

Sugar Defender Reviews (Customer Results Exposed!) Know ALL the Facts Before Buy!



[Sugar Defender](#) is a blood sugar support supplement marketed primarily to diabetics.

Featuring a blend of over a dozen active ingredients, Sugar Defender is designed to promote healthy blood sugar and weight loss. Active ingredients include forskolin, amino acids, raspberry ketones, maca, grape seed extract, green tea, and more.

Keep reading to find out everything you need to know about Sugar Defender and how it works.

About Sugar Defender

Sugar Defender is a nutritional supplement advertised as “the #1 rated blood sugar formula.”

Like other blood sugar support supplements, Sugar Defender is primarily marketed to diabetics who want help supporting healthy blood sugar.

According to the official website, Sugar Defender can help support blood sugar *and* help with weight loss – quickly and easily from home.

Sugar Defender was created by a researcher named Tom Green, who spent hundreds of hours researching natural remedies for blood sugar and diabetes. Tom's research led him to discover a collection of eight ingredients shown to support healthy blood sugar in multiple ways.

Sugar Defender costs \$69 and is exclusively available through SugarDefender24.com.

Sugar Defender Features & Benefits

There are other blood sugar support formulas available today. Here are some of the differences between Sugar Defender and other leading supplements:

- Enjoy better blood sugar readings and perfect blood sugar
- Support fat burning and metabolism
- Natural formula with plant-based ingredients
- No side effects
- Non-GMO and non-habit-forming
- Easy to swallow drops

[Order your supply of Sugar Defender now and start enjoying the benefits!](https://SugarDefender24.com)

What Does Sugar Defender Do?

According to the official Sugar Defender website, the supplement has helped thousands in their 30s, 40s, 50s, 60s, and 70s support healthy blood sugar.

The makers of Sugar Defender designed the formula to be gentle yet powerful, using a blend of pure plant ingredients and natural minerals combined with the latest supplement engineering technology.

Here are some of the things Sugar Defender does after you take it daily, according to the manufacturer:

Better blood sugar readings. According to the official website, Sugar Defender will lead to “better blood sugar readings” once your body adapts to the ingredients. You could support healthy blood sugar within days of taking the formula for the first time. Whether you have diabetes or pre-diabetes or are simply concerned about blood sugar, the ingredients in Sugar Defender can purportedly help “support your healthy fat-burning metabolism for perfect blood sugar,” according to the manufacturer.

Less hunger. Many diabetics struggle to control their hunger. As blood sugar fluctuates, your body sends mixed signals to your brain, leading to cravings for carbs and sugar. By taking Sugar Defender daily, you can support healthy blood sugar, making it easier to manage your appetite.

More energy. Many diabetics also struggle with low energy. Again, fluctuating blood sugar levels make it difficult to manage your energy. By taking Sugar Defender daily, you can

support healthy blood sugar, making it easier to enjoy steady balance throughout the day instead of peaks and valleys.

Noticeable results within the first week. According to the makers of Sugar Defender, “most people start feeling a difference after the first week” of taking the supplement. You’ll notice some changes almost immediately, with growing changes after taking the supplement consistently for three months or longer.

Zero side effects. Because the formula contains all-natural ingredients, it’s not expected to lead to significant side effects. In fact, the makers of Sugar Defender claim “thousands of people enjoy taking Sugar Defender every day with great results and we have not received a single complaint yet.” Although Sugar Defender seems marketed primarily to diabetics, none of these people seem to have experienced any side effects with the formula – just active effects on blood sugar.

[Get started today and see the difference Sugar Defender can make](#)

What’s Inside Sugar Defender? Sugar Defender Ingredients

The image shows the packaging for Sugar Defender, a dietary supplement for blood sugar support. The packaging is primarily black and red. The product name "SUGAR DEFENDER" is prominently displayed in large, bold, white and red letters. Below it, the text "BLOOD SUGAR SUPPORT FORMULA" is visible. The packaging also includes a "Supplement Facts" table, a "Directions" section, a "Warnings" section, and a "Distributed by" section. The "Supplement Facts" table lists the serving size as 1 mL and the number of servings per container as 60. It details the amount per serving for Chromium (0.7mcg, 2% DV) and a Proprietary Herbal Blend (200mg). The herbal blend includes Maca, Grape Seed Extract, Guarana, African Mango, Eleuthero, Astragalus, Green Tea, Camellia, Gymnema, Coleus, and Capsicum. The packaging also features a disclaimer about the product not being evaluated by the FDA and a note about the daily value (DV) not being established for the herbal blend. The bottom of the packaging shows the distributor information: sugardefender.com, 19655 E 35th Dr #100, Aurora, CO 80011, USA, and support@sugardefender.com. The product code KD_000_00_00000000 is also visible. The bottom right corner of the packaging lists other ingredients: Deionized Water, Organic Citrus Extract, Natural Flavors, Stevia (Steviol Glycosides), and Xylitol.

