6

Gluco6 is a premium blood sugar support supplement designed to improve insulin sensitivity, reduce glucose fluctuations, and promote overall metabolic health. Formulated with natural ingredients, it helps maintain stable blood sugar levels, preventing spikes and crashes that can impact energy, mood, and overall well-being.

Benefits:

- ✓ **Enhances Insulin Function** – Supports insulin sensitivity, ensuring glucose is properly absorbed and utilized by cells, reducing the risk of insulin resistance and diabetes complications.
- ✓ **Reduces Sugar Cravings** – Helps stabilize blood sugar, preventing sudden hunger pangs and sugar cravings, which can lead to unhealthy eating habits and weight gain.
- ✓ **Promotes Energy Balance** – Prevents blood sugar crashes that cause fatigue, keeping energy levels steady throughout the day for better productivity and performance.
- ✓ **Supports Heart Health** – Helps regulate cholesterol and blood pressure levels, reducing the risk of cardiovascular diseases commonly associated with high blood sugar.
- ✓ **Strengthens Metabolism** – Encourages efficient glucose metabolism, preventing excessive sugar buildup in the blood and promoting overall metabolic function.



BEST SUPPLEMENTS TO HELP CONTROL BLOOD SUGAR

Gluco6

- ✓ Improves insulin sensitivity
- ✓ Regulates glucose metabolism
- ✓ Reduces sugar absorption
- ✓ Supports pancreatic health
- ✓ Enhances overall wellness

BUY NOW



2. GlucoFlush

GlucoFlush is a unique liquid formula designed to support healthy blood sugar levels by detoxifying the body. It eliminates toxins that may contribute to insulin resistance, improving glucose control and digestion. The natural blend of herbal extracts helps flush harmful substances that interfere with metabolic processes.

Benefits:

- ✓ **Detoxifies the Body** – Removes harmful toxins that may impair insulin function, improving the body's natural ability to process glucose effectively.
- ✓ **Supports Digestive Health** – Promotes gut health by balancing good bacteria, which plays a role in glucose metabolism and nutrient absorption.
- ✓ **Improves Blood Sugar Control** – Helps regulate blood glucose levels naturally, preventing dangerous highs and lows throughout the day.
- ✓ **Boosts Liver Function** – Aids in liver detoxification, ensuring proper glucose storage and utilization, reducing insulin resistance risks.
- ✓ **Increases Energy Levels** – Eliminates metabolic waste, promoting better energy production and preventing fatigue linked to blood sugar imbalances.



BEST SUPPLEMENTS TO HELP CONTROL
BLOOD SUGAR

GlucoFlush

- ✓ Flushes out toxins
- ✓ Enhances insulin activity
- ✓ Supports gut microbiome
- ✓ Improves digestion
- ✓ Boosts liver function

BUY NOW



3. GlucoBerry

GlucoBerry is a plant-based blood sugar supplement formulated to improve kidney function and glucose drainage. By supporting the kidneys' natural ability to eliminate excess sugar, it ensures healthier blood sugar levels and better overall metabolic balance.

Benefits:

- ✓ **Supports Kidney Function** – Helps the kidneys efficiently filter and remove excess glucose from the bloodstream, preventing sugar buildup.
- ✓ **Regulates Blood Sugar Levels** – Aids in maintaining steady glucose levels by improving insulin function and preventing sudden sugar spikes.
- ✓ **Prevents Fat Storage** – Encourages glucose utilization for energy instead of storage as fat, helping with weight management.
- ✓ **Enhances Metabolic Health** – Supports a balanced metabolism by optimizing glucose breakdown and usage, reducing the risk of insulin resistance.
- ✓ **Promotes Heart Health** – Helps maintain healthy blood pressure and cholesterol levels, reducing cardiovascular disease risks.



