

Sugar Defender Value Judgment Review (2026 Update): Is This Supplement Actually Worth the Money for Blood Sugar Balance?

Updated: February 02, 2026, **Author:** Dr. Amanda Lee, MD, MPH, **Reviewer:** Board-Certified Physician

Maintaining healthy blood sugar levels has become a modern-day uphill battle. Between the hidden sugars in processed foods and the sedentary nature of modern work, our metabolic health is often under constant siege.

This has led to a massive surge in the popularity of glucose support formulas, but it has also created a marketplace flooded with hype.



In this **sugar defender supplement value judgment review**, we are stripping away the marketing fluff to see if this formula actually delivers on its promises. When you start looking into **sugar defender reviews**, you'll find a

polarizing landscape. Some users claim it's a life-changer for their daily energy, while others remain skeptical about its long-term efficacy. If you are asking, "**Is Sugar Defender a good blood sugar support supplement?**", the answer isn't a simple yes or no—it depends on your biological starting point, your diet, and your expectations.

This review is designed to be a transparent resource for those dealing with the frustrations of midday energy crashes, "brain fog," and the creeping concerns of insulin resistance or pre-diabetes.



Check Current Price And Stock Status

While no supplement is a "magic pill" that replaces the need for a healthy lifestyle, certain botanical blends have shown promise in supporting the body's natural ability to process glucose.

What Is a Sugar Defender? The Support Formula Explained

To understand the **Sugar Defender support formula**, one must first look at what it aims to solve. It is not marketed as a medication for diabetes, nor is it a replacement for insulin. Instead, it is positioned as a dietary supplement—a "defender" designed to help the body maintain its own equilibrium.

What Exactly Is It?

Sugar Defender is a liquid concentrated formula (often referred to as drops) designed for sublingual or water-mixed consumption. The logic behind a liquid formula is often centered on bioavailability—the idea that the body can absorb liquid extracts more efficiently than breaking down a compressed capsule.

It is categorized among the **best sugar defender supplements** because of its multi-faceted approach: it doesn't just target glucose; it also aims to support weight management and cognitive clarity.

Who Is It Designed For?

The formula is primarily crafted for adults who are noticing the early warning signs of metabolic slowing. This includes:

- People experiencing "sugar spikes" and subsequent "crashes" after meals.
- Individuals struggling with stubborn midsection weight that seems resistant to diet.
- Those who feel a persistent "fog" or fatigue throughout the afternoon.
- Adults over 30 who want to proactively support their pancreatic health and insulin sensitivity.

How Is It Supposed to Work?

The mechanism of the Sugar Defender formula is built on the concept of "metabolic synergy." Rather than using a single "hero" ingredient, it utilizes a blend of eight primary plant-based components. The goal is to address blood sugar from three different angles:

1. **Glucose Uptake:** Helping the cells more efficiently absorb sugar from the bloodstream to be used as fuel.
2. **Appetite Suppression:** Reducing the "sugar itch"—those intense cravings for carbohydrates that lead to overconsumption.
3. **Energy Optimization:** Stabilizing the flow of energy so you don't experience the jagged highs and lows associated with fluctuating glucose levels.

Many people ask, "**Is Sugar Defender a good blood sugar support supplement** for someone already on a strict diet?" The answer is that supplements like these are often most effective when used as a "force multiplier."

If your diet is already 80% of the way there, the botanical support in Sugar Defender is intended to bridge that final gap, making your body's natural processes run a bit more smoothly.



SUGAR DEFENDER

Trusted daily by
thousands of happy
customers

24/7
Support

4.9 ★★★★★

MONEY BACK
GUARANTEE
MONEY BACK

See Pricing And Available Options

The Delivery Method

Unlike many competitors that come in bulky pills, Sugar Defender's liquid dropper format allows for precise dosing. You can take a full dropper under your tongue before breakfast or dissolve it in a glass of water.

This ease of use is a significant factor in why it has gained such a following; it integrates into a morning routine much more naturally than a handful of capsules.

Ingredients Breakdown: How the Formula Works

The true value of any supplement lies in its "label transparency." To understand the **Sugar Defender benefits**, we have to look at the botanical synergy behind the curtain. Each ingredient in this formula was selected for

its historical use in traditional medicine and its emerging profile in modern nutritional science.

