



## HEALTHY BLOOD GLUCOSE II

SUPPORTS HEALTHY GLUCOSE LEVELS & WEIGHT MANAGEMENT

Healthy Blood Glucose II was designed to help with long term weight management by targeting multiple mechanisms of weight gain, such as insulin resistance, cortisol balance, blood sugar regulation, inflammation, and more.

Why mention inflammation? Type 2 diabetes, obesity, and insulin resistance are closely intertwined with inflammation. Research shows that people with metabolic syndrome have higher blood levels of the inflammatory marker C-reactive protein (CRP). Metabolic syndrome is a constellation of risk factors that increase one's risk of heart disease, stroke, and diabetes. The signs and symptoms of metabolic syndrome include high blood pressure, elevated blood sugar or insulin resistance, increased triglycerides, decreased levels of HDL ("good cholesterol"), and excess fat around the waist. Fat cells create chemical signals that cause inflammation, especially when the person is eating a high-calorie or high-sugar diet. Not only are the extra calories stored as fat, but the role of fat becomes more than just storage of extra calories: fat cells start to manufacture inflammatory mediators. As more weight gain occurs, more inflammation is triggered.

Healthy Blood Glucose II features berberine, cinnamon as CinSulin®, chromium, capsicum extract as Capsimax, L-theanine, ashwagandha as Sensoril®, and Sirtmax®. With these ingredients, Healthy Blood Glucose II aims to balance cortisol, inflammation, and glucose utilization.

Chromium is a mineral that plays a role in the metabolism of glucose and is necessary for energy production. Many studies show that daily dosing chromium at 200 mcg or more improves glucose tolerance and may also improve lipid levels. Albion® Chromium Nicotinate Glycinate chelate binds the elemental chromium to niacin (vitamin B-3) and glycine. This provides a safe form of chromium which is designed to support absorption by the body.

Berberine is an isoquinoline alkaloid (type of plant constituent) derived from various plants with yellow roots, such as barberry, goldenseal, Oregon grape root, and goldthread. Berberine is present in the bark, stem, roots, and rhizomes of these plants. Berberine has been studied in many in vitro and clinical trials for its beneficial effects on insulin resistance and lowering lipids. For example, several randomized controlled trials in adults demonstrated that barberry supplementation reduced levels of total cholesterol, triglycerides, and LDL (low density lipoprotein) cholesterol. A meta-analysis of 12 studies confirmed that taking berberine helped subjects reduce bodyweight, BMI, waist circumference, and serum CRP (an inflammatory marker). Other studies reveal berberine's anti-cancer and antioxidant effects along with anti-inflammatory activity.

Cinnamon has a variety of applications for human health including stomach and intestinal support, blood sugar regulation, and reduction of bleeding and diarrhea. Herbalists classify cinnamon as a carminative, astringent, aromatic, and hypoglycemic agent. Research studies show that cinnamon may help enhance glucose uptake by improving insulin receptor sensitivity. Use of cinnamon may benefit people with pre-diabetes and diabetes by reducing blood sugar and hemoglobin A1C (HbA1C) levels.

CinSulin® contains at least 4% of type A procyanidin polyphenols, which are associated with improvements in anti-inflammatory, antioxidant, and insulin potentiating activities.

Ashwagandha (*Withania somnifera*) root is native to Sri Lanka, India, Africa, and Pakistan. A relaxing adaptogen and tonic, ashwagandha has traditionally been used to help both acute and chronic stress, insomnia, inflammatory diseases, and anxiety. Sensoril® ashwagandha is a trademarked preparation of the herb standardized to contain 3 bioactive components of ashwagandha: Withanolide glycosides, Withaferin A, and Oligosaccharides). Sensoril® boasts research demonstrating improved upper body strength and favorable distribution of body mass in participants taking the supplement for 12 weeks.

L-Theanine is found in green tea and is a derivative of the neurotransmitter glutamic acid. Theanine is calming and relaxing, while also promoting mental alertness and concentration.\* Theanine crosses the blood-brain barrier and increases the production of GABA and dopamine.

According to an animal study, L-theanine may show promise in enhancing thermogenesis, reducing weight gain, improving glucose tolerance and insulin sensitivity. In other research in both animals and humans, L-theanine demonstrated benefits to metabolism and the cardiovascular system.

Sirtmax® is an extract of *Kaempferia Parviflora* root, also called Thai black ginger. *Kaempferia Parviflora* was shown in animal studies to decrease weight gain, affect lipid metabolism of adipocytes (fat cells), and prevent symptoms related to insulin resistance, high blood pressure, and fatty liver. This root also demonstrates anti-inflammatory activity.

Capsimax is a concentrated extract of capsaicinoids, an active component in red chili peppers. Capsimax capsicum extract is produced with encapsulating technology called Omnibead that delivers the capsaicinoids in a controlled release fashion to avoid stomach upset. Some research shows reduction in body fat and fat mass with intake of capsaicinoids. Another study revealed that taking capsaicinoid supplements reduced appetite and caloric intake as well as waist: hip ratio.

Warning: Not for use by children or in pregnancy or lactation. If you are taking any medications, please consult your health care practitioner before taking this product, to help determine potential drug-herb interactions. Not to be used with blood thinning medications. People injecting insulin or taking anti-hyperglycemic drugs should monitor their blood sugar carefully when starting supplements that may lower blood sugar, to prevent hypoglycemia.

### Serving Size: 2 Capsules | Servings Per Container: 30

Chromium (as Chromium Nicotinate Glycinate Chelate)(Albion®)	200 mcg
Berberine (Berberine Hydrochlorides Berberis aristate Rebersa®)	250 mg
CinSulin® Cinnamon water extract (bark)	250 mg
Capsimax Capsicum Ext. (contains 2% Capsaicinoids)	250 mg
L-Theanine (Suntheanine®)	200 mg
Sensoril® Ashwagandha extract (root and leaf)(std. 10% withanolide glycoside conjugates)	100 mg
Sirtmax® ( <i>Kaempferia Parviflora</i> root extract)	50 mg
Ingredients: Hypromellose (capsule), MCC, Silica, Magnesium Stearate	

Suggested Use: As a dietary supplement, take 2 capsules daily, or as directed by your healthcare practitioner.

Warnings: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Color of this formula may vary due to color variations of the ingredients.

Keep out of reach of children. Store in a cool, dry place.

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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