

GYMNEMA

Gymnema (*Gymnema sylvestre*) is an herb that grows on a vine in the tropical regions of Africa, India, and Australia. The leaves have been used for thousands of years in Ayurvedic medicine for diabetes, inflammation, lung conditions, wounds, and more. It has recently gained attention for its benefits regarding cholesterol, fat, and, most notably, blood sugar.

Gymnema helps to reduce sugar cravings by suppressing sweet taste mechanisms without affecting satisfaction from other foods. It's often referred to as "the sugar destroyer" for this reason. This sweet-suppressing property has been shown to reduce sugar intake.

Gymnema leaves contain important sugar-regulating constituents like gymnemic acids, gymnemosides, and gurmarin. The gymnemic

acid constituent not only suppresses sugar cravings but also attaches to sugar receptors so that the amount of sugar absorbed in the intestines is greatly decreased.

Gymnema has been shown in scientific studies to:

- Help reduce cravings for sugar and high-carbohydrate foods
- Help suppress the sweet taste sensation
- Support normal blood sugar control

SUPPLEMENT FACTS

Serving Size: 2.5mL

Servings Per Container: Approx. 71

	Amount Per Serving	% Daily Value
Calories	5	
Organic Gymnema (<i>Gymnema sylvestre</i>) 1:2 Extract from 1.25 g leaf	2.5mL	**

**Daily Value Not Established.

Other Ingredients: Purified Water, Pure Alcohol
(45-55% by volume)



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. For educational purposes only.



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