



Manufacturers of
Hypo-allergenic
Nutritional
Supplements



Gymnema Sylvestre

INTRODUCED 2003

What Is It?

Gymnema sylvestre is a woody climbing plant that has been used traditionally in India for over 2,000 years. Among the active constituents of *Gymnema sylvestre* are the gymnemic acids.*

Uses For Gymnema Sylvestre

Healthy Pancreas And Glucose Function: Several mechanisms may account for the ability of this extract to nutritionally support the pancreas and, when used as part of the diet, to maintain healthy blood sugar balance. Preliminary research involving human volunteers in two separate trials suggests that *Gymnema sylvestre* promotes healthy pancreatic cell function. Studies also reveal the ability of *Gymnema sylvestre* to support enzyme activity for glucose utilization and to moderate glucose uptake into the intestines. Furthermore, this extract has the potential to support healthy lipid and triglyceride metabolism.*

What Is The Source?

Gymnema Sylvestre extract is derived from the leaf and typically contains 75% gymnemic acids. Ascorbyl palmitate is derived from corn dextrose fermentation.

Recommendations

Pure Encapsulations recommends 1–3 capsules per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Diabetics should use Gymnema sylvestre under the close supervision of their healthcare professional.

Are There Any Potential Drug Interactions?

Gymnema sylvestre may have synergistic effects when combined with Glipizide or Insulin. Careful monitoring by a healthcare professional is required.

Gymnema Sylvestre

each vegetable capsule contains  v 1

Gymnema sylvestre extract (leaf) 250 mg
ascorbyl palmitate (fat-soluble vitamin C) 10 mg

1–3 capsules per day, in divided doses, with meals.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.



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