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 Gynema 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...............................................................250mg
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 have been reported.

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


For more information on Ayur-Gymnema visit douglaslabs.com

† 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.