

Dealing with blood glucose imbalances.

Many people don't realize they have diabetes nor do they seek medical advice until it has progressed to a serious stage. Early signs include frequent urination, excessive thirst and excessive appetite. Genetic factors can also play a major role in developing the disease but, as mentioned above, diet and lifestyle can also trigger development.

Diabetics should pay particular attention to their diets and should supplement due to increased nutritional requirements and the lack of absorbing nutrients that result from diabetes. Many diabetics do not have enough intracellular vitamin C as its transportation into the cells becomes dependent on insulin. A low glycemic index diet is helpful in controlling the rise in blood glucose levels.

ACCORDING TO STATISTICS CANADA, THE RATE OF DIABETES IN CANADIANS AGED 12 AND OVER IS 6% AND RISING.

There are two types of blood glucose imbalances. To regulate them, we must first understand the types and what causes them:

Low Blood Glucose (also known as Hypoglycemia) exists when your blood is abnormally low in glucose. The primary cause is a malfunctioning pancreas that is overproducing insulin and results in symptoms of fatigue, weight gain and poor adrenal function.

High Blood Glucose (also known as Hyperglycemia or Diabetes Mellitus) occurs when your blood is abnormally high in glucose. Diabetes is caused by insufficient secretion of insulin by the pancreas and results in symptoms of abnormal thirst, hunger, weakness, fatigue and frequent urination.

Blood Sugar Balance is a natural solution to regulating your blood glucose levels and living a long healthy life.

Ingredients

Each vegetable capsule contains:

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| <i>Gymnema sylvestre</i> (25% gymnemic acids) | 100 mg |
| <i>Vaccinium myrtillus</i> (bilberry) (25% anthocyanidins) | 80 mg |
| <i>Vitis vinifera</i> (grape seed extract) (95% polyphenols) | 38 mg |
| <i>Ginkgo biloba</i> (24% flavonoid glycosides, 6% terpene lactones) | 30 mg |
| <i>Trigonella foenum-graecum</i> (fenugreek) (50% saponins) | 13 mg |
| <i>Momordica charantia</i> (bitter melon) | 13 mg |
| <i>Phyllanthus niruri</i> | 13 mg |
| <i>Phyllanthus emblica</i> (Indian gooseberry) (20% tannins) | 13 mg |
| <i>Tinospora cordifolia</i> | 13 mg |
| <i>Cinnamomum verum</i> (cinnamon extract) | 93 mg |
| <i>Lagerstroemia speciosa</i> (pyinma) (1% corosolic acid) | 33 mg |
| <i>Ocimum tenuiflorum</i> (holy basil) (10% tannins) | 13 mg |
| <i>Taraxacum officinale</i> (dandelion) (3% flavonoids) | 13 mg |
| <i>Zingiber officinale</i> (ginger extract) (5% gingerols) | 10 mg |
| Quercetin | 75 mg |
| Alpha lipoic acid | 50 mg |
| <i>Allium sativum</i> (garlic) | 13 mg |
| Vanadium (from vanadyl sulfate) | 7.5 mg |
| Chromium (from chromium picolinate) | 150 mcg |

Ingredients in this formula have been validated for potency and identity, and certified free of heavy metals, pesticides and solvent residues using:

- Inductively Coupled Plasma Optical Emission Spectrometer (ICP-OES)
- HPLCs with Diode Arrays UV-VIS Detectors / Refractive Index Detectors
- Gas Chromatograph/Mass Spectrometer (GC/MS)
- UV/VIS Spectrophotometer
- Headspace Gas Chromatography (organic solvent residues)
- Disintegration



Blood Sugar Balance
Sold exclusively to finer health food stores
www.newrootsherbal.com/store

Blood Sugar Balance

Take control of your blood glucose

BLOOD SUGAR BALANCE IS THE STATE-OF-THE-ART IN NATURAL BLOOD GLUCOSE MANAGEMENT.



BLOOD SUGAR BALANCE is a comprehensive, holistic approach to the restoration and maintenance of normal blood glucose. Its ingredients address the three primary concerns associated with blood glucose management: substances found to exert an insulin-like effect or increase insulin receptivity; supplements which assist the proper functioning of the pancreas and liver; and supplements found to defend against the complications associated with poor blood glucose management.



What makes BLOOD SUGAR BALANCE so effective?

Gymnema sylvestre

25% Gymnemic Acids

It can help control blood glucose levels in people with diabetes.

Bilberry Extract 25% Anthocyanidins

A double-blind, placebo-controlled trial of bilberry extract in 14 people with diabetic retinopathy or hypertensive retinopathy (damage to the retina caused by diabetes or hypertension, respectively) found significant improvements in the treated group.

