

# Ivy Gourd Extract

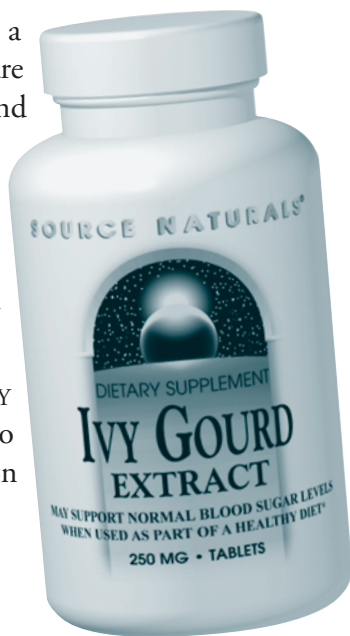
## Healthy Blood Sugar Levels



It is estimated that one-fourth of Americans face challenges from unhealthy sugar levels in their blood. Now, as part of a healthy diet and lifestyle, a tropical cucumber has been found to support healthy glucose levels. *Coccinia indica* is appreciated throughout the world as a food source for millions; now it is seen as a superior natural product that supports healthy blood sugar balance.

The benefits of ivy gourd come at a time when many American diets are filled with refined carbohydrates and sugars. The devastating effects of glucose imbalance are endemic in our society. Sugar build-up in the blood affects the health of your cells, kidneys, eyes—your entire body; it can ravage human well-being.

Source Naturals is pleased to offer IVY GOURD EXTRACT, a natural way to maintain a healthy glucose balance on the cellular level.



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## Cucumber Power!

The ivy gourd (*Coccinia indica*) is a hardy member of the cucumber family. Once established, the trailing vines grow quickly. It has ivy-like leaves, white flowers, and a small green gourd—three inches long—that turns red and sweet when ripe. The leaves and fruit are treasured in Thailand and India in many dishes, and it is promoted as a health food because of its high levels of vitamin A. The plant has been used for centuries in ancient Ayurvedic and Thai herbalism.

Whereas the plant is cultivated in Thailand, India and South Africa, a different story occurs in Hawaii and Australia, where the plant is overwhelming native species. The beautiful climbing vines quickly cover all other plants and smother them, and unless checked, cover fences, phone poles, cars, and homes, covering everything in a lush, entangled, thick, green mat.

## Glucose Management

It is estimated that more than 20 percent of Americans suffer from glucose imbalance. If the body's natural balances are upset or if too many sugars are consumed, the delicate balance of the body is strained and this affects the cells, the cardiovascular system, the kidneys and the eyes.

## Ivy Gourd

The mechanism of ivy gourd involves inhibition of glucose-6-phosphatase, an important enzyme in the process of gluconeogenesis. This is the process by which the body makes new glucose out of non-carbohydrate molecules, such as amino acids like lactate and glycerol. During fasting, or any time beyond 16-24 hours without food, gluconeogenesis provides almost all of the body's glucose needs. This is a natural, life-saving mechanism when food is scarce, but in numerous individuals, it can cause imbalances in blood sugar. Ivy gourd enables the body to maintain a balance, decreasing the body's production of glucose when it isn't needed.

## Wellness Revolution

Source Naturals IVY GOURD EXTRACT takes advantage of one of nature's gifts to humanity, a natural source of sugar management. It's an outstanding addition to your complete wellness program.

## References:

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