

Ayur-Gymnema

Support for healthy glucose metabolism

DESCRIPTION

Ayur-Gymnema, provided by Douglas Laboratories, supplies 250 mg of standardized *Gymnema sylvestre* in capsule form.

FUNCTIONS

Glucose metabolism that is associated with abnormally high blood glucose can lead to high levels of glycation. Glycation is the non-enzymatic attachment of sugars to major molecules in the body, including proteins, lipids, and nucleic acids. Glycation reactions generate advanced glycation end-products (AGEs) and glycotoxin intermediates. AGEs cause abnormal and destructive functioning of body proteins, lipids, and nucleic acids. AGE-associated damage is suspected in the pathogenesis of many diseases and age-related deteriorations.

Gymnema sylvestre is an Ayurvedic botanical that may assist in the normal regeneration and repair of healthy pancreatic beta cells. *Gymnema* is also suspected of reducing intestinal glucose absorption. Native to India, this woody, climbing plant has been used traditionally in India to treat madhu meha, or “honey urine.” Gymnemic acid, an active component of *Gymnema sylvestre*, has been identified in numerous animal studies as having anti-hyperglycemic effects. Human studies have indicated it may be useful in healthy glucose metabolism.

INDICATIONS

Ayur-Gymnema may be a useful dietary adjunct for individuals who wish to nutritionally support healthy glucose metabolism.

FORMULA (#7675)

Each capsule contains:

Gymnema sylvestre 250 mg
Standardized to 25% Gymnemic acids

SUGGESTED USE

Adults take 1 capsule daily in between meals or as directed by physician.

SIDE EFFECTS

No adverse side effects reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

- Baskaran K, Ahamath BK, Shanmugasundaram KR, Shanmugasundaram ER. Antidiabetic effect of a leaf extract from *Gymnema sylvestre* in non-insulin-dependent diabetes mellitus patients. *J Ethnopharmacol* 1990;30:295-305.
- Okabayashi Y, Tani S, Fujisawa T, et al. Effect of *Gymnema sylvestre*, R.Br. on glucose homeostasis in rats. *Diabetes Res Clin Pract* 1990;9:143-148.
- Prakash AO, Mather S, Mather R. Effect of feeding *Gymnema sylvestre* leaves on blood glucose in beryllium nitrate treated rats. *J Ethnopharmacol* 1986;18:143-146.
- Shanmugasundaram ER, Rajeswari G, Baskaran K, et al. Use of *Gymnema sylvestre* leaf in the control of blood glucose in insulin-dependent diabetes mellitus. *J Ethnopharmacol* 1990;30:281-294.
- Srivasta Y, Bhatt HV, Prem AS, et al. Hypoglycemic and life-prolonging properties of *Gymnema sylvestre* leaf extract in diabetic rats. *Isr J Med Sci* 1985;21:540-542.
- Venkatakrishna-Bhatt H, Srivastava Y, Jhala CI, et al. Effect of *Gymnema sylvestre*, R.Br. leaves on blood sugar and longevity of alloxan diabetic rats. *Indian J Pharmacol* 1981;13:99.

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

**Manufactured by
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205
800-245-4440**