

- 11. The nutritional supplement of claim 1, wherein the fat source is a fish oil.
- 12. The nutritional supplement of claim 1, wherein the fat source is a combination of fish oil and a nonatherogenic oil.
- 13. The nutritional supplement of claim 12, wherein the fish oil is from menhaden or sardines and the nonatherogenic oil is a vegetable oil.
- 14. The nutritional supplement of claim 10, wherein the vegetable oil comprises at least one vegetable oil selected from the group consisting of canola, olive, soy, safflower, sunflower, corn and combination thereof.
- 15. The nutritional supplement of claim 1, wherein the source of sterol or stanol is a plant.
- 16. The nutritional supplement of claim 15, wherein the sterol and/or stanol is contained in a lecithin micelle.
- 17. The nutritional supplement of claim 1, wherein the sterol and/or stanol is in the form of an ester.
- 18. The nutritional supplement of claim 17, wherein the sterol and/or stanol ester is contained in a lecithin micelle.
- 19. The nutritional supplement of claim 1, wherein the source of chromium is in the picolinate form.
- 20. The nutritional supplement of claim 1, wherein the source of chromium is in the chloride form.
- 21. The nutritional supplement of claim 1, wherein the source of salicylic acid is from willow bark.
- 22. The nutritional supplement of claim 1, wherein the source of salicylic acid is acetylsalicylic acid.
- 23. The nutritional supplement of claim 1, wherein the ingredients are separately assembled.
- 24. The nutritional supplement of claim 1, further comprising from about 1 to about 80 grams glutamine; from about 100 mg to about 20 grams source of N-acetylcysteine, and from about 0.5 to about 25 grams whey protein.
- 25. A nutritional supplement comprising, about 10 to about 15 g powder comprising from about 1 to about 25 grams carbohydrate, from about 0.5 to about 11 grams psyllium, konjac mannan, fructose and barley; from about 1 to about 10 grams protein, from about 1 to about 10 grams fat, from about 0.5 to about 4 grams plant sterol, from about 1 to about 2000 micrograms chromium, from about 1 to about 325 milligrams salicylic acid, and from about 1 mg to about 5 grams ginseng.
- 26. A nutritional supplement comprising, about 10 to about 15 g powder comprising from about 2 to about 10 grams carbohydrate, from about 1 to about 5 grams protein, from about 1 to about 5 grams fat, from about 0.5 to about 2.0 grams plant sterol, from about 50 to about 1000 micrograms chromium, from about 20 to about 80 milligrams salicylic acid, and from about 100 mg to about 200 grams ginseng.
- 27. The nutritional supplement of claim 26, wherein the carbohydrate comprises from about 0.5 to about 5 grams psyllium, konjac mannan, fructose, barley flakes or combinations thereof.
- 28. The nutritional supplement of claim 26, wherein the fat contains omega-3 fatty acids.
- 29. The nutritional supplement of claim 28, wherein the fat is comprised of 10% to about 80% omega-3 fatty acids.
- 30. A food or beverage comprising the nutritional supplement of claim 1.

- 31. A pharmaceutical composition comprising the nutritional supplement of claim 1.
- 32. A method of providing an individual with nutritional supplementation that aids in the management of blood glucose levels, comprising administering to an individual in need thereof the nutritional supplement of claim 1, in an amount sufficient to manage blood glucose levels.
- 33. A method of providing an individual with nutritional supplementation that aids in the management of blood lipid levels, comprising administering to an individual in need thereof the nutritional supplement of claim 1, in an amount sufficient to manage blood lipid levels.
- 34. A method of decreasing the risk of developing microvascular complications associated with type 2 diabetes or lipodystrophy, comprising the administration of the supplement of claim 1, in an amount sufficient to decrease the risk of developing microvascular complications.
- 35. A method of decreasing the risk of developing macrovascular complications associated with type 2 diabetes or lipodystrophy, comprising the administration of the supplement of claim 1, in an amount sufficient to decrease the risk of developing macrovascular complications.
- 36. A method for managing platelet adherence, comprising administering to an individual in need thereof the nutritional supplement of claim 1.
- 37. A kit comprising:
 - a) one or more ingredients comprising the nutritional supplement of claim 1 provided in a capsule or tablet; and
 - b) the remaining ingredients of the nutritional supplement provided as a powder or nutritional bar.
- 38. A nutritional supplement comprising from about 1 to about 25 grams carbohydrate, including from about 0.5 to about 11 grams psyllium, from about 0.5 to about 11 grams konjac mannan, from about 0.5 to about 11 grams fructose and from about 0.5 to about 11 grams barley; from about 1 to about 10 grams protein, from about 1 to about 10 grams fat, from about 0.5 to about 4 grams plant sterol, from about 1 to about 2000 micrograms chromium, from about 1 to about 325 milligrams salicylic acid, and from about 1 mg to about 5 grams ginseng.
- 39. A nutritional supplement comprising from about 2 to about 10 grams carbohydrate, from about 1 to about 5 grams protein, from about 1 to about 5 grams fat, from about 0.5 to about 2.0 grams plant sterol, from about 50 to about 1000 micrograms chromium, from about 20 to about 80 milligrams salicylic acid, and from about 100 mg to about 200 grams ginseng.
- 40. The nutritional supplement of claim 39, wherein the carbohydrate comprises from about 0.5 to about 5 grams psyllium, konjac mannan, fructose, barley flakes or combinations thereof.
- 41. The nutritional supplement of claim 39, wherein the fat contains omega-3 fatty acids.
- 42. The nutritional supplement of claim 41, wherein the fat is comprised of 10% to about 80% omega-3 fatty acids.

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