



THE 3-MINUTE

Neuro-Nutrient Grocery List

Your shopping guide to shield the nervous system and support A1C control — available at your nearest Walmart, Walgreens, or Whole Foods.

WALMART · WALGREENS · WHOLE FOODS

— WHY YOU NEED THIS LIST

Your Shopping Guide to Shield the Nervous System and Support A1C Control

The Glycemic Code protocol works in layers.

The Neuro-Activation Soundwave works the nervous system. The morning protocol removes cortisol. But your brain and nervous system need **raw materials** to sustain that work day after day.

This list was built to be fast and straightforward. Three specific supplements. Three grocery staples. Everything available within 20 minutes of any address in the United States. No exotic products, no specialty stores required. **Grab a cart.**

SUPPLEMENTS

Vitamins & Dietary Supplements Aisle

DIETARY SUPPLEMENTS SECTION

Berberine (Berberine HCl)

WHAT IT DOES

Acts as a molecular activator of insulin sensitivity. It switches on an enzyme called **AMPK** — the cellular energy-efficiency switch — helping muscle tissue take up and utilize glucose with greater precision, reducing the chronic burden on the pancreas and directly complementing the signaling improvements the Glycemic Code protocol works to restore.

WHERE TO FIND IT

Nature's Bounty, NOW Foods (Walmart) · Store brand (Walgreens) · Premium brands (Whole Foods)

WALMART

WALGREENS

WHOLE FOODS

AMAZON

DOSAGE 500 mg · 2–3x per day · before main meals

LABEL TIP Look for "**Berberine HCl**" — significantly better absorption than plain Berberine

⚠ **Important:** If you use metformin or any blood sugar medication, consult your doctor before starting Berberine. Effects are complementary but require supervised dosage adjustment.

Banaba Leaf Extract (standardized to Corosolic Acid)

WHAT IT DOES

Works at two simultaneous points in the glucose utilization system. First, it activates **GLUT4 transporters** — the glucose entry portals in muscle cell membranes that become less responsive in insulin-resistant states. The active compound, corosolic acid, improves the translocation of these portals to the cell surface, making cells more receptive to incoming glucose. Second, it partially inhibits intestinal **alpha-glucosidase** — the enzyme that converts complex carbohydrates into simple sugars for absorption — slowing the rate of post-meal glucose entry into the bloodstream and smoothing the spike the pancreas must respond to.

WHERE TO FIND IT

Whole Foods, Walgreens, and iHerb (online). Less common at Walmart — check the natural supplements aisle.

WHOLE FOODS WALGREENS IHERB (ONLINE)

DOSAGE **100–200 mg per day** · with your main meal

Label requirement: Look specifically for "**Standardized to Corosolic Acid**" or "**1% Corosolic Acid**" on the label. Products without this standardization have variable active compound concentration and unpredictable results. If it is not explicitly stated, do not buy it.

Chromium Picolinate

WHAT IT DOES

Chromium is a trace mineral that acts as a critical cofactor for **Chromodulin** — a molecule that amplifies the response of the insulin receptor in peripheral cells. When a muscle cell receives the insulin signal, chromium participates in the intracellular cascade that translates that signal into glucose uptake. Chromium deficiency reduces this translation efficiency, contributing to insulin resistance even when insulin production appears normal.

ON CRAVINGS

In specific subgroups, peer-reviewed studies have documented reductions in refined carbohydrate cravings. The proposed mechanism involves modulation of serotonergic signaling — the same pathway involved in mood-driven eating. Effects are most consistently reported in individuals whose cravings are triggered by stress. If that pattern describes you, it is worth noting as an additional benefit.

WHERE TO FIND IT

Usually on the same shelf as Zinc and Magnesium — one of the most affordable mineral supplements available.

WALMART WALGREENS CVS TARGET

DOSAGE **400–600 mcg per day** · split into 2 doses with meals

LABEL TIP Choose "**Chromium Picolinate**" — avoid "Chromium Chloride" (significantly lower absorption)

THE ZERO-SPIKE BASICS

Three common grocery items that support the morning protocol directly

PRODUCE & SPICE AISLES

Organic Lemons

WHAT IT DOES

Source of potassium and bioavailable electrolytes for the **Step 1 Hydration Shock**. The juice of half a lemon in warm water upon waking activates the gastrocolic reflex and directly stimulates the vagus nerve via gastrointestinal receptors — gently beginning the parasympathetic activation amplified in Step 3. **Use warm, not cold, water:** cold water reduces gastric motility and minimizes the vagal stimulation response that makes Step 1 effective.

