

# Benfotiamine

## Combating Glucose Imbalance with B-1



The devastating effects of glucose imbalance are epidemic in our culture. Sugar build-up in the blood—damage to cells, kidneys, eyesight, the entire body—ravages human health. To combat this imbalance, the benefits of vitamin B-1 have long been known. It regulates glucose levels, circulation, blood formation, metabolism, and digestion, and it balances the energy for many body processes. Now these benefits are available to you in an enhanced form, BENFOTIAMINE, from Source Naturals.

Vitamin B-1, also known as thiamin, comes from numerous sources, both animal and vegetable. Benfotiamine is a B-1 source that is fat-soluble, so it is more easily absorbed and used by the body than traditional thiamin. Because it is more absorbable, it is more effective at maintaining normal glucose levels, giving it key importance for kidneys, veins and arteries, retinas, and many more body systems.

Source Naturals is pleased to offer BENFOTIAMINE, an enhanced B-1 form that combats glucose imbalance on the cellular level.



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## Glucose Management

Insulin, the hormone manufactured in the pancreas, controls the amount of glucose in the blood and the rate at which glucose is absorbed into the cells. If this natural control fails, the outcome is sugar build-up in the blood, resulting in damage to cells, blood vessels, kidneys, the eyes, and the entire body. Glucose is a major factor in biological aging. Excess sugar not used as energy actually burns cells and tissues, a process called glycation, most commonly seen in age spots. Aggravating the situation is the typical American diet, a diet so rife with sugars and refined carbohydrates, the delicate balance of the body is strained to maintain proper glucose levels.

## Enhanced Thiamin Source

Benfotiamine was developed in Japan in the 1950s. It is a derivative of the vitamin B-1 found in vegetables of the *Allium* genus, such as garlic, onions, and leeks. Benfotiamine is one of a class of compounds referred to as allithiamines. Their most important feature is they are fat-soluble: they pass through fat tissue membranes, making them more easily absorbed by many of the body's organs. Urine excretion analysis has shown that Benfotiamine was by far the most bioavailable form of thiamin studied—it is the most easily used and absorbed form of thiamin.

Benfotiamine is believed to enhance the activity of the enzyme transketolase, which converts harmful glucose metabolites into harmless chemicals. This, in turn, protects the endothelial cells that

line the small arteries and capillaries of the kidneys and retinas and beyond those, the entire vascular and circulatory systems.

## B-1 and its Effects

Beyond the vascular and circulatory systems, thiamin also acts as an antioxidant, protecting the body from the degenerative effects of aging, alcohol consumption, and smoking. Symptoms of deficiencies of thiamin are wide-ranging, affecting the entire body—weakness, gastrointestinal problems, coordination, nervousness.

## Wellness Revolution

Natural health consciousness enables you to benefit from pioneering nutritional advances long before you are forced to attend to your body's needs. Sugar management is of primary importance to wellness—it is the source of the body's energy and, if ignored, enormous problems can occur. Source Naturals BENFOTIAMINE is scientifically formulated to bring you the most highly-absorbable source of thiamin, an outstanding addition to your complete wellness program.

## References:

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