

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.

