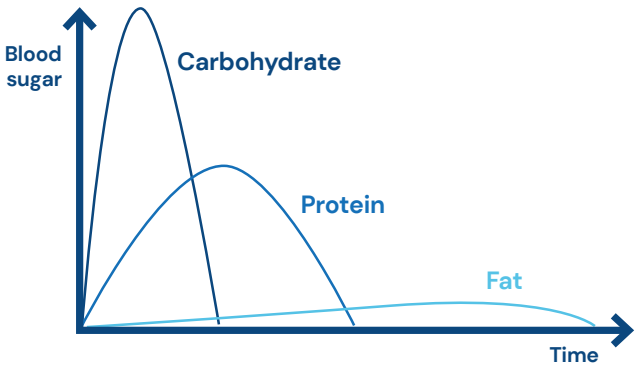
NUTRINED

new

Stabilisation of blood sugar

Stabilisation of blood sugar is an essential part in treatment of **autoimmunity, neuroinflammation** and **neurodegenerative diseases.**

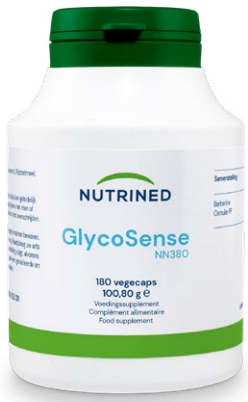
Blood sugar fluctuations worsen inflammation and cause regular dips in energy, concentration and mood…



Dietary recommendations

- low-to-moderate carbohydrate diet
- avoid nutrition with high glycemic index
- avoid caffeine and nicotine

Nutritional support



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

component 1: Berberine

Berberine 97% (Berberis aristata)

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

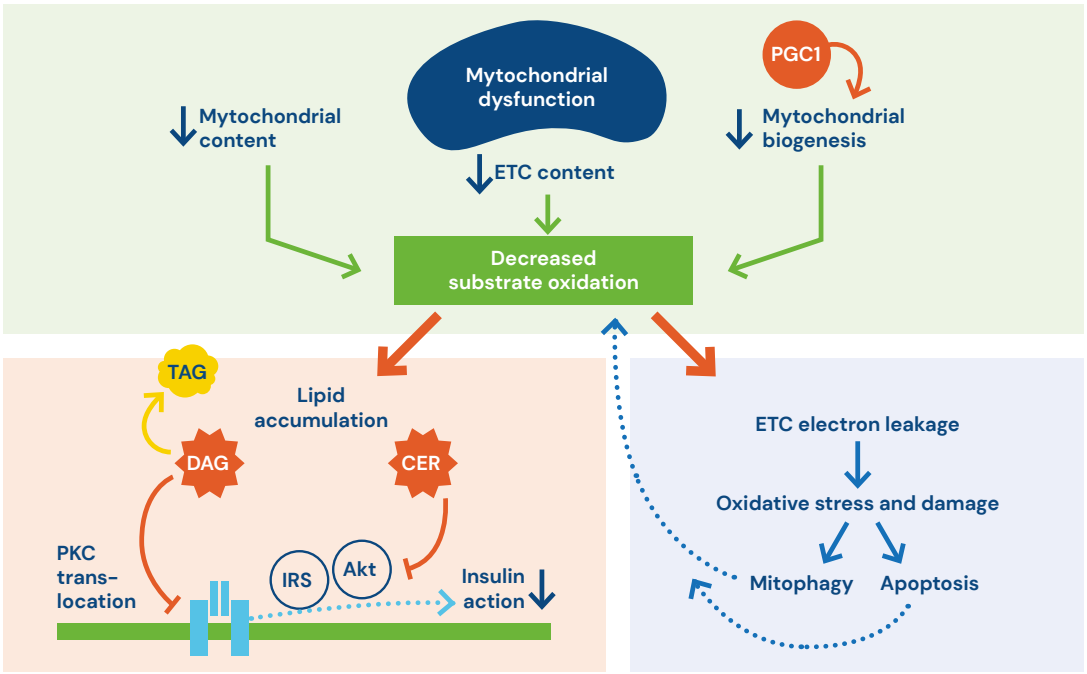
Cinnulin PF is a unique proprietary, patented cinnamon extract, which is one of the few cinnamon extracts that has research to support its functions

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

Additional treatment options in poor insulin sensitivity

indication	Prevention and treatment of various neurological disorders and neurodegenerative diseases Cognitive disorders Mitochondrial dysfunction and optimisation	
dosage	3 x 1 caps per day	
packaging	90 vegecaps per container	
composition (amount per 3 vegecaps)	Centella Asiatica Coffea (Whole Coffee Fruit Extract) Vit B3 (as Nicotinamide riboside) PQQ	1000 mg 200 mg 200 mg 20 mg



Impairments in mitochondrial biogenesis and electron transport chain are the markers of mitochondrial dysfunction.

→ Poor conversion of fatty acids causes **accumulation of lipid metabolites and downregulation of insulin sensitivity.**

→ Electron leakage in the electron transport chain causes **oxidative damage to mitochondria.**

NADP+ and NADPH are good markers to assess the progression of Diabetes Type 2. Significantly reduced levels of NADP+ and NADPH in predia-betes and Diabetes Type 2 can be restored with supplementation of Nicotinamide Riboside. As a result we conclude that **Nicotinamide Riboside improves insulin sensitivity, glucose tolerance and weight gain.**

PQQ contributes with its effect on mitochon-drial activity and mitochondrial biogenesis.

indication	Upregulation fatty acid oxidation Optimisation of mitochondrial enzyme affinity More energy for mental and physical activities	
dosage	2 x 1 - 2 caps per day with or after food	
packaging	60 vegecaps per container	
composition (amount per 2 vegecaps)	Acetyl-L-Carnitine HCl R-Alpha lipoic acid Coenzym Q10	1000 mg 200 mg 50 mg

Ac-Carnitine contributes as well, it shuttles fatty acids into the mitochondrial matrix where the beta-oxidation takes place.
+ R-ALA
+ Q10

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