

Promilin™ Fenugreek Extract



Supports
Healthy
Blood Sugar
Levels

Your body's ability to manage blood sugar may well be the single most crucial factor affecting your health and longevity, and the one most affected by diet and lifestyle. But today's high-glycemic carbs and sugar-laden foods — combined with lack of exercise — are creating a serious challenge to your body's intricate glucose/insulin regulatory system. The resulting cellular stress and deterioration have serious repercussions for both your mind and body.

To promote optimal wellness through healthy sugar metabolism, Source Naturals formulated PROMILIN™ FENUGREEK EXTRACT, a potent extract from the highly valued herb fenugreek, into an advanced nutritional supplement designed to assist insulin production and support healthy glucose levels. As a complement to your diet, Source Naturals PROMILIN™ FENUGREEK EXTRACT is an excellent strategy to improve blood sugar levels, and consequently, quality of life.



Strategies for Wellness™

The basis of Source Naturals PROMILIN™ FENUGREEK EXTRACT is fenugreek (*Trigonella foenum-graecum*), a respected culinary and medicinal herb used throughout history. One of the formula's fenugreek extracts is rich in galactomannan, a mucilaginous fiber that may benefit the bowel.

The other extract is Promilin, a patent-pending complex of bioactive amino acids standardized to contain 20% 4-hydroxyisoleucine. This extraordinary amino acid derivative assists the pancreas in production of insulin. Several studies with animals and with human cell cultures demonstrate this extract's positive effect on reducing post-meal glucose levels — with little or no increase in blood insulin concentrations — a clear indicator of improved insulin sensitivity.

Sports Nutrition

Athletic energy and endurance depend on the ability of muscles to recover from exercise. Because PROMILIN promotes utilization of glucose and insulin by the the body's muscle cells, "weekend warriors" will feel less fatigue on Monday morning. In a clinical study, PROMILIN increased glycogen re-synthesis by 63% over carbohydrate alone. This is the rate at which post-exercise muscle glycogen (energy) is restored.

PROMILIN may also play a role in weight management because it helps your body metabolize carbohydrates more efficiently. And the less time glucose spends in your bloodstream, the less chance it will be converted into fat.

By supporting glucose metabolism, Source Naturals PROMILIN™ FENUGREEK EXTRACT may help protect against a harmful process called glycation, where excess glucose reacts with amino acids to form crosslinked sugar-damaged proteins that damage the linings of blood vessels, the lens of the eye, and the myelin sheath that insulates brain cells.


Benefits of PROMILIN

- Promotes healthy blood sugar metabolism.
- Enhances natural metabolic sensitivity in healthy people.
- May assist in the transport of glucose to skeletal muscle.
- Promotes lean-muscle mass and aids anabolic recovery.
- Reduces body fat potential.

Taking personal responsibility for your health and exploring safe natural alternatives to support prevention is the basis for the current revolution in health care. PROMILIN is a simple yet profound strategy for the increasingly recognized importance of maintaining proper blood sugar levels. Health food outlets are the center of this wellness revolution because only here can Source Naturals PROMILIN™ FENUGREEK EXTRACT and hundreds of other powerful natural compounds be found.

References

- Madar Z., Abel R., Samish S., Arad J., 1988. Glucose-lowering effect of fenugreek in non-insulin dependent diabetics. *European J of Clinical Nutrition* Jan 42 (1): 51-4.
- Sauvaire Y., Petit P., Broca C., Manteghetti M., Baissac Y., Fernandez, Alvarez J., Gross R., Roye M., Leconte A., Gomis R., Ribes G., 1998. 4-Hydroxyisoleucine: a novel amino acid potentiator of insulin secretion *Diabetes* Feb;47(2):206-10.
- Sharma RD., Ragtura TC., Rao NS., 1990. Effect of fenugreek seeds on blood glucose in type I diabetes; *European J of Clinical Nutrition* Apr 44 (4) 301-6.

 Promilin is a trademark of TSI, Inc.



Strategies for Wellness™

www.sourcenaturals.com



The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

© 2004 Source Naturals, Inc., P.O. Box 2118, Santa Cruz, CA 95063

REVA0405 LC3222