Directions: Adults, take 1mL a day or as directed by a healthcare professional.

Warnings: Not intended for use by persons under 18 years of age. Consult with your physician prior to use if you are pregnant or nursing, or if you are taking any other medication. Do not use if safety seal is missing or broken. Use only as directed.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF TAMPER RESISTANT SEAL IS DAMAGED, BROKEN OR MISSING.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Distributed by: sugardefender.com
19655 E 35th Dr #100, Aurora
CO 80011, USA
support@sugardefender.com
KD_000_00_00000000

Supplement Facts
Serving Size: 1 mL
Servings Per Container: 60

Amount Per Serving	%DV
Chromium (as Chromium Piccolinate)	0.7mcg 2%
Proprietary Herbal Blend	200mg **

Maca (Lepidium meyenii) Root Extract, Grape (Vitis finifera) Seed Extract, Guarana (Paullinia cupana) Seed Extract, African Mango (Irvingia gabonensis) Fruit Extract, Eleuthero (Eleutherococcus Senticosus) Root Extract, Astragalus Membranaceus Root Extract, Green Tea (Camellia sinensis) Leaf Extract, Gymnema Sylvestre Leaf Extract, Coleus Forskohlii Root Extract, Capsicum Annuum Fruit Extract, Grapefruit (Citrus paradisi) Seed Extract, Panax Ginseng Root Extract, Raspberry Ketones, L-Glutamine, L-Tyrosine, L-Arginine Base, Beta-Alanine, Monoammonium Glycyrhizinate, GABA (Gamma aminobutyric acid), L-Ornithine HCl, L-Tryptophan, L-Carnitine Base.

**Daily Value (DV) not established

Other Ingredients: Deionized Water, Organic Citrus Extract, Natural Flavors, Stevia (Steviol Glycosides), Xylitol

DIETARY SUPPLEMENT | 60ML / 2 FL OZ

Sugar Defender contains a blend of over a dozen ingredients linked to blood sugar control, appetite control, fat burning, metabolism, and more.

Here are all of the active ingredients in Sugar Defender and how they work:

Maca: The largest ingredient in Sugar Defender is maca. Typically found in natural energy boosters, maca is also found in a small number of blood sugar support formulas. However, some studies have found maca shows promise as a natural energy booster, so that number could rise in the future. A 2021 study, for example, found maca extract helped regulate

glucose and lipid metabolism in insulin-resistant cells, suggesting maca could play some role in blood sugar regulation.

Chromium: Sugar Defender contains a very small dose (0.7mcg, or 2% of your daily value / % DV) of chromium. Chromium is an essential mineral for hundreds of processes throughout the body, but it's particularly important for diabetics. Studies show diabetics tend to have much lower chromium levels than non-diabetics, which is why many diabetics take chromium supplements daily. Although Sugar Defender doesn't contain a substantial dose of chromium, it could help complement the chromium in your ordinary diet to support healthy blood sugar.

Grape Seed Extract: Grape seed extract is found in anti-aging supplements, blood sugar support formulas, blood pressure formulas, and more. Today, we know grape seed extract works because it's naturally rich in resveratrol, an antioxidant molecule linked to healthy aging and healthy inflammation. The natural molecules within grape seed extract could also help people with diabetes. A 2009 study published in *Diabetes Medicine*, for example, found grape seed extract improved metabolic markers, vascular tone, inflammation, oxidative stress, and insulin sensitivity in a group of patients with type 2 diabetes.

Guarana: Guarana is a popular natural energy booster plant with more caffeine by weight than coffee. Some studies have shown guarana could increase blood sugar, while other studies have shown it can help lower blood sugar. A 2015 study, for example, found guarana extract improved human peripheral blood mononuclear cells exposed to high glucose levels. In other words, cells that would normally have high blood sugar improved their condition with guarana.

