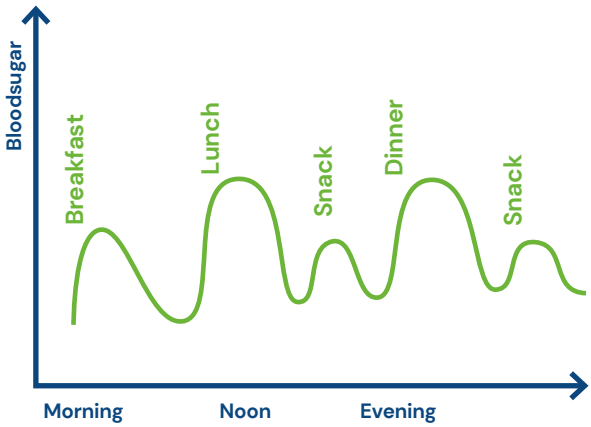
NUTRINED

focus

Stabilizing blood sugar levels: Glycosense should not settle being a second choice...

Blood sugar levels during a typical day



Many patients manifest **typical blood sugar 'swings'** during the day.
Fluctuating blood sugar causes unpleasant symptoms such as dips in energy, brain fog, joint pain, headaches and mood swings ...

Next to this, blood glucose variability induces inflammation (NF-κB) - what is worsening many conditions and pathologies. **Stabilizing blood sugar level** has been an essential part of a total and complementary protocol in:

- neuroinflammation
- autoimmune dysfunction
- neurodegenerative disease
- and many other chronic pathologies

How to stabilise blood sugar levels?

Step 1

Dietary and lifestyle interventions to manage your blood sugar levels:

- Eat a healthy diet low in sugar and carbohydrates to lessen swings in blood glucose
- Exercise regularly
- Maintain a healthy weight

Step 2

Treatment interventions that improve insulin receptor sensitivity (GLUT-4 translocation)

- **Lower fasting blood sugar**
- **Counteract Glycation**
- **Reduce inflammation resulting from dysglycemia**

Is medical management safe?

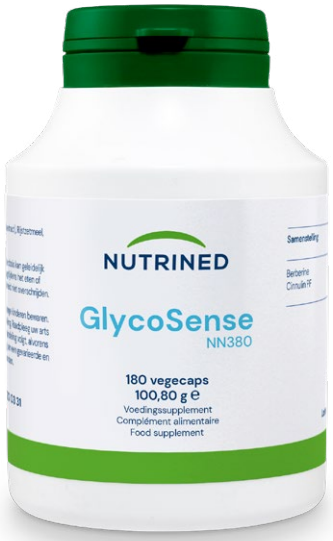
Recent publications showed side effects in the treatments we have been using currently:

- various gastro-intestinal symptoms
- vit B12 deficiency
- mitochondrial damage
- fatigue
- lactate build up

References

- Metformin shuts down Complex 1 in the Mitochondrial ETC. *https://www.frontiersin.org/articles/10.3389/fendo.2018.00753/full*
- Vit B12 deficiency caused by chronic use of Metformin - *https://pubmed.ncbi.nlm.nih.gov/26900641/*
- Previous studies have revealed that a deficiency of B12 is associated with cognitive decline or Alzheimer disease.
  Read article 1 - *https://pubmed.ncbi.nlm.nih.gov/12011287/*
  Read article 2 - *https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7387066/*

GlycoSense,
a safe and effective alternative



indication	Fluctuating blood sugar levels Dysglycemia Poor insulin sensitivity Elevated fasting blood glucose High glycated hemoglobin HbA1c Lipid metabolism (triglycerides & cholesterol)	
dosage	3 x 1 caps per day during meals The daily dose can be increased gradually up to 3 x 2 caps per day during meals, depending on tolerance and results	
packaging	180 vegecaps per container	
composition (amount per 3 vegecaps)	Berberine Cinnulin PF	750 mg 255 mg

2 important components:

component 1: Berberine

A unique and powerful 96% extract.

Significant decrease in
- Hemoglobin A1c
- Fasting blood glucose
- Postprandial blood glucose

Comparative studies between Berberine and Metformin:
The hypoglycemic effect of Berberine was similar to that of Metformin.
Their effects on lipid metabolism were different: Berberine decreased serum triglyceride and total cholesterol.

component 2: Cinnulin PF

Cinnulin PF is a a very powerful and bioactive cinnamon extract, which is one of the few cinnamon extracts that has research to support its functions.

Significant improvement in fasting blood sugar

- Increased insulin receptor sensitivity - reduced insulin resistance
- Glucose uptake and glycogen synthesis increased + positive outcome on systolic blood pressure, reduction of body fat

References GlycoSense

Yin, Jun, et al. "Efficacy of Berberine in Patients with Type 2 Diabetes Mellitus." Metabolism: Clinical and Experimental, vol. 57, no. 5, 2008, pp. 712–17.

Wang, Jeff G., et al. "The Effect of Cinnamon Extract on Insulin Resistance Parameters in Polycystic Ovary Syndrome: A Pilot Study." Fertility and Sterility, vol. 88, no. 1, 2007, pp. 240–43.

Qin, Bolin, et al. "Cinnamon Extract Regulates Plasma Levels of Adipose-Derived Factors and Expression of Multiple Genes Related to Carbohydrate Metabolism and Lipogenesis in Adipose Tissue of Fructose-Fed Rats." Hormone and Metabolic Research, vol. 42, no. 3, 2010, pp. 187–93.

Qin, B., et al. "Cinnamon Extract Attenuates TNF-Alpha-Induced Intestinal Lipoprotein ApoB48 Overproduction by Regulating Inflammatory, Insulin, and Lipoprotein Pathways in Enterocytes." Hormone and Metabolic Research, vol. 41, no. 7, 2009, pp. 516–22.

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