BEST SUPPLEMENTS TO HELP CONTROL BLOOD SUGAR

GlucoBerry

- ✓ Supports kidney filtration
- ✓ Improves glucose drainage
- ✓ Balances blood sugar
- ✓ Prevents excess fat storage
- ✓ Boosts heart health

BUY NOW



4. CelluCare

CelluCare is an advanced blood sugar supplement that works at the cellular level to restore insulin sensitivity and optimize glucose utilization. It focuses on cellular health to enhance energy levels, improve metabolic function, and support overall well-being.

Benefits:

- ✓ **Improves Insulin Sensitivity** – Helps cells respond more effectively to insulin, ensuring proper glucose absorption and preventing insulin resistance.
- ✓ **Reduces Inflammation** – Contains anti-inflammatory properties that protect against oxidative stress, which can contribute to blood sugar imbalances.
- ✓ **Boosts Cellular Energy** – Enhances mitochondrial function, ensuring cells efficiently convert glucose into energy, preventing fatigue.
- ✓ **Prevents Glucose Spikes** – Helps stabilize blood sugar levels by slowing down carbohydrate digestion and absorption.
- ✓ **Supports Longevity** – Strengthens cellular health, reducing the risk of age-related metabolic disorders and improving overall wellness.



BEST SUPPLEMENTS TO HELP CONTROL BLOOD SUGAR

CelluCare

- ✓ Strengthens cellular function
- ✓ Reduces oxidative stress
- ✓ Enhances glucose metabolism
- ✓ Balances insulin response
- ✓ Promotes overall health

BUY NOW



5. Vivo Tonic

Vivo Tonic is a natural herbal supplement designed to support blood sugar regulation through a blend of traditional ingredients. It helps enhance insulin function, stabilize glucose levels, and promote overall metabolic health without synthetic additives.

Benefits:

- ✓ **Balances Blood Sugar Levels** – Helps maintain steady glucose levels, preventing sharp rises and crashes throughout the day.
- ✓ **Enhances Pancreatic Health** – Supports the pancreas in producing and regulating insulin efficiently.
- ✓ **Improves Circulation** – Promotes better blood flow, reducing complications related to poor blood sugar control.
- ✓ **Boosts Energy and Focus** – Prevents brain fog and fatigue by providing a steady energy supply from glucose metabolism.
- ✓ **Supports Liver Detoxification** – Aids in removing harmful toxins that can interfere with glucose processing.



BEST SUPPLEMENTS TO HELP CONTROL
BLOOD SUGAR

Vivo Tonic

- ✓ **Regulates blood sugar**
- ✓ **Strengthens pancreatic health**
- ✓ **Improves circulation**
- ✓ **Enhances mental clarity**
- ✓ **Detoxifies the liver**

BUY NOW



1. Berberine: The Natural Alternative to Diabetes Medication

What is Berberine?

Berberine is one of the most powerful **natural supplements for blood sugar control**. It is a bioactive compound found in several plants, including **Berberis Aristata**. Berberine has been widely researched for its ability to **lower blood sugar, improve insulin sensitivity, and reduce inflammation**.

How Berberine Helps Control Blood Sugar

- **Activates AMPK (“Metabolic Master Switch”)** – AMPK improves metabolism and helps cells absorb glucose more effectively.
- **Reduces Glucose Production** – It **lowers liver glucose production**, preventing excessive sugar buildup.
- **Supports Gut Health** – Berberine promotes the growth of **good bacteria** that improve glucose metabolism.

Recommended Dosage & Usage

- **900–1500 mg per day**, divided into 2–3 doses.
- Best taken **before meals** for optimal absorption.

Scientific Evidence

A study published in the *Journal of Clinical Endocrinology & Metabolism* found that **berberine reduces fasting blood sugar by 20%**, making it as effective as metformin, a commonly prescribed diabetes drug.

2. Magnesium: The Essential Mineral for Insulin Function

Why Magnesium is Important for Blood Sugar

Control

Magnesium is a **critical mineral** involved in over **300 biochemical reactions** in the body, including insulin function and blood sugar regulation. **Low magnesium levels** are linked to insulin resistance and an increased risk of type 2 diabetes.

