



Clinical Applications

- Supports Healthy Glucose Metabolism*
- Supports Healthy Blood Lipid Levels Already in the Normal Range*
- Improves/Maintains Healthy Nerve Function*

*DiabetaLean features significant quantities of key ingredients that support insulin utilization and glucose metabolism. CinSulin® is a safe, patented, 100% water-soluble, 10:1 concentrated form of cinnamon that provides polyphenol polymers. Standardized American ginseng, green tea, gymnema, and alpha-lipoic acid help protect pancreatic cells, support insulin sensitivity, and provide antioxidant activity. Albion®'s TRAACS® patented chromium is added for its role in enhancing insulin activity.**

All NutriMedical Formulas Meet or Exceed cGMP Quality Standards

Discussion

CinSulin® is a clinically proven, patented water extract of cinnamon (*Cinnamomum cassia*) shown to powerfully influence glucose metabolism. The unique, proprietary extraction and dehydration process for manufacturing CinSulin results in a concentrated (10:1) extract that minimizes undesirable substances, while retaining those that are health-promoting, such as type-A polyphenolic polymers. Cinnamon has been studied extensively for its roles in glucose uptake, glycogen synthesis, insulin action, and support for healthy blood lipids.^[1,2] Anderson et al. demonstrated a 20-fold increase in glucose uptake in fat cells treated with water-soluble type-A polymers.^[3]

American Ginseng (*Panax quinquefolius*) exhibits activities that support blood sugar levels already in the normal range.^[4,5] The American ginseng in DiabetaLean is a standardized 12% (ginsenosides) extract.

Gymnema Leaf Extract (*Gymnema sylvestre*) is a water-soluble extract made from the leaves of *Gymnema sylvestre* and standardized to 25% gymnemic acid. This form does not decrease iron absorption as other forms may.^[6] *Gymnema* can enhance the effects of insulin and oral hypoglycemic agents by reducing glucose absorption in the intestine, stimulating pancreatic beta cell growth, and possibly supporting endogenous insulin secretion. *Gymnema* may also support serum lipid levels already in the normal range.^[7]

Green Tea Polyphenols (*Camellia sinesis*) protect erythrocytes from oxidative stress, possibly supporting the health of tissues that could otherwise be affected by too high levels of blood glucose.^[8] In research studies EGCG enhanced insulin activity,^[9] protected the pancreatic cells by reducing undesirable cytokines (e.g. IL-1beta), and reduced IFN-gamma-induced nitric oxide production. It affected genes that inhibit activation of NF-kappaB^[10] and reduced the level of messenger RNA for the hepatic gluconeogenic enzymes.^[11]

Alpha Lipoic Acid is a potent antioxidant that acts by multiple mechanisms, both physiologically and pharmacologically, to support healthy peripheral nerves and maintain blood pressure already in the normal range.^[12,13] In higher doses, alpha lipoic acid supports blood sugar levels already in the normal range.

Chromium: The Albion® TRAACS® patented process that combines chromium with glycinate and niacin increases its bioavailability and supports healthy glucose metabolism.^[14] Individuals with poor glucose metabolism tend to have lower blood chromium levels. Chromium enhances the metabolic action of insulin and may support heart health, especially in overweight individuals.

*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.



Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 60

	Amount Per Serving %Daily Value	
Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	200 mcg	167%
American Ginseng Extract (<i>Panax quinquefolium</i>)(whole plant)(20% ginsenosides)	375 mg	**
Alpha-Lipoic Acid	200 mg	**
Green Tea Aqueous Extract (<i>Camellia sinensis</i>)(leaf) (80% polyphenols, 60% catechins, 30% EGCG, 6% caffeine)	200 mg	**
Gymnema Extract (<i>Gymnema sylvestre</i>)(leaf)(25% gymnemic acids)	200 mg	**
Cinnamon 10:1 Aqueous Extract (<i>Cinnamomum cassia</i>)(bark)(3% type-A polymers)(CinSulin®)	200 mg	**

**Daily Value not established.

Other Ingredients: HPMC (capsule), microcrystalline cellulose, stearic acid, magnesium stearate, silica, and medium-chain triglycerides.

Directions

Take two capsules twice daily, or as directed by your healthcare practitioner. Do not use if tamper seal is damaged.

References

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3. Anderson RA, Broadhurst CL, Polansky MM, et al. Isolation and characterization of polyphenol type-A polymers from cinnamon with insulin-like biological activity. *J Agric Food Chem.* 2004 Jan 14;52(1):65-70. [PMID: 14709014]
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12. Negriskanu G, Rosu M, Bolte B, Lefter D, Dabelea D Effects of 3-month treatment with the antioxidant alpha-lipoic acid in diabetic peripheral neuropathy. *Rom J Intern Med.* 1999 Jul-Sep;37(3):297-306 [PMID: 15532308]
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Does Not Contain

Wheat, gluten, corn protein, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or preservatives.

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