

# Lower blood sugar level

Looking for the best supplement to lower your blood sugar level, follow the link <https://bit.ly/thaddeus5>

## 1. Exercise regularly

Regular exercise can help you reach and maintain a moderate weight and increase insulin sensitivity.

## 2. Manage your carb intake

Your carb intake strongly influences your blood sugar levels. As such, reducing your carb intake can aid blood sugar regulation.

## 3. Eat more fiber

Eating plenty of fiber can aid blood sugar management. Soluble dietary fiber appears to be more effective than insoluble fibers.

## 4. Drink water and stay hydrated

Staying hydrated can reduce blood sugar levels and diabetes risk. Choose water and zero-calorie drinks and avoid sugar-sweetened beverages.

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