Here’s the type of lead magnet I would cook up:

“The Ultimate Morning Routine For Diabetics Under 35: Stabilize Blood Sugar Naturally (Takes 15 Minutes)”

Here’s the way I would present it on social media (just an example for illustration purposes... with a market like this... Obviously need to put your copy through the compliance/legal test to ensure you’re not making any wild claims):

“I tested the most popular morning routines on the internet while reversing my blood sugar issues — and found what actually works.

Now I’ve packaged the exact 15-minute protocol I use every morning into a simple routine:

“The Ultimate Morning Routine For Diabetics Under 35”

– Stabilizes blood sugar naturally

– No meds or expensive supplements

– No restrictive dieting

– Designed for real people with busy lives

Want the free morning routine?

DM me “ULTIMATE” and I’ll send it to you right now.”

In addition to this...

I would also update my bio with something like:

“ Prediabetic under 35? Fix your blood sugar naturally. DM ULTIMATE for the free morning routine I use daily.”

(The key thing with this is you just want to call out your target and their problem and offer the mini magnet as the solution.)

Create a pinned post mentioning the mini-magnet:

HEADLINE:

The Morning Routine That Reversed My Blood Sugar Issues (15 Minutes/Day)

BODY COPY:

No meds. No crazy diets.

Just a dead-simple protocol I follow every morning to:

Flatten my glucose curve

Avoid 2PM crashes

Stay focused & energized all day

Bring my A1C from 6.1 → 5.5 in 6 weeks

If you’re under 35 and diabetic or prediabetic...

This 15-minute routine may just change everything.

DM me “ULTIMATE” and I’ll send you the free routine.

Mention the mini-magnet every 10 days or so:

Struggling with blood sugar crashes, brain fog, or cravings?

I created a free guide that walks you through the exact 15-minute morning routine I use to stabilize glucose without meds or strict diets.

DM me ULTIMATE and I’ll send it your way.

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By doing the above, you’re actively taking all the attention you’re generating with your front end content (using proven content types x content topics that your niche is interested in) and converting it into leads.

Even more, you’re doing good by your target audience (most important) by helping them solve a problem and experience a mini-win FOR FREE!

My note:

I’ll write an app to give away it as a lead magnet.

I’ll create a private group dedicated to this lead magnet.

I’ll create and publish a post on that group about this Lead Magnet with its download url and pin that post in that Group.

In the answer of that DM – I’ll ask them to join my group and download from there.