Grape Seed Extract

95% Proanthocyanidins

Proanthocyanidins concentrate in the linings of microscopic blood vessels in the eye. Cellular debris and inflammation easily block these delicate blood conduits which are sensitive to injury from diabetes. As long as the right level of permeability is maintained, however, no damage occurs to the retina.

Ginkgo biloba 24% Flavonoid Glycosides

6% Terpene Lactones

Ginkgo biloba extract may prove useful for prevention and treatment of early-stage diabetic neuropathy.

Ginkgo may protect nerve damage resulting from poor circulation to the extremities that is common in diabetes sufferers. Other studies have shown that ginkgo may also help prevent diabetic retinopathy, an eye disease that can cause blindness.

Fenugreek 50% Hydroxyisoleucine

Numerous studies and preliminary trials in humans have found that fenugreek can reduce blood glucose and serum cholesterol levels in people with diabetes.

Bitter Melon 5% Saponins

It contains an insulin-like molecule known as plant insulin. This plant insulin resembles synthetic insulin in its structure and is used to regulate blood glucose levels.

Bhuiamla 5% Phyllanthine

Bhuiamla has been used to correct and restore liver functions, which are essential for glucose metabolism. It activates the liver for effective glucose utilization, thus helping maintain blood glucose levels.

Indian Gooseberry 20% Phyllembin

Possesses significant immunomodulatory activity and also has established antioxidant properties. It is significantly important for the management of one of the serious complications of diabetes, namely hyperlipidaemia.

Tinospora 10% Alkaloids

Treatment with *Tinospora* shows an improvement in glucose tolerance and an increase in plasma insulin levels. It also possesses immunomodulatory and anti-stress effects. *Tinospora* has been reported to stimulate the liver for the process of glycogenesis (formation of glycogen from food), thereby helping to regulate blood glucose levels.

Cinnamon Extract 10% Polyphenols

Cinnamon contains the therapeutic compound methyl hydroxychalcone (MHC). MHC promotes the production of an enzyme that stimulates insulin receptors. The inability of cells to assimilate insulin is among the major causes of type 2 diabetes.

Banaba 1% Corosolic Acid

Banaba (*Lagerstroemia speciosa*) is a deciduous flowering tree native to Asia. **Blood Sugar Balance** contains corosolic acid derived from its leaves. Corosolic acid mimics insulin and is regarded as "botanical insulin" in the Philippines.

Holy Basil 10% Ursolic Acid

This is highly beneficial for diabetics in regulating metabolism and relieving stress in stress-induced diabetes.

Dandelion 3% Flavonoids

It contains inulin, a natural fructose that helps diabetics lower their blood glucose.

Ginger Extract 5% Gingerols

Ginger root may help improve abnormal digestive function induced by elevated blood glucose. The potential implication of this finding is that people with adult-onset diabetes (type 2 or non-insulin-dependent diabetes) may experience fewer of the gastrointestinal complications that often occur with type 2 diabetes.

Quercetin

Quercetin blocks an enzyme that leads to accumulation of sorbitol, which has been linked to nerve, eye, and kidney damage in those with diabetes.

Alpha-Lipoic Acid

Used to counter nerve damage in people with diabetes (types 1 and 2). Known as diabetic neuropathy, this painful condition tends to develop in people who have uncontrolled diabetes for a period of time. This neuropathy is usually caused in part by free-radical damage to nerves resulting from unregulated blood glucose levels (glycemia).

Garlic 10,000 allicin/g

Preliminary evidence shows that garlic may help prevent atherosclerosis, the most common cause of heart attacks and strokes. Garlic preparations have been found to slow hardening of the arteries in animals, reducing the size of plaque deposits by nearly 50%.

Vanadyl Sulfate

Studies suggest that vanadium may have an insulin-like effect, reducing blood glucose levels.

Chromium Picolinate

It is a simple mineral the body needs in very small amounts. Chromium's most important function in the body is to help regulate the amount of glucose in the blood. Insulin plays a starring role in this fundamental biological process, by regulating the movement of glucose out of the blood and into cells.

Suggested Use

Take 1 capsule 3 times daily with a meal, or as directed by your health care practitioner.

Warning

If you are on insulin treatment or taking oral hypoglycemic agents, have high blood pressure, kidney or liver conditions, or are pregnant or lactating, consult a health care practitioner before taking this product. Also, do not take additional vanadyl sulfate without consulting your health care practitioner.

**ONLY FOR DIABETICS.
DO NOT TAKE IF PREGNANT.**

Keep out of reach of children.

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