

# ULTRA POTENCY GYMNEMA SYLVESTRE & GYMNEMA SYLVESTRE

## *Supports Healthy Blood Sugar*



Today's sedentary lifestyle and our diet of sugar-rich, over-processed food pose challenges to blood sugar health. New scientific research supports the use of *Gymnema sylvestre*, a valued botanical in traditional Ayurvedic herbalism, to help maintain balanced blood sugar levels when taken as part of a healthy diet.

*Gymnema sylvestre* has been shown in research to support healthy glucose metabolism by mediating insulin release and supporting healthy pancreatic function. Gymnemic acids found in the plant inhibit sensitivity to sweet tastes.

Source Naturals gymnema is available in two potencies—ULTRA POTENCY GYMNEMA SYLVESTRE, standardized to 75% gymnemic acids for powerful metabolic support, and GYMNEMA SYLVESTRE, standardized to 25% gymnemic acids. Both gymnema products support three of the deep SystemiCare™ metabolic systems identified by Source Naturals as critical to optimal health: Sugar Regulation, Hormones/Metabolism and Digestion.



*Strategies for Wellness*<sup>SM</sup>

## Traditional Ayurvedic Practice

For thousands of years practitioners of Ayurvedic herbalism used a woody vine that grows wild in the forests of central and southern India to support balanced blood sugar levels. These Ayurvedic practitioners observed that chewing a few leaves of this plant, gymnema, suppressed the taste of sugar and had the capacity to reduce sugar cravings. The herb came to be known as “gurmar,” which literally means sugar destroyer in Hindi.

## A Major Health Challenge for Our Time

Glucose comes from the food you eat and is also produced in your body. After digestion, glucose passes into the bloodstream, which carries it to your cells where it provides fuel for cellular energy. Insulin is a hormone secreted by the pancreas in response to high blood glucose levels after meals. Insulin helps the glucose from food get into your cells.

Today's on-the-go diet can lead to health issues unheard of a generation ago. Excess carbohydrate and sugar consumption may increase blood glucose, which may contribute to excess body weight. Excess weight strains the body; when stored around the midsection as visceral adipose tissue (VAT), inflammatory chemicals called cytokines are secreted, causing the immune system to up-regulate. The result: Metabolic Inflammation™, a condition said to affect more than half the U.S. population, which can lead to inefficient insulin use. This may, in turn, generate a vicious cycle of even more sugar buildup and insulin production.

Increased glucose and unbalanced insulin levels also contribute to glycation, a process associated with aging, which damages proteins, DNA, and lipids. In a process similar to burning, excess blood glucose binds with proteins and chemically damages them, resulting in the production of toxic compounds called Advanced Glycation End products (AGEs), which trigger further metabolic inflammation™.

## SystemiCare™ and Blood Sugar Levels

GYMNEMA SYLVESTRE supports healthy blood sugar levels through its effects on three interrelated body systems:

- **Sugar Regulation:** Sugar regulation—how the body digests, absorbs and utilizes sugar—is an area where gymnema has marked effects. Gymnemic acids change glucose utilization by affecting how glucose is digested, absorbed and utilized.
- **Digestion:** Gymnemic acids act directly on the body's digestive activity, starting in the mouth by suppressing taste sensitivity to sweetness. Further down the digestive tract, gymnema affects enzyme activity by inhibiting secretion of glucose-stimulated gastric inhibitory peptide (GIP). The result is inhibition of intestinal glucose absorption and thus lower blood glucose and insulin levels. GIP, a member of the secretin family of

hormones, helps inhibit gastric motility and acid secretion. It is secreted from mucosal epithelial cells in the small intestine. Another activity of GIP is its ability to enhance insulin release in response to infusions of glucose.

- **Metabolism/Hormones:** The hormone insulin, which regulates the metabolism of blood glucose, is secreted by the beta cells of the pancreas in response to increased blood glucose levels after meals. Preliminary clinical research has shown that a water-soluble extract of gymnema leaves, standardized to 25% gymnemic acids, enhances insulin release from the pancreas and supports balanced blood glucose levels.

## Two Clinically-Derived Gymnema Potencies

The primary compounds believed to be responsible for gymnema's beneficial effects are the gymnemic acids. For super-potent metabolic support, each tablet of Source Naturals ULTRA POTENCY GYMNEMA SYLVESTRE contains 400 mg of gymnemic leaves extract, standardized to 75% gymnemic acids. Each tablet of Source Naturals GYMNEMA SYLVESTRE contains 400 mg of a gymnemic leaves extract, standardized to 25% gymnemic acids—the same percentage and dosage used in clinical research.

## A Wellness Revolution in Health Care

Source Naturals brings you ULTRA POTENCY GYMNEMA SYLVESTRE and GYMNEMA SYLVESTRE as part of our commitment to offer the public the latest emerging wellness strategies. Adding Source Naturals gymnema products to your supplement regimen is a profound yet easy way to take responsibility for your health and to deal with the challenges of blood sugar health that are so widespread in today's society. Gymnema should be used as part of a healthy diet, which is high in protein and complex carbohydrates from vegetables. Maintaining healthy weight and muscle tone through regular exercise also helps to support healthy blood sugar levels.

## References:

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