The Core Botanical Profile

- **Eleuthero (Siberian Ginseng):** Known as an adaptogen, Eleuthero helps the body manage stress. Since cortisol (the stress hormone) can cause blood sugar to spike, managing stress is a backdoor way to stabilize glucose. It's also a powerhouse for increasing energy and reducing fatigue.
- **Coleus Forskohlii:** Often found in weight management supplements, this plant helps in the breakdown of stored fats. In the context of Sugar Defender, it supports the metabolic rate, making it easier for the body to process nutrients.
- **Maca Root:** This Andean root is legendary for its ability to boost energy and mood. For many users, the "Sugar Defender benefits" they notice first aren't on a glucose monitor, but in their overall sense of vitality and drive.
- **African Mango:** A popular ingredient for fat burning, African Mango extract is included here to help with healthy cholesterol levels and to act as a natural appetite suppressant.
- **Guarana:** This provides a natural, slow-release form of energy. It stimulates the metabolism and helps with the mental focus that often vanishes when blood sugar is unstable.
- **Gymnema Sylvestre:** Known in Ayurvedic medicine as the "sugar destroyer," this is perhaps the most critical ingredient. It contains gymnemic acids that can actually block the sugar receptors on your tongue, making sugary foods taste less appealing, while also supporting healthy insulin function.
- **Ginseng:** Specifically included to support healthy blood glucose levels and improve the immune system.
- **Chromium:** A trace mineral that is essential for carbohydrate and lipid metabolism. Many people with blood sugar issues are actually deficient in Chromium, making its inclusion here vital for cellular health.

Manufacturing Standards

When evaluating **what are the benefits of King sugar defender** (as it is sometimes colloquially called), quality control is paramount. The formula is

produced in the United States in facilities that are FDA-registered and GMP (Good Manufacturing Practices) certified. This ensures that what is on the label is actually in the bottle, free from contaminants or unlisted stimulants. The formula is non-GMO and non-habit-forming, which is a major plus for those looking for long-term support.

In this second part of our comprehensive analysis, we shift from the "what" to the "how." We explore the scientific grounding of the formula, its specific impact on different demographics, and the unfiltered truth from users across major retail platforms.



SUGAR DEFENDER

Trusted daily by
thousands of happy
customers

24/7
Support

4.9 ★★★★★

MONEY BACK
GUARANTEE
MONEY BACK

[See Pricing And Available Options](#)

Does Blood Sugar Supplement Really Work?

The million-dollar question for anyone browsing the wellness aisle is: **Does blood sugar supplement really work?** When it comes to Sugar Defender, the answer requires a nuanced look at metabolic science.

Natural supplements do not function like synthetic pharmaceuticals; they don't force a biological change but rather provide the raw materials the body needs to perform its own regulatory functions more effectively.

Science vs. Marketing: How Effective is Sugar Defender?

To determine **how effective sugar is**, we look at the interaction between its ingredients and the human endocrine system. For instance, the inclusion of

Gymnema Sylvestre is backed by centuries of traditional use and modern studies suggesting it can reduce sugar absorption in the gut. Similarly, *Chromium* is a well-documented essential mineral that acts as a "key," helping insulin unlock cells to let glucose in.

However, expectations must be grounded in reality. If you are looking for **what is the best supplement to reduce sugar**, you must understand that these products are "lifestyle accelerators."

- **The 90-Day Window:** Clinical observations of botanical extracts suggest that blood sugar markers typically show the most significant stabilization after 60 to 90 days of consistent use.
- **The "Ceiling" Effect:** A supplement will not counteract a high-glycemic diet indefinitely. Its role is to dampen the spikes and support the "troughs," making it easier for you to stay within a healthy range.

For the average user, "working" usually looks like fewer 3:00 PM energy crashes, a noticeable reduction in the "need" for a sugary snack after dinner, and more stable readings on a glucose monitor over several months.

Sugar Defender Benefits for Different Groups

The beauty of a multi-ingredient formula like Sugar Defender is that it adapts to the unique physiological needs of the user. Metabolic health looks different at age 25 than it does at 65, and men and women process glucose through different hormonal lenses.

Sugar Defender for Women Over 50

For women entering or moving through the post-menopausal stage, metabolic health becomes a primary concern. Estrogen levels drop, which can lead to increased insulin resistance and the dreaded "menopause belly."

