



Gymnema 4g

Gymnema leaf has been used by natural clinicians in India for centuries to support healthy blood sugar levels.^{1,2} In India, it has a common name Gurmar, meaning 'destroyer of sugar', perhaps because the taste of Gymnema suppresses the ability to detect sweet tastes.^{3,4} The important plant constituents of Gymnema are the saponins, especially the gymnemic acids.^{4*}

How Gymnema 4g Keeps You Healthy

Gymnema helps maintain a healthy pancreas and helps support healthy blood sugar levels

Gymnema extracts containing an appropriate amount of saponins (gymnemic acids) help maintain a healthy pancreas. This supports healthy pancreatic function and the normal production of insulin in the body. Gymnema may do this by supporting the integrity of the pancreatic beta cells.¹ (These beta cells produce insulin. Insulin removes glucose from the blood and helps with the storage of glucose (as glycogen and fats), thereby helping to regulate the supply of energy.)^{*}

When combined with a balanced diet, Gymnema supports healthy blood glucose levels within a normal range.¹ As well as supporting the pancreas, Gymnema also promotes normal absorption of glucose from the intestine and a healthy metabolism.^{5*}

Gymnema helps maintain healthy cholesterol levels

While supporting healthy glucose metabolism, Gymnema may also help maintain cholesterol and triglycerides in the blood within a normal range.¹ A healthy diet (low in saturated fat and refined carbohydrates) combined with regular exercise and healthy cholesterol and glucose levels helps maintain metabolic and circulatory systems.^{*}

What Makes Gymnema 4g Unique

Gymnema 4g is unique in the professional herbal products industry because:

- It states on the label exactly how much each tablet contains of the important plant constituents (gymnemic acids)
- MediHerb tests the quantity of gymnemic acids in Gymnema raw material
- MediHerb's testing also ensures the gymnemic acids are retained in the product throughout manufacture

Supplement Facts		
Serving size:	1 tablet	
Servings per container:	40, 120	
Amount per Serving		%DV
Calories	3	
Calcium	60 mg	6%
Gymnema leaf 10:1 extract from <i>Gymnema sylvestre</i> leaf 4.0 g	400 mg	†
Containing gymnemic acids 100 mg		
† Daily Value (DV) not established.		

Other ingredients: Calcium acid phosphate, cellulose, hypromellose, magnesium stearate and sodium starch glycolate.

Caution: Not to be used during pregnancy and lactation unless otherwise directed by a qualified health care professional.

Product No	Content
M1320	40 Tablets
M1325	120 Tablets



Gymnema 4g M1320 / M1325



Associate Professor Kerry Bone
MediHerb Co-Founder and
Director of Research and Development

A Phytotherapist's Passion

"Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature."

* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Unique Manufacture & Analytical Testing

Quality and safety ensured

- Manufactured in Australia to the high standards of international pharmaceutical Good Manufacturing Practice
- Raw materials and finished product are subjected to tough quality standards, including use of the latest and most relevant chemical analysis methods

References

- ¹ Shanmugasundaram ER, Rajeswari G, Baskaran K et al. *J Ethnopharmacol* 1990; **30**(3): 281-294
- ² Shanmugasundaram KR, Panneerselvam C, Samudram P et al. *Pharmacol Res Commun* 1981; **13**(5): 475-486
- ³ Medline Plus: Trusted Health Information for You. *Gymnema* (Gymnema Sylvestre R. Br.). Available via www.nlm.nih.gov/medlineplus/druginfo/natural/patient-gymnema.html. Accessed June 2006.
- ⁴ Suttisri R, Lee IS, Kinghorn AD. *J Ethnopharmacol* 1995; **47**(1): 9-26
- ⁵ Hirata S, Abe T, Imoto T. *J Yanago Med Assoc* 1992; **43**: 392-396



Quality is our Passion

MediHerb products are developed by experts and leaders in the field of herbal therapy, using scientific evidence and hundreds of years of traditional knowledge.

Kerry Bone and over 20 health care professionals work within MediHerb while still managing their own clinical practices, plus we consult with an advisory board of health care professionals from around the world.

Our products are made using only the highest quality ingredients which are extensively tested for purity and potency. The MediHerb manufacturing plant operates to a strictly regulated pharmaceutical standard and is regularly audited by the Therapeutic Goods Administration (similar to the FDA), the same body that audits conventional pharmaceutical manufacturing facilities. The comprehensive regulations in Australia mean that you receive a safe and effective product that has been manufactured to pharmaceutical standards.

We know from our experience as health care professionals that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver health solutions that work.



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