

# Diabetes Balance

*Herbal, Vitamin, and Mineral Product to Support Healthy Blood Sugar Metabolism*



## DESCRIPTION

Diabetes Balance is a complete product that addresses blood sugar function and promotes healthy balance and regulation.

## FUNCTIONS

Diabetes Balance provides a balanced formulation of herbs, vitamins, and minerals which have been shown to have a positive impact on supporting healthy blood sugar metabolism. Included in this formulation are:

- Gymnema Sylvestre which is standardized for gymnemic acid content and has been shown to enhance pancreatic beta cell activity and reproduction. The result is improved endogenous insulin output.
- Vanadium (Vanadyl sulfate) is a salt that has demonstrated insulin-like effects on glucose metabolism. Vanadium appears to enhance insulin receptors at tissue receptor sites. Vanadium improves insulin sensitivity in NIDDM patients.
- Chromium has been shown to enhance glucose metabolism and transport, and insulin responsiveness in skeletal muscle and fat cells. Beneficial effects have also been noted on the serum lipids, cholesterol, triglycerides, HDL cholesterol, and LDL cholesterol.
- Alpha R-Lipoic Acid improves insulin resistance in NIDDM patients. Alpha Lipoic Acid favorably influences the glucose transport proteins GLUT1 and GLUT4, thereby nutritionally supporting uptake and utilization.
- Biotin is a B vitamin shown to have insulin-like effects and enhances glucose uptake at the insulin receptor site.
- Fenugreek Seed and Momordica (Charantin) are natural herbal concentrates that have demonstrated improved glucose tolerance and improved glycemic control. Both herbs have been shown to reduce elevated serum glucose levels.
- Inositol acts as an activator of adenosine triphosphate (ATP) energy mechanisms. It is reported to aid in glycogen utilization, fat metabolism (lipotropic effect), and oxidative phosphorylation. These actions benefit diabetics through enhanced glucose utilization, fat metabolism, and improved energy production through efficient ATP production.
- Quercetin and Rutin are flavonoids that have been shown to act as antioxidants that protect lipids from oxidation (lipid peroxidation). They also quench the peroxide free radical. Mast cell stabilization and reduction of release of inflammatory mediators are also benefits of Quercetin and Rutin.
- Bilberry Extract, with its anthocyanidin pigments, has been shown to protect delicate optic structures. Vaccinium extracts can help lower the risk of developing diabetic retinopathy and cataracts.
- Cinnamon Extract has been shown in many studies to have positive effects on blood glucose and lipid levels in patients with insulin insensitivity. Cinnamon appears to slow the rate the stomach empties after carbohydrate-rich meals, leading to a reduction in blood sugar spikes. Cinnamon may also improve cellular insulin response. In addition, cinnamaldehyde, another component of cinnamon extract, has been documented as having anti-clotting activity.
- Corsolic Acid is a substance extracted from the banaba leaf. Corsolic acid is known as an insulin-like principle because of its ability to assist in blood sugar regulation. It is believed that corsolic acid's positive effects on blood sugar are via facilitation of GLUT-4 translocation.

## INDICATIONS

Diabetes Balance may be a useful dietary adjunct for individuals wishing to improve blood sugar metabolism.

**Formula on following page**

## DIABETES BALANCE

### FORMULA (WW #10293)

#### 3 Capsules Contain:

Biotin.....	13,600 mcg
Chromium (polynicotinate).....	1,000 mcg
Fenugreek seed extract 4:1.....	300 mg
Gymnema leaf extract.....	300 mg
Quercetin.....	200 mg
Bitter melon fruit extract 4:1.....	150 mg
Cinnamon bark extract 10:1.....	100 mg
Inositol.....	60 mg
R-alpha lipoic acid.....	50 mg
Rutin.....	50 mg
Bilberry fruit extract.....	25 mg
Vanadium (vanadyl sulfate).....	25 mg
Banaba leaf extract.....	24 mg

Other ingredients: Hypromellose, rice flour, silica

### SUGGESTED USE

Adults take 3 (3) capsules two (2) times per day or as directed by a healthcare professional.

### SIDE EFFECTS

No adverse effects have been reported.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

### REFERENCES

Zhang H, Osada K, Maebashi M et al. A high biotin diet improves the impaired glucose tolerance of long-term spontaneously hyperglycemic rats with non-insulin dependent diabetes mellitus. *J Nutr Sci Vitaminol* 1996, 42 517-526

Boden G, Chen X, Ruiz J, et al. Effects of vanadyl sulfate on carbohydrate and lipid metabolism in patients with non-insulin dependent diabetes mellitus. *Metabolism* 1996 45(9):1130-1135

Linday LA, Trivalent chromium and the diabetes prevention program. *Med Hypotheses* 1997: 49 47-49

These statements have 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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