African Mango Extract: African mango extract is a popular weight loss aid also shown to support healthy blood sugar. Formally known as *Irvingia gabonensis*, African mango seed extract has been shown to improve blood sugar levels in patients with diabetes, according to one 2024 study. Specifically, researchers found the terminal in African mango extract stimulated glucose uptake by inhibiting protein tyrosine phosphatases, which could help the fruit extract play a role in the prevention of type 2 diabetes.

Eleutherococcus Senticosus Root Extract: Eleutherococcus senticosus is a plant extract best known for its effects on blood sugar and diabetes. Studies show the plant is rich in eleutheroside E, which was shown to improve insulin resistance in mice with type 2 diabetes.

[Click here to check out the official website for Sugar Defender >>>](#)

Astragalus: Astragalus is an adaptogen that can help to lower blood sugar while helping the body respond to stress. According to Mount Sinai, astragalus "appears to lower blood sugar" and could also help with fatigue and lack of appetite. However, Mount Sinai cautions more research is needed to verify these anti-diabetic effects.

Green Tea Leaf Extract: Green tea leaf extract could improve glucose control and insulin sensitivity, according to some studies. It's a popular weight loss aid and energy booster ingredient, but it's found in a growing number of blood sugar supplements. In a 2013 meta-analysis, researchers found green tea improved glucose control and insulin sensitivity based on the results of 17 randomized controlled trials. In those studies, researchers found green

tea had favorable effects for diabetics, including lower fasting glucose and Hb A1c concentrations.

Gymnema Sylvestre Root Extract: Gymnema sylvestre is one of the best-known diabetes supplement ingredients available today, and many take the plant extract daily for its antidiabetic effects. Studies show the plant extract can improve blood sugar both when fasting and after a meal.

Capsicum Fruit Extract: Capsicum, or pepper, is a common food. However, studies have also linked it to blood sugar control, anti-obesity effects, and anti-inflammatory effects. One of the largest reviews on capsicum and blood sugar control was published in 2020. Researchers found pepper improved glycemic control by inhibiting hepatic gluconeogenesis via phosphorylation of FOXO1 and AMPK. The study took place in diabetic mice – not humans. However, it suggests capsicum could have anti-diabetic effects.

Grapefruit: Grapefruit is a popular fruit packed with vitamin C and fiber, and most people consider it a healthy fruit to take daily. Some studies have specifically connected grapefruit to insulin resistance. A 2006 study, for example, found grapefruit improved weight loss results and insulin resistance. Participants took half a fresh grapefruit before a meal and experienced “significant weight loss.” Meanwhile, patients with diabetes experienced a significant improvement in insulin resistance.

Forskolin: Forskolin administration can improve insulin sensitivity and enhance glucose tolerance, according to some studies. Like capsicum and guarana, it’s a popular energy booster and weight loss aid that could also help with blood sugar. A 2014 study found forskolin activates adenylate cyclase, increasing intracellular cAMP levels. Researchers also found forskolin had anti-inflammatory and antioxidant effects, which could help support healthy inflammation throughout the body. Diabetics tend to have higher levels of inflammation than non-diabetics, which is why anti-inflammatory ingredients are so important.

[Don't miss out on this limited-time opportunity to get Sugar Defender!](#)

Ginseng: Ginseng has been shown to improve fasting blood glucose levels in multiple studies. One of the largest studies on ginseng and diabetes was published in *Molecules* in 2019. Researchers reviewed evidence on ginseng in people with type 2 diabetes and found it had anti-diabetic effects. Researchers found those effects particularly noticeable in patients with type 2 diabetes – but less noticeable in those with prediabetes or healthy adults.

Raspberry Ketones: Raspberry ketones might affect blood sugar levels while also being a popular weight loss aid. Some take raspberry ketones daily to help with weight loss, while others take it for blood sugar control. In a 2021 study, researchers found raspberry ketones could help normal, obese, and health-compromised mice improve various health metrics.

Amino Acids: Sugar Defender contains seven amino acids, including L-glutamine, L-tyrosine, L-arginine, L-ornithine, L-carnitine, L-tryptophan, and beta-alanine. All five amino acids help your body build certain proteins. They’re the building blocks of protein, and they play an important role in energy production, body repair, and cognitive health, among other

areas. By taking the amino acids in Sugar Defender daily, you can purportedly balance blood sugar and boost energy, among other benefits.

