# Metabolic CinnDrome BOOST

## **Clinical Applications**



- Supports Healthy Glucose Metabolism\*
- Supports Healthy Blood Lipid Levels Already in the Normal Range\*
- Improves/Maintains Healthy Nerve Function\*

Metabolic CinnDrome BOOST features significant quantities of key ingredients that support insulin utilization and glucose metabolism. CinSulin® is a safe, patented, 100% water-soluble, 10:1 concentrated form of cinnamon that provides polyphenol polymers. Standardized American ginseng, green tea, gymnema, and alpha-lipoic acid help protect pancreatic cells, support insulin sensitivity, and provide antioxidant activity. Albion®'s TRAACS® patented chromium is added for its role in enhancing insulin activity.\*

All Inspired Health LLC Formulas Meet or Exceed cGMP Quality Standards

### **Discussion**

**CinSulin®** is a clinically proven, patented water extract of cinnamon (Cinnamonum cassia) shown to powerfully influence glucose metabolism. The unique, proprietary extraction and dehydration process for manufacturing CinSulin results in a concentrated (10:1) extract that minimizes undesirable substances, while retaining those that are health-promoting, such as type-A polyphenolic polymers. Cinnamon has been studied extensively for its roles in glucose uptake, glycogen synthesis, insulin action, and support for healthy blood lipids. [1,2] Anderson et al. demonstrated a 20-fold increase in glucose uptake in fat cells treated with water-soluble type-A polymers. [3]

**American Ginseng** (*Panax quinquefolius*) exhibits activities that support blood sugar levels already in the normal range. [4,5] The American ginseng in Metabolic CinnDrome BOOST is a standardized 12% (ginsenosides) extract.

**Gymnema Leaf Extract** (*Gymnema sylvestre*) is a water-soluble extract made from the leaves of Gymnema sylvestre and standardized to 25% gymnemic acid. This form does not decrease iron absorption as other forms may. <sup>[6]</sup> Gymnema can enhance the effects of insulin and oral hypoglycemic agents by reducing glucose absorption in the intestine, stimulating pancreatic beta cell growth, and possibly supporting endogenous insulin secretion. Gymnema may also support serum lipid levels already in the normal range. <sup>[7]</sup>

**Green Tea Polyphenols** (*Camellia sinesis*) protect erythrocytes from oxidative stress, possibly supporting the health of tissues that could otherwise be affected by too high levels of blood glucose. [8] In research studies EGCG enhanced insulin activity, [9] protected the pancreatic cells by reducing undesirable cytokines (e.g. IL-1beta), and reduced IFN-gamma-induced nitric oxide production. It affected genes that inhibit activation of NF-kappaB<sup>[10]</sup> and reduced the level of messenger RNA for the hepatic gluconeogenic enzymes. [11]

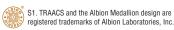
**Alpha Lipoic Acid** is a potent antioxidant that acts by multiple mechanisms, both physiologically and pharmacologically, to support healthy peripheral nerves and maintain blood pressure already in the normal range. <sup>[12,13]</sup> In higher doses, alpha lipoic acid supports blood sugar levels already in the normal range.

**Chromium**: The Albion® TRAACS® patented process that combines chromium with glycinate and niacin increases its bioavailability and supports healthy glucose metabolism.<sup>[14]</sup> Individuals with poor glucose metabolism tend to have lower blood chromium levels. Chromium enhances the metabolic action of insulin and may support heart health, especially in overweight individuals.

<sup>\*</sup>These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

# Serving Size: 2 Capsules Servings Per Container: 60 Amount Per Serving %Daily Value Chromium (as chromium nicotinate glycinate chelate)<sup>S1</sup> American Ginseng Extract (Panax quinquefolius)(root and leaf)(15% ginsenosides) Affice Tea Extract (Camellia sinensis)(leaf)(30% EGCG) Gymnema 5:1 Extract (Gymnema sylvestre)(leaf) Clinnamon 10:1 Aqueous Extract (Cinnamomum cassia)(bark)<sup>S2</sup> \*\*Daily Value not established.

Other Ingredients: Capsule (hypromellose and water), microcrystalline cellulose, stearic acid, magnesium stearate, silica, and medium-chain triolyceride oil.



S2. CinSulin® is registered trademark of Tang-An Medical Co., Ltd. U.S. Patent 6,200,569.

### **Directions**

Take two capsules daily, or as directed by your healthcare professional.

Consult your healthcare professional prior to use. Individuals taking medication should discuss potential interactions with their healthcare professional. Do not use if tamper seal is damaged.

### **Cautions**

Do not use if you are pregnant or lactating.

### References

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- 11. Han MK. Epigallocatechin gallate, a constituent of green tea, supresses cytokine-induced pancreatic beta-cell damage. *Exp Mol Med.* 2003 Apr 30;35(2):136-9 [PMID:12754418]
- 12. Negrisanu G, Rosu M, Bolte B, Lefter D, Dabelea D Effects of 3-month treatment with the antioxidant alpha-lipoic acid in diabetic peripheral neuropathy. *Rom J Intern Med.* 1999 Jul-Sep;37(3):297-306 [PMID: 15532308]
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### Formulated To Exclude

Wheat, gluten, yeast, soy, animal and dairy products, fish, shellfish, peanuts, tree nuts, egg, sesame, ingredients derived from genetically modified organisms (GMOs), artificial colors, and artificial sweeteners.

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