

Cinnamon Glucose Balance™



Dynamic Metabolic Modulator

- Supports blood sugar levels already in the normal range
- Healthy metabolic support
- Increases insulin receptivity

Planetary Herbals CINNAMON GLUCOSE BALANCE™ is a comprehensive blend of natural herbs and nutrients designed for the support of healthy metabolic function and the maintenance of healthy blood sugar levels already within the normal range. The massive consumption of sugar and refined carbohydrates in our modern diet may throw metabolic systems out of balance and greatly impact our health. By combining a healthy, whole foods diet with regular exercise and botanical supplements such as CINNAMON GLUCOSE BALANCE™, we can maintain healthy glucose metabolic function. Planetary Herbals CINNAMON GLUCOSE BALANCE™, is a potent combination of many natural ingredients that support blood sugar regulation already within the normal range.



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Expert Formulations – Exceptional Results

Cinnamon Health Benefits

Preliminary studies have shown that cinnamon can help manage healthy glucose levels in addition to bringing distinct savory flavors into our cooking. It is also recognized as one of the oldest remedies in traditional Chinese herbalism for digestive support. The bark and flower of cassia cinnamon produce a volatile oil called cinnamaldehyde which contains polyphenolic polymers that can influence blood sugar metabolism, antioxidant activity and immune system support. Cassia cinnamon may improve glucose uptake and may stimulate glycogen synthesis, the mechanism by which glucose is stored in the cells.

Multi-Ingredient Formula

CINNAMON GLUCOSE BALANCE™ includes a hearty blend of herbal extracts shown by science and tradition to support healthy blood sugar levels and heart health. Fenugreek seed, with a long history of use by Ayurvedic and Chinese health practitioners, may stimulate glucose-mediated production of insulin. Momordica is known for blood glucose support while improving glucose tolerance and healthy insulin concentrations. Hawthorn is rich in flavonoids and supports the integrity of healthy vessels and arteries. Salvia, a member of the mint family, has been shown by studies to encourage healthy blood flow, cardiovascular function, and arterial health. Several ingredients in CINNAMON GLUCOSE BALANCE provide antioxidant support, including alpha-lipoic acid, holy basil extract, silymarin, ivy gourd extract, and blueberry leaf. In addition to antioxidant features, alpha-lipoic acid and holy basil also support healthy insulin function. Silymarin supports insulin function and liver health. Chromium polynicotinate and *Gymnema sylvestre* are key botanicals which provide support for healthy glucose metabolism. Vitamin D supports the enzymatic activity within beta cells, and helps maintain insulin levels already within the normal range.

The Sugar Issue

It is the over-consumption of sugar, which is so prevalent in our modern diet, that leads to weight gain, contributes to high glucose levels, and upsets metabolic function. A common issue

resulting from glucose consumption is the inability of insulin to effectively transport sugar to receptor sites and into cells, where the sugar can be metabolized and utilized as fuel for cellular activity. The botanicals in CINNAMON GLUCOSE BALANCE™ are carefully selected to support normal sugar levels and glucose metabolism.

CINNAMON GLUCOSE BALANCE™ contains a number of key botanicals which have been shown to support healthy weight and sugar metabolic function. It is recommended to make this part of a comprehensive lifestyle plan, along with a healthy diet and regular exercise.

Planetary Herbals integrates the best of worldwide herbal traditions with modern clinical and pharmacological research. The result is an herbal line that is unequalled for efficacy, safety, and dependability. For more information or purchase locations, please visit planetaryherbals.com.

Reference:

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- Gholap, S., Kar, A., "Hypoglycemic Effects of Some Plant Extracts are Possibly Mediated through Inhibition in Corticosteroid Concentration." *Die Pharmazie*. 59(2004): 876-878.

Adhering to the quality control requirements and codes of ethics of: American Herbal Products Association, Natural Products 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.