HOW TO USE IT

Juice of $\frac{1}{2}$ **lemon** in 350–500 ml of warm water · immediately upon waking · before coffee · *Fresh Produce* — choose organic when available for thinner skin and higher juice yield

Celtic Sea Salt or Himalayan Pink Salt

WHAT IT DOES

Provides sodium, magnesium, and trace minerals that complete the morning hydration electrolyte blend. Unlike refined table salt — which is pure sodium chloride — whole sea salt and Himalayan pink salt retain a broader mineral profile that supports neural conductivity and vagal tone. Use as an **alternative to lemon in Step 1, not in addition to it**. One generous pinch (approximately $\frac{1}{8}$ teaspoon) is sufficient; more is not better.

WHERE TO FIND IT

Celtic Sea Salt: Whole Foods, Amazon · *Himalayan Pink Salt:* Walmart, Trader Joe's, most supermarkets · *Spices & Condiments Aisle*

Ceylon Cinnamon ("True Cinnamon")

WHAT IT DOES

Contains cinnamaldehyde and polyphenolic compounds that have demonstrated modulation of post-prandial glycemic response and improved insulin sensitivity in studies with consistent daily use. Add to coffee after Step 3, to yogurt, or to morning smoothies. A small daily amount is sufficient — no need to measure precisely.

WHERE TO FIND IT

Whole Foods, Sprouts, Amazon · *Spice Aisle* — less common at Walmart in Ceylon form; verify the label before purchasing any cinnamon.

Label warning: Look specifically for "**Ceylon Cinnamon**" or "**Cinnamomum verum.**" Common Cassia cinnamon (*Cinnamomum cassia*), sold at most supermarkets, contains high levels of coumarin — problematic with daily use and without the same documented glycemic benefits.

MORNING PROTOCOL INTEGRATION

- STEP 1 Warm water + $\frac{1}{2}$ **Lemon OR a pinch of Sea Salt** — choose one, not both
- AFTER STEP 3 Coffee (with food) + **Ceylon Cinnamon** added in or on top
- WITH MEALS **Berberine + Banaba Leaf + Chromium Picolinate** — all three, together

• HOW THE 3 SUPPLEMENTS WORK TOGETHER — THE METABOLIC SHIELD

- B Berberine — Acts at the Cell**
 AMPK activation · increases glucose uptake efficiency in muscle and liver · reduces chronic pancreatic overload at its source
- BL Banaba Leaf — Acts at the Interface**
 GLUT4 modulation · slows intestinal glucose absorption · smooths post-meal spikes before they demand a rapid insulin response
- C Chromium Picolinate — Acts on the Signal**
 Chromodulin cofactor · amplifies insulin receptor response · ensures the insulin signal is translated into action with maximum efficiency

QUICK SHOPPING CHECKLIST

Before You Leave the Store

Confirm all 6 items are in your cart.

SUPPLEMENTS — DIETARY SUPPLEMENTS AISLE

- Berberine HCl — 500 mg**
 Nature's Bounty · NOW Foods · Walgreens store brand
DIETARY SUPPLEMENTS AISLE
- Banaba Leaf Extract — standardized to Corosolic Acid**
 Verify: "1% Corosolic Acid" or "Standardized to Corosolic Acid" on label
HERBAL SUPPLEMENTS SECTION
- Chromium Picolinate — 400–600 mcg**
 Located near Zinc and Magnesium · avoid Chromium Chloride
MINERALS SECTION

ZERO-SPIKE BASICS — PRODUCE & SPICE AISLES

- Organic Lemons**
 For the Step 1 Hydration Shock · choose organic when available
FRESH PRODUCE
- Celtic Sea Salt or Himalayan Pink Salt**
 Whole sea salt only — not refined iodized table salt
SPICES & CONDIMENTS
- Ceylon Cinnamon — "True Cinnamon"**
 Check label for "Cinnamomum verum" — not common Cassia cinnamon
SPICE AISLE

The information in this guide is for educational purposes and to support the Glycemic Code protocol. Always consult a qualified healthcare professional before starting any supplementation, particularly if you take blood sugar medications. — **NeuroGlic · GlycemiCode**