- **Hormonal Harmony:** The adaptogens in Sugar Defender, like Eleuthero, help manage the cortisol spikes that often plague women over 50.
- **Metabolic Spark:** Since the resting metabolic rate tends to slow down with age, the inclusion of *Coleus Forskohlii* helps provide a gentle

nudge to the fat-burning processes, supporting weight management during a decade when it feels most difficult.

Sugar Defender for Men

Men often approach blood sugar support from the perspective of performance and lean muscle maintenance.

- **Sustained Vitality:** Men using Sugar Defender often report that it helps eliminate the "brain fog" that can derail a workday. By stabilizing glucose, the brain receives a steady stream of fuel rather than erratic bursts.



Buy This Product At A Huge Discount

- **Recovery and Growth:** Stable insulin levels are anabolic, meaning they help the body transport amino acids to muscles.

Real Customer Reviews & Online Reputation

Transparency is our goal, and that means looking at what people are saying on the platforms where they actually spend their money. The **sugar defender reviews** online are a mix of high praise and cautious critiques.

Sugar Defender Reviews: Amazon

The **Sugar Defender Amazon** landscape is complex. You will find various sellers, and it is vital to check the "Sold By" section to ensure authenticity.

- **The Positive:** Verified purchasers often highlight the "dropper" format as a major win, noting it's easier than swallowing large capsules. Many reviews mention a "reduction in appetite" within the first two weeks.
- **The Negative:** Common complaints on Amazon often center on shipping delays or bottles arriving with damaged seals. Some users gave 1-star reviews because they "didn't lose 20 pounds in a week," which again points to a mismatch in expectations versus how natural supplements actually function.

Sugar Defender: Walmart Reviews

On the **Sugar Defender Walmart reviews** pages, the feedback tends to be more focused on value.

- **The Verdict:** Many Walmart shoppers appreciate the multi-pack discounts. Ratings here generally hover around 3.9 to 4.2 stars.
- **Key Feedback:** "I noticed my morning fasting numbers were 10-15 points lower after my second bottle," is a common sentiment among the top-rated helpful reviews.

Sugar Defender: Trustpilot & BBB

When searching for **Sugar Defender reviews Trustpilot** or **Sugar Defender Better Business Bureau reviews**, you see the broader "company" reputation.

- **Trustpilot Trends:** The company generally maintains a "Great" or "Average" rating. Most 5-star reviews focus on the customer support team's responsiveness regarding the money-back guarantee.
 - **BBB Insights:** Most issues reported to the BBB are not about the product's efficacy, but rather about "auto-ship" confusion or refund processing times. It is a reminder to always read the fine print on the official website before subscribing.
-

Is Sugar Defender a Scam or Legit?

With the rise of "miracle cures" on social media, it's natural to ask: **is sugar defender a scam?** or **is sugar defender legit?**

Based on our deep dive, the product is **legit**, but it is often the victim of "scammy" third-party marketing.



Check Availability On The Official Site

- **The "Scam" Element:** Unofficial resellers often create "fake celebrity endorsements" or "limited-time" countdown timers that are manufactured to create false urgency. These are marketing tactics used by affiliates, not necessarily the core brand, but they can make the product look suspicious.
- **The "Legit" Evidence:** Sugar Defender offers a **60-day money-back guarantee**, which is a hallmark of a legitimate company. They use third-party testing for purity and provide a full list of ingredients. A "scam" would hide its formula; Sugar Defender puts it front and center.

The "legitimacy" of the product is also bolstered by its manufacturing in FDA-registered facilities. While the FDA does not "approve" dietary

supplements, the fact that the facility is registered means they are subject to inspections and must follow strict safety protocols.

Sugar Defender vs. Alternatives

When searching for the **best sugar defender supplements**, you will likely encounter several competitors, most notably **Sugar Reverse Drops**. Choosing between them requires looking at the delivery method and the formula's breadth.

- **Sugar Defender vs. Sugar Reverse Drops:** While both use a liquid dropper format for high bioavailability, Sugar Defender stands out due to its 24-ingredient plant-based profile. **Sugar Reverse Drops reviews** often highlight a more targeted, narrower ingredient list. Sugar Defender is generally preferred by those looking for a "metabolic reset" that includes energy and mood support, whereas Sugar Reverse is often sought by those focused strictly on glucose numbers.
- **Capsule Alternatives:** Products like GlucoTrust or Berberine-heavy supplements offer a different experience. Capsules are convenient for travel but can take 30–60 minutes to break down in the digestive tract.
- Sugar Defender's sublingual (under the tongue) application allows for faster absorption, making it a favorite for those who dislike swallowing large pills.

