

Diabe *cinn*TM



A water-based cinnamon extract (ZN112) for Diabetes Type 2



The balance is in your hands

Cinnamon

Recent clinical trails have shown that cinnamon can significantly reduce blood sugar levels by up to 29% (almost 1/3) and cholesterol levels by up to 26%. However to achieve these results you would have to take large quantities of regular table cinnamon on a daily basis, which in the long- term could cause irritation of the stomach and excess bleeding. It is safer to use a water-based cinnamon extract (ZN112) such as **Diabecinn™**.

Diabecinn™ is an extract of cinnamon therefore it contains all the active ingredients of regular cinnamon, and none of the oils that can cause stomach irritation and excess bleeding.

Diabecinn™ is also easily absorbable and because it is an extract of cinnamon it is highly concentrated and comes in an easy to use capsule form.

How does cinnamon extract reduce blood sugar levels?

It helps reduce sugar levels in the blood stream by improving insulin resistance, in other words it helps your insulin work better. It also assists in the process of changing sugar into glycogen. This gives you energy.

What is cholesterol?

Cholesterol is a waxy substance (fat) that occurs naturally in all parts of the body. Total cholesterol consists of 3 different types of fat. Too much of some fats are bad for your health.

$$\text{TOTAL CHOLESTEROL} = \text{LDL} + \text{TRIGLYCERIDES} + \text{HDL}$$

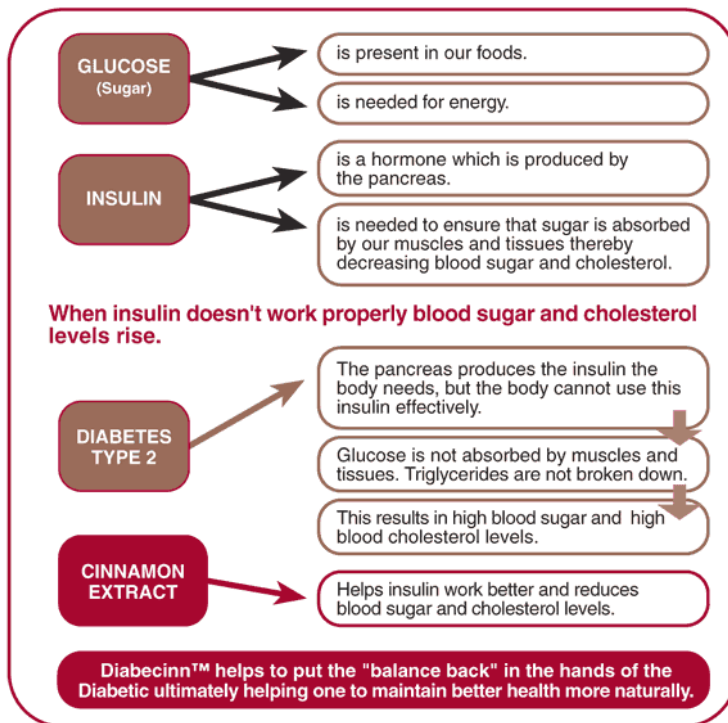
is made up of these three fats (Bad fat) (Bad fats) (Good fats)

How does cinnamon extract improve cholesterol levels?

Diabetes is associated with high triglyceride (bad fats) levels. Insulin helps break down these triglycerides and because cinnamon extract makes insulin more effective (work better), triglycerides levels are reduced. This in turn helps reduce total cholesterol levels.

Oxidation is a process which changes LDL (bad fats) into fatty deposits in the arteries. This can lead to heart attacks and strokes. Extracts of cinnamon have potent anti- oxidant effects which help prevent the formation of these fatty build deposits in the arteries.

How Diabecinn™ works:



Click on image for larger version.



Why use Diabecinn™?

- A **reduction in prescribed medication** may be possible. The benefit of using a natural cinnamon extract (no expected side effects) vs. prescribed medication (many side effects), is clear by comparing their side effect profiles.

However it is imperative to consult a medical practitioner before reducing any prescribed medication.

- If adding Diabecinn™ causes a drop in blood sugar and cholesterol levels, but a reduction in current medication is not possible, the benefit to the diabetic is still apparent in **helping to prevent or delay an increase in dose of prescribed medication** as the years go by. With better control, it may be possible to decrease the need for more prescribed medicine or insulin.
- Unlike many prescribed medicines, Diabecinn™ does not stimulate the pancreas to produce more insulin. Therefore it can **help preserve the betacells of the pancreas** and the pancreas will carry on working for longer. This helps reduce the need for extra medicines or insulin and is a very important focus for diabetes treatment options.
- Helps reduce the risk of long-term complications.