GABA: Gamma aminobutyric acid (GABA) is an amino acid-like substance that works throughout the body, even crossing the blood-brain barrier to provide active cognitive effects. It's found in everything from anxiety supplements to mood boosting formulas. In a 2021 study, researchers found GABA administration improved liver function and insulin resistance in a group of rats with type 2 diabetes, suggesting GABA could also help with diabetes.

Other (Inactive) Ingredients: The remaining ingredients in Sugar Defender include deionized water, organic citrus extract, natural flavors, stevia, and xylitol. These ingredients hold the formula together (like water) while adding flavor and sweetness to make it more palatable (like citrus extract, natural flavor, and stevia).

Overall, Sugar Defender contains a blend of ingredients that, as advertised by the official website, could help defend your body against high blood sugar and diabetes. Most of the ingredients are backed by formal research proving they can support healthy blood sugar in various ways.

[Click here to claim your discount!](#)

How to Take Sugar Defender

To take Sugar Defender, place one full dropper (1mL) under your tongue in the morning before breakfast. Or, mix one drop with a beverage of your choice before drinking it:

Shake well before use.

Place 1 full dropper (1mL) of Sugar Defender under your tongue in the morning before breakfast. Or, add 1 full dropper of Sugar Defender to a glass of water or the beverage of your choice, then drink.

Clinical Trials & Scientific Evidence for Sugar Defender

Sugar Defender contains a collection of some of the most science-backed blood sugar remedies available today – including herbs, plant extracts, and vitamins shown to support healthy blood sugar in multiple studies.

Sugar Defender contains **forskolin**, for example, a unique plant extract packed with natural molecules shown to support healthy inflammation, weight management, and even blood sugar balance, among other effects. In a 2021 study published in *Animals*, for example, researchers found a group of mice taking forskolin tended to gain less weight than a group of mice taking a control. All mice ate a high-fat diet, but mice in the forskolin group gained significantly less weight. Plus, those mice had better control over blood sugar levels.

Chromium is another science-backed ingredient in Sugar Defender, and studies show chromium can help with blood sugar control, appetite control, and general anti-diabetic effects. In a 2004 study, for example, researchers found chromium enhanced the activity of

insulin, which could make it one of the most valuable supplements for diabetics to take. Studies also show diabetics tend to have lower chromium levels than non-diabetics, which is why some doctors tell diabetics to take a chromium supplement.

African mango extract has surged in popularity in the weight loss community over the last decade. Today, many people take African mango extract in supplement form to support weight management and healthy blood sugar. Studies have validated these effects, with one recent meta-analysis finding that African mango extract led to a significant improvement in waist circumference and overall body weight compared to a placebo.

Finally, **gymnema sylvestre** is a popular supplement for diabetics to take. Like chromium, Gymnema sylvestre has been linked to significant anti-diabetic effects in multiple studies, and a growing number of diabetics take the plant extract daily. In a 2010 study, researchers found daily supplementation of 500mg of gymnema sylvestre for three months led to an improvement in fasting blood glucose and post-prandial blood glucose while also lowering cholesterol, which could make the plant extract valuable for diabetics to take.

Overall, Sugar Defender cannot replace doctor-prescribed diabetes medication or a healthy diet and exercise routine. However, the ingredients in the formula have been shown to promote healthy blood sugar and help with other symptoms. By pairing Sugar Defender with doctor-recommended diabetes treatments, you could promote various effects.

[Place your order today by clicking here before stock runs out! >>>](#)

Sugar Defender Reviews: Does Sugar Defender Really Work?

The official SugarDefender24.com website has reviews from thousands of verified purchasers – including people who struggled with their blood sugar for years before finding lasting relief with the supplement.

Here are some of the experiences shared by verified purchasers:

One man claims his “blood sugar is stable” after taking Sugar Defender, claiming he’s “very happy with the results” overall. He initially looked up the ingredients within the formula and purchased them separately, but he found it more convenient and affordable to purchase Sugar Defender as an all-in-one formula.

Some customers have left positive reviews for Sugar Defender after being disappointed by competing blood sugar support supplements. One customer claims to have taken a more expensive blood sugar supplement “for several years” before she found lasting relief with Sugar Defender, for example.

There are zero complaints of side effects found on the official website. The makers of Sugar Defender claim to have sold thousands of bottles with zero reported side effects to date.

Most customers have good things to say about shipping, pricing, customer service, and overall response times.

