



# Gymnema

Anti-Sweetness Activity\*



## Delivering Health Solutions That Work

MediHerb was co-founded in 1986 by world-renowned phytotherapist, Professor Kerry Bone. In his words, "Our passion at MediHerb is to unlock the healing power of plants by combining the time-honored wisdom of traditional knowledge with sound clinical experience and the rigor of scientific research. This quest can only be attained by the total commitment to quality and continuous improvement which permeates every aspect of our endeavors."

In over 25 years of operation MediHerb has not only demonstrated an unwavering commitment to quality in herbal products, we have redefined it. We believe our unique approach to quality sets a standard for herbal products that is unsurpassed in the world today.

Kerry Bone and over 20 health care professionals work within MediHerb while still maintaining their own clinical practices. We know from our experience that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver you health solutions that work.



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Anti-Sweetness Activity



Gymnema



## Gymnema – Anti-Sweetness Activity

How often have you experienced that afternoon slump? It's midway through the day, you're tired and your "get up and go" seems like it's all gone. When your blood sugar levels are naturally out of balance, energy feels like it's draining away. Your blood sugar levels can drop naturally, often in the late afternoon, triggering sugar cravings.

In India, *Gymnema sylvestre* is called Gurmar, the "Sugar Destroyer". That's because, since ancient times, natural clinicians have noted that it suppresses the taste of sugar. MediHerb's Gymnema is formulated to deliver that same unique result.\*

### Gymnema – Sweet Taste Test

Try this simple test and be amazed – especially if you have a sweet tooth. Just place one Gymnema tablet on your tongue for 60 to 90 seconds. It might not taste great, but you'll love what happens next. Swallow the tablet, wait a minute, then try something sweet – perhaps a few sugar crystals. Surprise – no sweet taste!\*



### What is Gymnema?

Gymnema supports healthy pancreatic function and the normal production of insulin in the body.<sup>1</sup>

MediHerb's Gymnema contains one unique herb, *Gymnema sylvestre* leaf. It is standardized to compounds called saponins, specifically the gymnemic acids.

Gymnema has been used for centuries in Ayurvedic medicine. Its reputation is also well supported by modern research. There have been 130 scientific studies published on Gymnema.\*

### How is MediHerb's Gymnema unique?

Good quality Gymnema is defined by the levels of its active ingredients, the gymnemic acids. You can be completely confident that MediHerb meticulously checks the quantity of gymnemic acids in the Gymnema raw material and ensures the gymnemic acids are retained in the product throughout manufacture.\*

### Who Needs Gymnema?

Everyone who wants to prevent the natural drop in blood sugar that sometimes occurs in the afternoon and to help reduce sweet cravings. Gymnema can also be a beneficial addition to a weight loss plan, when combined together with a calorie-controlled diet and exercise.\*

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### Compelling Benefits

MediHerb's Gymnema contains 6.4 g of Gymnema leaf and 100 mg of gymnemic acids per tablet and may help to:

- Help reduce sweet cravings
- Help suppress/inhibit sweet taste sensations\*

Ask your health care professional today if Gymnema is the right product for you. They will also inform you of any cautions to be aware of when taking this product.

<sup>1</sup> Shanmugasundaram ER, Rajewsari G, Baskaran K et al. *J Ethnopharmacol* 1990; 30(3): 281-294

**\*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.**

You Can Rely on Gymnema