

# GlycoPowder

## *Contains all 8 essential sugars*

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The recipe can be found on page 2. Clicking on the product links in the recipe will bring you to the webpage where you could read more information about the product and make a purchase.

Alternatively you may visit [GlycoPowder.com](http://GlycoPowder.com) to find discounted products for the recipe.

You could either buy loose powders and make your own capsules or buy them already in capsules to save some time. Either way, you will save money by making your own.

Red Marine Algae and Shark Cartilage contain the same sugars, but taking both will provide extra health benefits. If you want to keep it vegetarian... choose Red Marine Algae over Shark Cartilage.

Even though some of the powders in the recipe contain some of the same sugars as each other, it is the amount that makes a difference. Adding all of the powders from the recipe in equal amounts into your [GlycoPowder](#) will give you an ample amount of each sugar, the exception being Red Algae and Shark Cartilage as mentioned above.

**Extra Savings:** I tried to source products of the same weight and from the same website (to save money on shipping), so you will see that the majority of the products are 1 pound (bulk purchases save money) or 100 capsules and are from [Kalyx](#).

**Storage:** Most powdered products stored in a cool, dry, dark place (like a cupboard) are said to last several years. Each product will vary.

**Dosage:** People generally take 1 capsule of each of the powders, 1-3 times a day.

# Glyconutrient Recipe

*Click a Product Link Below To Purchase*

- [Aloe Powder](#) (1 pound) or [Aloe Capsules](#) (100 capsules) from [Kalyx](#) (contains mannose)
- [Fenugreek Powder](#) (1 pound) or [Fenugreek Capsules](#) (100 capsules) from [Kalyx](#) (contains mannose and galactose)
- [Red Marine Algae Capsules](#) aka Dumontiaceae (100 capsules) from [House Of Nutrition](#) (contains n-acetylgalactosamine)
- [Kelp Seaweed Granules](#) (1 pound) or [Kelp Seaweed Capsules](#) (100 capsules) from [Kalyx](#) (contains fucose, xylose, mannose, galactose and glucose)
- [Lecithin Granules](#) (1 pound) from [Kalyx](#) (enhances absorption of GlycoPowder)
- [Psyllium Husks](#) (1 pound) or [Psyllium Husks Capsules](#) (100 capsules) from [Kalyx](#) (contains xylose)
- [Shark Cartilage Capsules](#) (300 capsules) from [Kalyx](#) (contains n-acetylglucosamine and n-acetylgalactosamine)
- [Shiitake Mushroom Powder](#) (2.2 pounds) or [Shiitake Mushroom Capsules](#) (100 capsules) from [Kalyx](#) (contains n-acetylglucosamine and mannose)
- [Whey Powder](#) (1 pound) from [Kalyx](#) (contains n-acetylneuraminic acid)
- [Capsule Making Machine](#) (size 00) from [Kalyx](#) (to make your own capsules)
- [1000 Empty VegiCaps](#) (size 00) from [Kalyx](#) (to make your own capsules)