The "value judgment" here comes down to your routine. If you want a fast-acting, comprehensive tonic, Sugar Defender holds the edge. If you prefer a "set it and forget it" pill, you might look elsewhere.

Safety, Medical Concerns & Guarantees

A common question is: **Is Sugar Defender a replacement for prescribed medication?** The answer is a firm **no**.

You should never discontinue insulin, Metformin, or any other doctor-prescribed treatment in favor of a supplement. Sugar Defender is a *support* tool, not a medical cure.

Safety and Side Effects

Most users tolerate the formula well because it is non-stimulant and uses natural extracts. However, potential side effects—though rare—can include:

- Mild digestive upset when first starting.
- A slight "herbal" aftertaste.
- Changes in appetite (which is often a desired effect).



Claim Exclusive Discounts Today

The 60-Day Promise

One of the strongest trust signals for this brand is that they **offer a 60-day money-back guarantee**. This is crucial because, as we discussed, botanical supplements often take 4–8 weeks to show their full effect.

If you don't see the results you expected within two months, the company provides a path to a full refund, which significantly lowers the "risk" for new buyers.

Pricing, Availability & How to Buy Sugar Defender

If you are ready to try the formula, knowing **how to buy Sugar Defender** safely is the most important step in avoiding the "scams" mentioned earlier.

- **The Official Website is King:** To ensure you receive the genuine 24-ingredient formula and the 60-day guarantee, you should only purchase from the official store.
- **Global Availability:** For those searching for the **Sugar Defender UK official website** or looking to ship to Canada or Australia, the official US site typically handles international orders with localized shipping rates.
- **2026 Pricing Tiers:**
 - **1 Bottle (30-day supply):** Best for a "trial run."
 - **3 Bottles (90-day supply):** The most popular choice, as it aligns with the time needed for a metabolic shift. (Usually includes free shipping and bonus e-books).
 - **6 Bottles (180-day supply):** Offers the lowest price per bottle for long-term users.

Purchase Directly From The Manufacturer

Avoid buying from unverified third-party sellers on eBay or unauthorized Amazon listings, as these are the primary sources of counterfeit or expired "Sugar Defender" bottles.

FAQ Section

What is the drink that significantly lowers blood sugar?

While no single "miracle drink" can instantly cure high glucose, **water** is the most effective beverage for lowering blood sugar because it helps the kidneys flush out excess glucose.

Unsweetened Green Tea and **Black Coffee** (in moderation) have also been shown to improve insulin sensitivity over time. Sugar Defender acts as a concentrated "booster" to these healthy hydration habits.

Is Sugar Defender safe long-term?

Yes, the formula is designed for daily, long-term use. It contains no addictive stimulants or synthetic chemicals.

Most health experts recommend taking a "break" for one week every six months to let the body's receptors reset, though this is a general supplement tip rather than a specific requirement.

**Every 6 Bottles Order
Gets FREE Shipping Too!**

*96% Of Customers Order 6 Bottles (Our Recommended Option)

60-Day Money Back Guarantee 100% Satisfaction Guaranteed

ORDER NOW



Get The Lowest Price Here

Who should not take Sugar Defender?

Pregnant or nursing mothers, individuals under 18, and those with pre-existing medical conditions (especially liver or kidney issues) should consult a physician first.

If you are on blood-thinning medication, the Ginseng and Eleuthero in the formula require a doctor's oversight.

How long does it take to see results?

Most users report feeling a change in **energy levels and hunger** within the first 7 to 14 days. However, the more significant impact on blood sugar readings typically takes **60 to 90 days** of consistent daily use.

Final Verdict

So, **is Sugar Defender a good blood sugar support supplement?** Based on the ingredient profile, the manufacturing standards, and the balance of real-world feedback, it is a top-tier contender in the glucose support market. It excels at managing the "lifestyle" side of blood sugar—reducing cravings and stabilizing the midday energy crashes that lead to poor food choices.

If you are looking for a natural partner to your diet and exercise routine, Sugar Defender offers a low-risk, high-quality option. Just remember: it is a "defender" of your health, but you are still the captain.

