Specialty formula supporting healthy blood sugar and glucose metabolism.

Contains a blend of two forms of chromium with synergistic nutrient co-factors including amino acids, vitamin B3, CoQ10 and Alpha lipoic acid, and True cinnamon.

Now contains an exciting, patented polypeptide Bitter Melon extract!

Nutritional Therapy

This premium supplement contains Chromium picolinate and Chromic chloride hexahydrate; ALA (Alpha lipoic acid); the amino acids cysteine, glutamine and glycine; CoQ10 (Ubidecarenone), Vitamin B3 (nicotinamide) and True Cinnamon (Cinnamomum verum) plus a patented form of bitter melon (Momordica charantia).

This innovative blood-glucose-modulating bitter melon polypeptide has been patented in the US, UK, Germany, Italy, France, Switzerland, Japan, and Taiwan, with evidence-based research.1

What you need to know about this supplement

- Helps support healthy blood sugar in healthy individuals (Chromium)
- Assists glucose, sugar & carbohydrate metabolism (Chromium)
- Chromium is an important component in glucose tolerance factor
- Supports energy production (Ubidecarenone, Alpha lipoic acid, Nicotamine)
- Supports nervous system & body mucous membrane health (Nicotamine)
- Maintains energy levels (Nicotamine)
- Traditionally used in Western Herbal Medicine to relieve digestive discomfort (Cinnamomum verum)
- Source of chromium. Helps prevent dietary chromium and Vitamin B3 deficiency

Specifications

60 Vegetarian Hard Capsules

Description: Capsule

Dosage Adults: 1 capsule, three times per day with water, or as directed by your healthcare professional.

Vegan friendly

Proudly made in Australia

Allergen & Free From

Ingredients in this product have been formulated without gluten, wheat, yeast, soy, egg, gelatin, fish, shellfish, wax, dairy, peanuts, tree nuts, sesame, bee products, artificial preservatives, colours or flavours.
Each Capsule Contains:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chromium Picolinate</td>
<td>121 micrograms</td>
</tr>
<tr>
<td>Equiv. Chromium</td>
<td>35 micrograms</td>
</tr>
<tr>
<td>Chromium chloride hexahydrate</td>
<td>821 micrograms</td>
</tr>
<tr>
<td>Equiv. Chromium</td>
<td>150 micrograms</td>
</tr>
<tr>
<td>TOTAL CHROMIUM</td>
<td>175 micrograms</td>
</tr>
</tbody>
</table>

Nicotinamide (Vitamin B3) is essential for the oxidative reactions crucial for energy production. It is required for DNA repair and is neuroprotective. Nicotinamide also increases muscle insulin sensitivity and insulin signalling in prediabetic patients. (15)

Dysglycemia and Dyslipidemia Control in Type 2 Diabetes Mellitus and Its Molecular Mechanism of Action: A Review. (20)

CoQ10 is an essential component of the mitochondrial electron transport chain and is an antioxidant in cellular membranes and lipoproteins. Both ageing and statin usage inhibit endogenous CoQ10 synthesis. T2DM, cardiovascular disease and inflammation are alleviated by its antioxidant effects. Alpha-lipoic acid exerts beneficial effects in the prevention and treatment of diabetes as it is a potent antioxidant with insulin-mimetic and anti-inflammatory activity. It has demonstrated benefit in the treatment of complications of diabetes, including retinopathy, neuropathy, and other vascular diseases. (18)

Glucose contains a patented and highly effective form of the herb Momordica charantia (Bitter Melon). This exciting product is the result of international award-winning technology which has identified a specific sequence of 19 amino acids from a particular polypeptide of Momordica charantia that enhances the expression of GLUT-4 transporters, thereby improving blood glucose entry to the cell. (5) Clinical trials have verified its efficacy in improving glucose tolerance, lowering blood glucose and HbA1c levels. (5, 6) Since ancient times Momordica charantia has been highly valued in Traditional Chinese Medicine for its hypoglycaemic effects. It is a rich source of phenolic compounds which are strongly anti-inflammatory, antioxidant and free-radical scavenging. (7, 8)

Glutathione is synthesised from cysteine, glutamine and glycine. Glutathione deficiency contributes to oxidative stress and plays a key role in diseases of ageing including T2DM. (9, 10) Plasma glycine levels are found to be below in patients with obesity or diabetes and higher glycine and cysteine levels are associated with improved insulin resistance and a decreased risk of developing T2DM. (11-13)

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