

# GLYCEMIC HEALTH

Supports Healthy  
Blood Sugar Metabolism\*



## ALCOHOL-FREE CONCENTRATED EXTRACTS OF:

FORMULA	MG PER 2 CAPSULES
Gymnema leaf ( <i>Gymnema sylvestre</i> )	50 mg†
Turmeric root ( <i>Curcuma longa</i> )	50 mg†
Cinnamon bark, Supercritical CO <sub>2</sub> Extract ( <i>Cinnamomum burmanii</i> )	50 mg†
Fennugreek ( <i>Trigonella foenum-graecum</i> )	50 mg†
Blueberry leaf ( <i>Vaccinium spp.</i> )	30 mg†
Bitter Melon ( <i>Momordica charantia</i> )	25 mg†
Jambul seed ( <i>Syzygium cumini</i> )	25 mg†
Indian Ginger ( <i>Alpena officinalis</i> )	20 mg†

## STANDARDIZED TO FULL SPECTRUM ACTIVITY PROFILE BIOACTIVITY PER 2 CAPSULES

	MG ACTIVITY
Chlorogenic Acids (from Blueberry leaf)	6 mg†
Cinnamaldehydes (from Cinnamon bark)	33.75 mg†

## DESCRIPTION OF FORMULA

The herbs found in Glycemic Health have been studied and show favorable results for their efficacy in promoting healthy blood sugar levels that are within a normal range and protecting cells from oxidative damage.\*

Maintaining a healthy blood sugar level is critical to promoting optimal health. Healthy blood sugar is associated with healthy vision, heart/circulation, kidneys and nervous system.\*

The herbs found in Glycemic Health offer potent antioxidant actions and healthy blood sugar within a normal range, balancing actions that together serve to support a healthy liver and pancreas and promote the healthy functioning of insulin and other glucose-regulating factors in the body.\*

Turmeric Root offers potent antioxidant protection to maintain cellular health in organs associated with glucose regulation. Turmeric contains sesquiterpenes and diarylheptanoids including curcumin, that function together to neutralize reactive oxygen species and support healthy sugar metabolism. This herb also enhances the proper breakdown of dietary fats.\*

Bitter Melon is a popular Southeast Asian ingredient used to encourage healthy blood sugar metabolism. This light green, pointed cucumber is unique in that it contains a polypeptide compound similar in structure to insulin, known as "p-insulin," or "plant-insulin." This compound is likely responsible for its unique actions in supporting glycemic health. Bitter melon also contains constituents (including flavonoids) that offer the added benefits of supporting healthy cholesterol levels within a normal range and maintaining immune system function.\* Gymnema Leaf contains a blood-normalizing constituent called gymnemic acid. Gymnema supports healthy blood glucose, cholesterol and triglyceride levels within a normal range. The

## DOSAGE

2 Liquid Phyto-Caps 2 times daily.

## DURATION OF USE

3-4 months

## BEST TAKEN

After meals, with a small amount of warm water.

gymnemic acids found in this herb reduce the intestinal absorption of glucose, slowing its release into the blood stream, thereby maintaining healthy glucose and insulin levels. This herb can also stimulate the healthy secretion of insulin and aid in the growth of pancreatic B cells (the cells that secrete insulin).\*

Jambul Seed promotes optimal antioxidant status in the pancreas and liver, two important blood glucose regulating organs that are susceptible to oxidative stress. Jambul seed also encourages healthy cholesterol and glucose levels within a normal range in the blood.\*

Cinnamon Bark is a culinary spice that maintains blood sugar balancing effects. Cinnamon contains the constituent, cinnamaldehyde, found in the volatile oil fraction of the plant. Cinnamaldehyde has potent antioxidant actions, protecting cells from oxidative damage. Cinnamon bark also contains polyphenolic polymers that support healthy blood glucose balance.\*

Fennugreek seeds contains complex carbohydrates, fiber and protein. Rich in the amino acid, 4-hydroxyisoleucine, fennugreek seeds support healthy blood glucose levels by encouraging healthy insulin secretion by the pancreas. Fennugreek seeds work together with the Gymnema leaf in this formula to support healthy release of glucose into the blood stream, further supporting its glucose balancing actions. Fennugreek seeds also support healthy cholesterol and triglyceride levels, and offer antioxidant protection.\*

Blueberry Leaf maintains normal blood glucose levels within a normal range by slowing down the absorption of glucose from food, reducing the amount of glucose produced by the liver and enhancing the metabolism of glucose. Important phenolic

compounds found in blueberry leaf, such as chlorogenic acid and caffeic acids, work together to support healthy dietary glucose absorption, encourage the healthy metabolism of glucose and production of glucose in the liver. Chlorogenic acid acts directly on the enzyme glucose-6-phosphatase (G6P) in the liver, which plays a major role in maintaining healthy blood glucose balance, while caffeic acids and chlorogenic acid function to support the healthy release of dietary glucose into the blood. Blueberry leaf also helps to support the healthy metabolism of fat, an action that further supports the maintenance of normal blood glucose levels.\*

Indian Ginger may enhance the overall actions and bioavailability of the herbs found in the Glycemic Health formula.\*

### **SAFETY EVALUATION/CONTRAINDICATIONS**

Before using this product, talk with your healthcare professional if you suffer from a medical condition. Please visit [www.gaiaherbs.com](http://www.gaiaherbs.com) to obtain information regarding potential contraindications and/or side effects that may be associated with herbs found in this formula.\*

### **KNOWN DRUG INTERACTIONS**

Before using this product, talk with your healthcare professional if you take any medications. Please visit [www.gaiaherbs.com](http://www.gaiaherbs.com) to obtain information regarding any possible drug interactions that may be associated with herbs found in this formula.\*

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\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

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