For Related Product Reviews:

https://www.healthfoodforliving.com/food-nutrition/is-thai-green-curry-healthy/	https://www.healthfoodforliving.com/is-honey-heart-healthy/	https://www.healthfoodforliving.com/lifestyle/salicylic-acid-is-good-for-the-skin/	https://www.healthfoodforliving.com/lifestyle/weight-loss/is-pasta-bad-for-weight-loss/
https://www.healthfoodforliving.com/health/is-tilapia-healthy/	https://www.healthfoodforliving.com/is-keto-a-healthy-diet/	https://www.healthfoodforliving.com/does-gatorade-hydrate/	https://www.healthfoodforliving.com/is-raw-fish-healthy/
https://www.healthfoodforliving.com/health/does-ranch-dressing-have-carbs/	https://www.healthfoodforliving.com/are-oranges-acidic/	https://www.healthfoodforliving.com/food-nutrition/is-ceviche-healthy/	https://www.healthfoodforliving.com/homemade-noodles-and-company-mac-and-cheese-recipe/
https://www.healthfoodforliving.com/food-nutrition/are-radishes-healthy/	https://www.healthfoodforliving.com/food-nutrition/is-oat-flour-gluten-free/	https://www.healthfoodforliving.com/is-passing-gas-healthy/	https://www.healthfoodforliving.com/food-nutrition/is-black-chocolate-healthy/
https://www.healthfoodforliving.com/functional-food/is-honey-heart-healthy/	https://www.healthfoodforliving.com/is-peanut-butter-low-in-carbs/	https://www.healthfoodforliving.com/recipes/main/lefter-beef-tenderloin/	https://www.healthfoodforliving.com/food-nutrition/is-canola-oil-healthy/

t-healthy/			rloin-recipes/	y/
https://www.healthfoodforliving.com/foods-that-burn-belly-fat-fast/	https://www.healthfoodforliving.com/is-colby-jack-cheese-healthy/		https://www.healthfoodforliving.com/food-nutrition/does-ranch-have-gluten/	https://www.healthfoodforliving.com/what-cheese-does-chipotle-use/
https://www.healthfoodforliving.com/food-nutrition/are-scallops-healthy/	https://www.healthfoodforliving.com/archives/4930		https://www.healthfoodforliving.com/do-pickles-have-calories/	https://www.healthfoodforliving.com/is-ginger-good-for-acid-reflux/
https://www.healthfoodforliving.com/food-nutrition/is-butter-bad-for-cholesterol/	https://www.healthfoodforliving.com/is-purple-rice-healthy/		https://www.healthfoodforliving.com/health/does-prime-have-caffeine/	https://www.healthfoodforliving.com/uncategorized/is-almond-flour-healthy-almond-flour-benefits-pros-and-cons/
https://www.healthfoodforliving.com/is-cheese-bad-for-cholesterol/	https://www.healthfoodforliving.com/food-nutrition/are-blueberries-healthy/		https://www.healthfoodforliving.com/food-nutrition/is-sushi-good-for-cholesterol/	https://www.healthfoodforliving.com/food-nutrition/is-potato-a-healthy-food/
https://www.healthfoodforliving.com/food-nutrition/are-dumplings-healthy/	https://www.healthfoodforliving.com/is-broccoli-man-made/		https://www.healthfoodforliving.com/how-many-calories-are-in-a-steak/	https://www.healthfoodforliving.com/is-cornmeal-gluten-free/
https://www.healthfoodforliving.com/food-nutrition/is-nesquik-healthy/	https://www.healthfoodforliving.com/is-shrimp-healthy/		https://www.healthfoodforliving.com/food-nutrition/is-stevia-healthy/	https://www.healthfoodforliving.com/is-canola-oil-healthy/
https://www.healthfoodforliving.com/health/is-turmeric-good-for-inflammation/	https://www.healthfoodforliving.com/food-nutrition/does-eating-breakfast-boost-metabolism-heres-why/		https://www.healthfoodforliving.com/is-ramen-healthy/	https://www.healthfoodforliving.com/is-mac-and-cheese-healthy/

