

## New Approaches for Healthy Blood Sugar

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**With metabolic syndrome and diabetes becoming more of a danger than ever, ingredient suppliers and manufacturers are working together to help Americans maintain healthy blood sugar levels.**

It has been said that metabolic syndrome and diabetes may be the largest epidemics of the 21st century. In fact, 1.5 million Americans are diagnosed with diabetes every year, and it is projected that one in three Americans will have diabetes by the year 2050.

With unhealthy lifestyle factors, including the standard American diet (SAD) and a lack of exercise, the risk of developing unhealthy blood sugar levels can cause a downward spiral to a number of major health issues. "The lack of physical activity, increase in body weight, unhealthy diet, smoking and consumption of alcohol have been associated with a higher risk of diabetes, and those practices continue to result in more people with diabetes, and the early stages of it," said Shaheen Majeed, president worldwide, Sabinsa Corporation, New Jersey. "Elevated blood sugar levels can be effectively managed during the initial stage. When left untreated, it can lead to potential complications that include heart disease, stroke, kidney damage, cataract, nerve damage, dry and cracked skin. Research indicates that the prevalence of diabetes (type 2 and type 1) will increase by

54 percent (19.6 million to 54.9 million Americans) between 2015 and 2030; annual deaths attributed to diabetes will climb by 38 percent (62,000 to 90,640); and total annual medical and societal costs related to diabetes will increase 53 percent (\$408 billion to \$622 billion) by 2030.”<sup>1</sup>

Sabinsa offers a number of ingredients from natural sources to support healthy blood sugar levels. “Silbinol, PteroSol, Curcumin C3 Complex, Fenemannans, Cinnamon Extract, Fabenol, Fabenol Max, Salaretin, Momordicin, Saberry and GS4 Plus are some of the long-standing ingredients to support healthy blood sugar,” said Majeed. “Two in particular are derived from the traditional ayurvedic remedy for diabetes using the Indian Kino tree (*Pterocarpus marsupium*). Pterosol is a water soluble extract (polar fraction) of *Pterocarpus marsupium*. The non-polar fraction, which contains a potent blood sugar support molecule pterostilbene (Silbinol), and backed with clinical studies is the latest new ingredient in this list.”