Can Pre-diabetics take Diabecinn™?

In pre-diabetes, blood glucose levels are higher than normal but not high enough to be characterized as diabetes. However, many people with pre-diabetes develop Type 2 diabetes within 10 years. Pre-diabetes also increases the risk of heart disease and stroke.

With modest weight loss and moderate physical activity, people with pre-diabetes can delay or prevent Type 2 diabetes. Diabecinn™ added to a proper diet and exercise programme may further help delay or prevent the progression to diabetes and reduce the many health risks associated with high blood sugar levels.

Diabecinn™ capsules can be used together with Diabetic diets and tablets, have a neutral taste and are **naturally free from sugar and lactose**.

Directions for use:

Adults with Type 2 diabetes: 1 capsule daily with the main meal. If after 20-40 days sufficiently beneficial results are not achieved, the dose can be safely increased to up to three capsules daily. Split the daily dose and take one capsule with each meal. To be used by children under 12 years only after appropriate medical consultation.

Each capsule contains:

112mg of a Water-based Cinnamon extract (ZN112)
(Equivalent to approximately 1 232mg dried, whole ground cinnamon)

Diabecinn™ is successfully being used in the Netherlands, Belgium, Italy, Switzerland and Germany.

Diabecinn™ is available in most leading pharmacies, Dischem, Clicks and health shops.

Important

Monitor your blood sugar levels closely and consult your medical practitioner before reducing your medication. Do not use if pregnant or breast feeding.

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Diabetes general Information:

Diabetes is becoming one of the fastest growing diseases worldwide.

Type 1 Diabetes is sometimes called insulin-dependent, immune-mediated or juvenile-onset diabetes. People with Type 1 Diabetes are usually unable to produce any insulin at all. They need to inject insulin on a daily basis.

People with **Type 2 Diabetes** do not usually require injections of insulin. Usually, they can control the sugar level in their blood by watching their diet, doing regular exercise and possibly by taking tablets. Type 2 Diabetes is the most common type of diabetes and accounts for 90 - 95% of all people with diabetes.

A simple finger prick blood test at your nearest pharmacy, clinic or doctor will let you know if you are a diabetic or at risk of developing diabetes.

Tips for diabetics

- Eat a variety of low GI foods.
- Eat plenty of whole grain products and at least 5 serving of fruit and vegetables per day.
- Limit saturated fats & cholesterol.
- Use sugar sparingly.
- Use salt & sodium sparingly.
- Balance your diet with regular exercise to maintain a healthy weight.
- See a dietician for an individualized diet plan.

The good news is that studies undertaken in the United Kingdom, by the National Institute of Diabetes have shown that keeping ones blood sugar levels and blood pressure as close to normal as possible, is beneficial in preventing and delaying the progression of diabetes associated complications.

Good blood sugar and blood pressure control has been shown to have the following significant effects:

- Up to a 76% reduction in the risk of developing eye disease.
- Up to a 50% reduction in the risk of developing kidney disease.
- Up to a 60% reduction in the risk of developing nerve disease.
- More than a 33% reduction in strokes.
- Up to a 33% reduction in death from long-term complications.

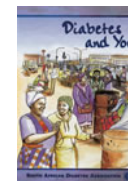
Diabetes SA is committed to striving for better facilities and for improved affordable treatment for all people living with diabetes. DSA has a national network of branches and support groups which inform and support people with diabetes and their families.



Diabetes Focus is an easy to read magazine with up to date news and research, practical tips on food and inspiring stories about people living with diabetes. It offers information on the latest research and new products.

To subscribe to Diabetes SA quarterly Diabetes focus magazine please go to www.diabetessa.co.za and navigate to the Membership section under About Us.

Diabetes SA also offers many other support tools including the informative Diabetes and You comic book designed for teaching the basics in diabetes and is an excellent method of informing people with diabetes who have limited literary skills. It is used extensively in the clinics and is available in English, Zulu, Xhosa, Sotho and Afrikaans



For more information on Diabetes SA and their support material please contact:

Diabetes SA National Office: 011 792 9888/7 or visit www.diabetessa.co.za for the complete list of their national branches

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us. - Helen Keller

Sooner or later, those who win are those who think they can. - Richard Bach



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