



## What is diabetes?

After meal, food is broken down by the digestive system into small sugar molecules named glucose. Insulin assists glucose in blood to be taken up by body cells for energy or storage.

Diabetes is a disease in which the body does not produce enough insulin, or the cells do not respond appropriately to the insulin. As a result, blood sugar level is too high for the body to maintain normal function. Glucose built up in the blood exceeds the capacity of kidney. It overflows into the urine, and passes out of the body in the urine. [1-2] Diet, physical exercise and useful nutrient supplements may improve insulin sensitiveness, help avoid diabetes and control patients' conditions. [1-2]

## What are the symptoms of diabetes?

- need to urinate frequently [1-2]
- being exceptionally thirsty [1-2]
- weight loss due to over consumption of body store of protein and fat [1-2]
- feeling weak and tired [1-2]
- slow recovery of wounds [1-2]
- blurred vision due to retinopathy [1-2]
- loss of sensation due to peripheral neuropathies [1]
- vascular lesions and gangrene [1]
- itchy skin and susceptible to yeast infections [3]
- ache, jerkiness or paralysis of legs [1]

## Glucowell Support Capsules has the following ingredients:

**Fenugreek Seeds** mainly come from South East Europe, West Asia, India, North Africa or the US. The seeds have medicinal effects. They are rich source of the polysaccharide

galactomannan. Supplements of fenugreek seeds have been shown to lower serum cholesterol, triglyceride, and low-density lipoprotein in human patients and experimental models of hypercholesterolemia and hypertriglyceridemia. [4] Researches suggested that fenugreek seeds can control the serum glucose level, avoid cardiovascular diseases and improve patients' conditions in type I and type II diabetes. [5]

**Gymnema Sylvestre** contains bioactive organic acid. It is found in the Western Ghats in South India. In ancient times, Ayurvedic physicians observed that chewing a few leaves of Gymnema suppressed the taste of sweet. It came to be known as "sugar destroyer". The roots and leaves of this herb are being used medically to balance blood sugar level, control food cravings, help in weight loss, block intestinal absorption of sugar and excrete sugar out of the body through digestive system. [6]

**Cinnamon Bark** belongs to family Lauraceae. It is a spice which can assist digestion. Cinnamon has insulin-enhancing activity, improves glucose metabolism and the overall condition of diabetes. It can also improve cholesterol metabolism and antioxidant status. [9]

**Banaba Leaf Extract** is a species of Lagerstroemia speciosa. It has been used in the Philippines as tea for blood sugar control and health since ancient time. One of the active ingredients in banaba leaf is corosolic acid. Moreover, Banaba leaves contain nutrients such as amino acids, dietary fibers, calcium, iron, and antioxidants such as tannic acid and polyphenols, which help speed up egestion and maintain a healthy digestion system. Japan researches show that corosolic acid improves blood sugar control in type II diabetes. [7]

**Chromium Polynicotinate** enhances the ability of insulin to lower blood glucose level. This trace element reduces high blood glucose level which contributes to aging via a destructive process known as glycosylation, and may help reduce risk of atherosclerosis. It also helps in fat burn, lower blood sugar and lipid level and firming up muscles. [8]

**Cellulose** is an organic compound in form of polysaccharide. It is the structural component of the primary cell wall of green plants. It improves intestinal peristalsis and egestion. It has a

favorable effect on the rise of postprandial glycemia in type II diabetic patient. [10]

**Magnesium** level which is too low in diabetics can cause severe retinopathy. Several studies suggested that taking magnesium supplements can help in blood glucose control. [11]

## Recommended daily dose:

Adults take 1-2 capsules daily or as directed by physicians.

## References:

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