

# A CLEANER OPTION FOR THE GLUCOSE TEST

A natural swap for mamas who want to skip the dye-filled drink

## When Is the Glucose Test Done?

Most providers recommend glucose testing between 24–28 weeks of pregnancy to check for gestational diabetes. If you're nearing that window, you've likely been given (or will be given) options soon.



If you're approaching your glucose screening and want something cleaner than the bright orange drink—there are options. When my midwife gave me choices, I looked into everything from juice to candy to The Fresh Test. In the end, I chose juice because it was the fastest and easiest option to bring with me that day—but I love that The Fresh Test exists as a cleaner, pre-measured alternative and will be using it for any future pregnancies.

## What Is The Fresh Test?



The Fresh Test is a 50-gram glucose powder made with just three organic ingredients: glucose, lemon, and mint. It's non-GMO, gluten-free, and free from dyes and additives, unlike the typical glucose drink that's often loaded with artificial colors and preservatives<sup>1</sup>. Just mix it with water and drink it 30 minutes before your blood draw—same test, but without the junk.

## Fasting First Can Help

Something else to consider: fast overnight and schedule your test first thing in the morning. I've found that eating and testing later in the day can give you a skewed result—so testing after fasting felt like a fairer snapshot of how my body handled glucose.



Disclosure: As an Amazon Associate, I earn from qualifying purchases.



# A CLEANER OPTION FOR THE GLUCOSE TEST

## Natural Options I Was Offered



My midwife let me choose between:

- The Fresh Test
- Juice (like grape or orange<sup>2</sup>)
- Even Twizzlers!

Every provider is different, but many have heard of The Fresh Test by now. Don't hesitate to ask what options you have. You deserve to feel good about what goes into your body during pregnancy.

## Want to Try It?

You can grab it here:

👉 [The Fresh Test – 50g Mint Lemonade](#)

It's pre-measured, dye-free, and made with just 3 simple organic ingredients. A great option if you want something easy and cleaner.



Disclaimer:

This resource is for educational purposes only and is not intended as medical advice. Always check with your provider before substituting the standard glucose drink, modifying your test prep, or choosing an alternative testing method.

 Sources:

1. Centers for Disease Control and Prevention. (2022). What to know about gestational diabetes. <https://www.cdc.gov/diabetes/basics/gestational.html>
2. American College of Obstetricians and Gynecologists. (2021). Screening and diagnosis of gestational diabetes mellitus: Practice Bulletin No. 190. <https://www.acog.org/>

Disclosure: As an Amazon Associate, I earn from qualifying purchases.

[nurture-nook.com](https://nurture-nook.com)



# A CLEANER OPTION FOR THE GLUCOSE TEST

LOOKING FOR MORE?

You can check out all of my  
favorite pregnancy picks here:

[pregnancy essentials](#)

And all of my Earthley favorites for  
pregnancy here:

[nurture-nook.com/earthley](https://nurture-nook.com/earthley)

Looking for more real-life tips,  
natural products, and gentle  
support for motherhood and home?  
I'd love to share what's helped me  
most:



[nurture-nook.com](https://nurture-nook.com)

Disclosure: As an Amazon Associate, I earn from qualifying purchases. I'm also an Earthley affiliate and earn commissions on some links shared in this guide—at no extra cost to you

[nurture-nook.com](https://nurture-nook.com)