Most customers find Sugar Defender works as advertised to help with energy, blood sugar, and overall health.

According to the manufacturer, “most” customers experience results within just one week of using Sugar Defender for the first time.

Overall, Sugar Defender has strong reviews online from customers of all different backgrounds who have experienced significant results soon after taking the formula.

[Act quickly to secure the limited-time discounted price today!](#)

How Much Does Sugar Defender Cost?

Sugar Defender costs as little as \$49 per bottle, depending on the number of bottles you order. Plus, qualifying purchases come with free bonus eBooks and free shipping.

The screenshot displays three pricing options for Sugar Defender, each with a corresponding image of the product bottles and a yellow 'ADD TO CART' button.

Try One	Best Value	Most Popular
30 Day Supply	180 Day Supply	90 Day Supply
\$69 Per Bottle	\$49 Per Bottle	\$59 Per Bottle
YOU SAVE \$110	+ 2 FREE E-BOOKS	+ 2 FREE E-BOOKS
ADD TO CART	ADD TO CART	ADD TO CART
60 Day Money-Back Guarantee	60 Day Money-Back Guarantee	60 Day Money-Back Guarantee
TOTAL: \$69 + SHIPPING	TOTAL: \$294 + FREE US SHIPPING	TOTAL: \$177 + FREE US SHIPPING

Our customers say **4.98/5** ★★★★★ based on 2000+ reviews
[View Reviews](#) | [View FAQ's](#)

Here's how much Sugar Defender costs when ordering online today:

- **1 Bottle (30 Day Supply):** \$69 + Shipping
- **3 Bottles (90-Day Supply):** \$177 (\$59 Per Bottle) + Free Shipping + 2 Free Bonus eBooks
- **6 Bottles (180 Day Supply):** \$294 (\$49 Per Bottle) + Free Shipping + 2 Free Bonus eBooks

[Click Here to Get Sugar Defender At Discounted Price!!!](#)

Each bottle contains 30mL, or 30 drops, of Sugar Defender's liquid formula. You take one full drop (1mL) of Sugar Defender daily to promote healthy blood sugar.

The makers of Sugar Defender back all purchases with a 60-day moneyback guarantee. You have 60 days to request a refund if you're unhappy for any reason.

Get 2 Free Bonuses with Sugar Defender Today

As part of a 2024 promotion, all 3 and 6-bottle purchases of Sugar Defender come with two free bonuses. Both bonuses are designed to help diabetics manage their condition and promote healthy blood sugar.

Here are both bonuses bundled with Sugar Defender today:

Free Bonus eBook #1: The Ultimate Tea Remedies: Tea is one of the healthiest beverages on the planet. It's rich in antioxidants, and many people drink tea daily for energy, health, and general wellness. In this guide, you can discover some of the best tea-based remedies in the world – from weight loss aids to blood sugar-balancing beverages. Even if you don't like tea, you can prepare it in different ways to support health and wellness.

Free Bonus eBook #2: Learn How to Manage Diabetes: There are natural ways to manage diabetes. Before the creation of insulin, for example, diabetics would stay alive by maintaining a low-carb, low-sugar, high-fat, high-protein diet. Today, diabetics have multiple treatment options available, and many diabetics use multiple treatment options for overall health. In this guide, you can discover some of the most proven strategies for managing diabetes at home – including natural remedies, specific foods and beverages to take, and supplements to use.

[Order now and get bonuses that you won't find anywhere else!](#)

Who Makes Sugar Defender?

Sugar Defender is made in the United States in an FDA-registered facility that complies with good manufacturing practices (GMP) standards. The company manufactures Sugar Defender using a blend of ingredients sourced from domestic suppliers and overseas companies.

The makers of Sugar Defender partnered with a man named Tom Green to develop the formula. There's limited information about Tom online, but he used his expertise to create a blend of science-backed ingredients to promote healthy blood sugar.

Sugar Defender's customer service team is available by phone or email:

- **Email:** support@sugardefender.com
- **Phone:** +1 302-200-3480

Conclusion

Sugar Defender is a blood sugar support supplement sold online through SugarDefender24.com.

Featuring a blend of over a dozen natural ingredients, Sugar Defender aims to support healthy blood sugar, energy, and weight loss. Active ingredients include amino acids, forskolin, African mango extract, raspberry ketones, and maca.

[Buy Sugar Defender online today or learn more via the official website >>>](#)