

Diabe*cinn*TM
A water-based cinnamon extract (ZN112) for Diabetes Type 2



DiabecinnTM Extra



■ We put the “extra” in Cinnamon EXTRAct

We know that Diabetes is a condition presenting with higher than normal blood sugar levels. This puts additional strain on the body and its organs. As a result **high levels of oxidative stress** (the accumulation of excess free radicals in the body) occur. Diabetics are also more inclined to have low levels of anti-oxidants, vitamins and minerals in their bodies due to their condition. Thus, the diabetic’s body requires additional anti-oxidants and other vitamins and minerals to help counter this type of oxidative stress and nutritional deficiencies

“Oxidative stress is increased in diabetes because of multiple factors. Dominant among these factors is glucose autoxidation leading to the production of free radicals. Other factors include cellular oxidation/reduction imbalances and reduction in antioxidant defenses (including decreased cellular antioxidant levels and a reduction in the activity of enzymes that dispose of free radicals). In addition, levels of some prooxidants such as ferritin and homocysteine are elevated in diabetes.”

- Rahimi, R., Nikfar, S., Larijani, B. & Abdollahi, M. (2005). A review on the role of antioxidants in the management of diabetes and its complications. *Biomedicine & Pharmacotherapy* 59: 365-373.

Diabecinn™ Extra is a food supplement that may help reduce blood sugar levels (by up to 29%) and total Cholesterol (by up to 26%) in individuals with Type 2 Diabetes.

Diabecinn™ Extra is “extra” helpful for diabetics, because it contains **added anti-oxidants, vitamins and minerals** to assist in overcoming oxidative stress and nutritional deficiencies associated with diabetes.

Each capsule of Diabecinn™ Extra contains the same amount of **water-based cinnamon extract (ZN112)** as each capsule of Diabecinn™ Original: it is equivalent to 1 232 mg of whole ground cinnamon. This amount of whole ground cinnamon has been shown to **reduce fasting blood sugar levels in humans by up to 29%**, triglycerides by up to 30%, LDL cholesterol by up to 27%, and total cholesterol by up to 26%.

Before you grab your household cinnamon however, **think twice**: normal whole ground cinnamon, due to its content of volatile oils, may produce unwanted side-effects with regular, long term use (such as gastro-intestinal irritation, and excess bleeding). That is why it is **safer to use a water-based cinnamon extract** from which almost all the volatile oils (which cause these side-effects) have been removed.

The additional anti-oxidants, vitamins and minerals that are included in Diabecinn™ Extra are specifically designed for a diabetic’s management programme.

Individuals with high blood sugar levels are especially prone to certain vitamin and mineral deficiencies, and also need extra anti-oxidants. This is why Diabecinn™ Extra contains **Vitamins A, B1, B6, B12, C, E** and **folic acid**, as well as the minerals **Chromium, Magnesium, and Zinc**. **The vitamins A, C and E and the minerals Zinc and Selenium** are also included as powerful additional anti-oxidants.

Chromium and Magnesium play an important role in the functioning of insulin, whereas Zinc deficiencies are associated with low levels of insulin. Vitamin A, C, and E and the anti-oxidant minerals selenium and zinc all play an important role in overcoming oxidative stress at numerous levels. Vitamin B1 is required for carbohydrate metabolism and B6 for protein metabolism. Vitamins A, B6, E and C help maintain healthy skin, nails and hair. Adequate levels of Vitamins A and C and the mineral Zinc are important for proper wound healing. Vitamin A and Zinc are also important for maintaining good vision and Vitamins B1, B6 and B12 are involved in the healthy functioning of nerves. Adequate Folic Acid levels support the healthy functioning of the heart and arteries.

■ **Diabecinn™ Extra provides extra protection and extra peace of mind for those affected by high blood sugar levels.**

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The balance is in your hands