	hat-science-says/			
https://www.healthfoodforliving.com/food-nutrition/is-jollof-rice-healthy/	https://www.healthfoodforliving.com/is-oatmeal-healthy/	https://www.healthfoodforliving.com/is-mayonnaise-healthy/	https://www.healthfoodforliving.com/recipes/beverages/does-sprite-contain-aspartame/	
https://www.healthfoodforliving.com/is-mcdonalds-breakfast-healthy/	https://www.healthfoodforliving.com/does-verbamate-have-caffeine/	https://www.healthfoodforliving.com/is-sherbert-healthier-than-ice-cream/	https://www.healthfoodforliving.com/health/does-dark-chocolate-have-caffeine/	
https://www.healthfoodforliving.com/is-chicken-and-rice-healthy/	https://www.healthfoodforliving.com/are-black-beans-good-for-diabetics/	https://www.healthfoodforliving.com/food-nutrition/is-hellmans-mayon-gluten-free/	https://www.healthfoodforliving.com/is-banana-and-peanut-butter-healthy/	
https://www.healthfoodforliving.com/health/is-black-beans-good-for-diabetics/	https://www.healthfoodforliving.com/recipes/dessert/pioneer-woman-recipe-for-carrot-cake/	https://www.healthfoodforliving.com/does-watermelon-have-a-lot-of-sugar/	https://www.healthfoodforliving.com/what-does-soy-taste-like/	
https://www.healthfoodforliving.com/lifestyle/is-rose-water-good-for-your-skin/	https://www.healthfoodforliving.com/food-nutrition/is-lavash-healthy/	https://www.healthfoodforliving.com/food-nutrition/what-are-tapioca-pearls-made-of/	https://www.healthfoodforliving.com/lifestyle/weight-loss/is-granola-good-for-weight-loss-tips-benefits-and-recipes/	
https://www.healthfoodforliving.com/does-milk-help-heartburn/	https://www.healthfoodforliving.com/health/is-hyaluronic-acid-good-for-your-skin/	https://www.healthfoodforliving.com/food-nutrition/is-miso-soup-healthy/	https://www.healthfoodforliving.com/is-almond-milk-good-for-weight-loss/	
https://www.healthfoodforliving.com/are-honey-nut-cheerios-healthy/	https://www.healthfoodforliving.com/food-nutrition/are-lamb-chops-healthy/	https://www.healthfoodforliving.com/are-ritz-crackers-healthy/	https://www.healthfoodforliving.com/food-nutrition/is-thai-food-healthy/	

https://www.healthfoodforliving.com/health/is-whey-protein-healthy/		https://www.healthfoodforliving.com/is-beef-tallow-healthy/		https://www.healthfoodforliving.com/food-nutrition/is-feta-cheese-healthy/		https://www.healthfoodforliving.com/is-coffee-good-for-liver-health/
https://www.healthfoodforliving.com/can-stress-cause-acid-reflux/		https://www.healthfoodforliving.com/is-chili-healthy/		https://www.healthfoodforliving.com/are-carrots-healthy/		https://www.healthfoodforliving.com/is-keto-bread-healthy/
https://www.healthfoodforliving.com/food-nutrition/is-sunflower-oil-healthy/		https://www.healthfoodforliving.com/is-stevia-healthy/		https://www.healthfoodforliving.com/is-apple-cider-vinegar-good-for-you/		https://www.healthfoodforliving.com/koeksisters-recipe/
https://www.healthfoodforliving.com/is-milk-good-for-diabetics-best-milk-options-for-diabetes/		https://www.healthfoodforliving.com/food-nutrition/is-a-high-fiber-diet-good-for-weight-loss/		https://www.healthfoodforliving.com/does-dr-pepper-zero-contain-sugar/		https://www.healthfoodforliving.com/lima-bean-soup-recipe/
https://www.healthfoodforliving.com/is-spaghetti-healthy-for-diabetics/		https://www.healthfoodforliving.com/food-nutrition/is-kefir-milk-healthy/		https://www.healthfoodforliving.com/are-spaghettios-healthy/		https://www.healthfoodforliving.com/recipes/salad/chinese-spinach-recipe/
https://www.healthfoodforliving.com/best-slow-cooker-london-broil-recipe/		https://www.healthfoodforliving.com/food-nutrition/is-waba-grill-healthy/		https://www.healthfoodforliving.com/food-nutrition/is-lemonade-healthy/		https://www.healthfoodforliving.com/health/is-kombucha-good-for-digestion/