

A traditional culinary and health promoting herb used throughout history, FULL SPECTRUM™ FENUGREEK combines raw powder and extract at effective doses. Galactomannan is a mucilaginous fiber that may benefit the bowel and 4-hydroxyisoleucine is an amino acid derivative that assists the pancreas in production of insulin. It is believed that galactomannans produce a high viscosity environment in the lumen of the intestine and may inhibit the absorption of glucose from the small intestine.

Studies have shown that adding fenugreek to your diet reduces fasting blood sugars and improves after-meal glucose tolerance significantly. Meanwhile, 4-hydroxyisoleucine works by two separate mechanisms: It has a direct, stimulating effect on insulin production for those who wish to increase their glucose metabolism and helps to reduce glucose resistance and the uptake of glucose, thereby reducing overall blood glucose levels.

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. By supporting glucose metabolism, FULL SPECTRUM FENUGREEK may help protect against a harmful process called glycation, in which excess glucose reacts with amino acids to form cross linked sugar-damaged proteins that damage the linings of blood vessels, the lens of the eye, and the myelin sheath that insulates brain cells.



Developed exclusively for Planetary Formulas by world renowned herbalist, acupuncturist, and author Michael Tierra, L.Ac., O.M.D., who has more than 30 years of clinical experience.

FULL SPECTRUM FENUGREEK also promotes a healthy cardiovascular system. Several animal studies have revealed that the fiber content in fenugreek seeds increases the viscosity of the digestive tract and increases the thickness of the unstirred layer in the small intestine, inhibiting bile acids in the intestine, helping to regulate plasma glucose and cholesterol levels.

Benefits:

- Promotes healthy blood sugar metabolism
- Enhances natural insulin 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

References:

Sharma, RD, et al. 1990. Effect of fenugreek seeds on blood glucose in type I diabetes. *European J of Clinical Nutrition*. Apr 44 (4) 301-6.

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Sauvaire, Y., et al. 1998. 4-Hydroxyisoleucine: a novel amino acid potentiator of insulin secretion *Diabetes*. Feb 47 (2): 206-10.

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American Herbal Products Association
National Nutritional Foods Association



*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.

Full Spectrum™ Fenugreek



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 and support healthy glucose levels, Planetary Formulas created FULL SPECTRUM FENUGREEK, a traditional fenugreek seed powder combined with fenugreek extract rich in galactomannan fibers and 4-hydroxyisoleucine. These ingredients have been shown in research to support healthy glucose levels. As a complement to your diet, it's an excellent strategy to improve blood sugar levels, and consequently, quality of life.



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