How Magnesium Helps Regulate Blood Sugar

- **Improves Insulin Sensitivity** – Magnesium allows insulin to transport glucose efficiently.
- **Lowers Fasting Blood Sugar** – Supports healthy blood sugar levels.
- **Reduces Inflammation** – Chronic inflammation contributes to insulin resistance, and magnesium helps counteract this.

Best Dosage & Forms

- **200–400 mg per day**
- **Best Forms:** Magnesium glycinate, citrate, or malate for better absorption.

Scientific Backing

A study in *Diabetes Care* found that individuals with higher magnesium intake had a **47% lower risk of developing type 2 diabetes**.

3. Chromium: The Insulin-Boosting Trace Mineral

Why Chromium is One of the Best Supplements to Help Control Blood Sugar

Chromium is a **trace mineral** essential for **glucose metabolism**. It works by **enhancing insulin activity**, making it an excellent supplement for those struggling with insulin resistance.

How Chromium Helps

- **Boosts Insulin Sensitivity** – Helps cells absorb glucose efficiently.
- **Reduces Blood Sugar Spikes** – Stabilizes glucose levels after meals.
- **Curbs Sugar Cravings** – Helps regulate appetite and prevents energy crashes.

Dosage & Best Form

- **200–1000 mcg per day**
- **Best Form:** Chromium picolinate for better absorption.

Scientific Findings

A study in *Diabetes Technology & Therapeutics* found that chromium supplementation significantly **lowers fasting blood sugar and improves insulin sensitivity**.

4. Alpha-Lipoic Acid (ALA): A Powerful Antioxidant for Blood Sugar Balance

Why ALA is a Must-Have for Blood Sugar Control

Alpha-lipoic acid (ALA) is an **antioxidant** that plays a key role in **glucose metabolism**. It is widely used to manage **nerve damage caused by diabetes**.

How ALA Works

- **Improves Insulin Sensitivity** – Enhances glucose uptake by cells.
- **Reduces Inflammation** – Helps lower oxidative stress linked to high blood sugar.
- **Prevents Diabetic Neuropathy** – Protects nerves from high sugar damage.

Dosage & Best Time to Take

- **300–600 mg per day**
- Best taken **before meals** for maximum effectiveness.

Scientific Support

A study in *Diabetes Care* found that ALA supplementation **reduces fasting blood glucose levels** and improves insulin sensitivity.

5. Cinnamon: A Delicious Way to Lower Blood Sugar

How Cinnamon Naturally Regulates Blood Sugar

Cinnamon is a **spice rich in antioxidants** that mimic insulin and enhance glucose uptake by cells.

How Cinnamon Helps

- **Lowers Fasting Blood Sugar** – Helps stabilize glucose levels.
- **Improves Insulin Sensitivity** – Enhances glucose absorption by cells.
- **Reduces Post-Meal Spikes** – Slows carbohydrate digestion, preventing sharp increases in blood sugar.

Best Dosage & Type

- **1–6 grams per day**
- **Best Type:** Ceylon cinnamon (safer than Cassia cinnamon).

Scientific Findings

A study published in *Diabetes Care* found that cinnamon supplementation **reduced fasting blood sugar levels by up to 29%** in type 2 diabetics.

Must Read:

- [Diabetes Eco Supplement](#)
- [Anti-Diabetic Supplements](#)
- [What Supplements Lower Blood Sugar](#)

Conclusion

Maintaining balanced blood sugar levels is essential for **overall health and disease prevention**. While diet and exercise are critical, the **best supplements to help control blood sugar** can provide extra support.

Key supplements like **berberine, magnesium, chromium, ALA, and cinnamon** have been **scientifically proven** to enhance insulin sensitivity, reduce sugar absorption, and improve glucose metabolism.

If you are managing diabetes or insulin resistance, consult your doctor before starting any supplement. By combining the **best supplements to help control blood sugar** with a healthy lifestyle, you can take control of your health naturally.