

GYMNEMA SYLVESTRE EXTRACT

Botanical Name	Gymnema Sylvestre
Common Name	Gurmar
Standardized For	Upto 75% Gymnemic acid by Gravimetry Upto 25% Gymnemic acid by HPLC
Description	Light To Dark Green Coloured Powder
Part Used	Leaf



Uses and Benefits:

- 1) **Diabetes treatment and management:** Gymnema has been shown to be helpful in the treatment of Type I and Type II diabetes.
 - a. It reduces fasting blood sugar levels, insulin requirements and improves blood sugar control.
 - b. It curbs diabetes by blocking sugar binding sites and hence not allowing the sugar molecules to accumulate in the body.
 - c. In those with type 1 diabetes, Gymnema seems to enhance the action of insulin.
 - d. It can double the amount of insulin-producing cells in the pancreas, and return blood sugar levels to normal.
- 2) **Weight Loss:** It helps decrease Sugar Cravings by taking away the ability to taste sweet foods. It can therefore be helpful in weight loss.
- 3) **Other uses:**
 - a. It removes sugar from pancreas, restores pancreatic function.
 - b. It stimulates the circulatory system, increases urine secretion.
 - c. It has shown to reduce blood sugar, glycosylated hemoglobin and glycosylated plasma proteins when used for 18-20 months.



BOSWELLIA EXTRACT

Botanical Name	Boswellia Serrata
Common Name	Salai Guggal
Standardized For	Boswellic Acid
Description	Off White to Cream coloured free flowing powder
Part Used	Gum Resin



Uses and Benefits:

- 1) **Anti inflammatory and pain relieving properties:**
 - a. Boswellic acids reduce inflammation by deterring the inflammation of white cells and improving blood flow to the joints.
 - b. They have been shown to prevent the chemical reactions that can be precursors to inflammation.
 - c. The herb is effective in relieving the aches and pains of arthritis, gout, lower back pain, rheumatism and especially osteoarthritis.
 - d. Boswellia stops the degenerative actions that erodes cartilage and joint tissues. Boswellia serrata acts in a synergistic manner with such other joint-building supplements as glucosamine and chondroitin. As they stimulate the growth of cartilage, the boswellic acids effectively shrink inflamed tissue, increase blood supply to inflamed joints and enhance the repair of local blood vessels damaged by inflammation. It does so without the after-effects such as gastric irritation, ulceration of the stomach and adverse effects on heart rate and blood pressure that are associated with pain killers.
- 2) **Asthma management:**

Boswellic acids in the resin have been shown to inhibit the synthesis of leukotrienes, which trigger many of the symptoms associated with asthma. It also helps relax bronchial passageways by reducing mucus production and facilitating breathing.



TRIBULUS TERRESTRIS EXTRACT

Botanical Name	Tribulus Terrestris
Common Name	Puncture vine , Gokharu, Small Caltrops
Standardized For	20%, 40% and 60% Steroidal Saponins by Gravimetry
Description	Light To Dark Brown Coloured Powder
Part Used	The Dried Aerial Parts



Uses and Benefits:

- 1) **Urinary conditions:** Tribulus is non-irritant diuretic and urinary antiseptic. It is used in case of dysurea, urinary stone and incontinence of urine.
- 2) **Female Health:** The hormone balancing effects of Tribulus Terrestris for women makes this herb suitable for premenstrual syndrome and menopausal syndrome.
- 3) **Prostrate related conditions:** Tribulus contains Sterols like betasitosterols or stigma. These substances protect the prostate from swelling and in combination with the X steroidal saponins, protect the prostate from cancer.



Avisor Herbals

SENNA LEAF EXTRACT

Botanical Name	Cassia Aungustifolia
Common Name	Senna
Standardized For	Upto 60% Sennosides by HPLC
Description	Light To Dark Brown Coloured Powder
Part Used	Leaves



Uses and Benefits:

Constipation: Sennosides are natural, safe and time-tested laxatives in both traditional and modern systems of medicine. They irritate the lining of the large intestine resulting in bowel movement. Senna extracts have therefore been very successful in treating constipation.



Avisor Herbals