



NATURE'S SUNSHINE

Blood Sugar Formula (Ayurvedic)

Vegan

Kosher

Halal

Non-GMO

GOOD FOR

Endocrine System

Pancreas

Liver

SIZE **100 Capsules**

ITEM # **1298**

SERVING **2**

SUPPLY **16 days**

DIRECTIONS FOR USE Take 2 capsules with a meal three times daily.

— How the Key Ingredients Work

Blood Sugar Formula brings together eleven time-honored Ayurvedic botanicals, each chosen for the way it gently supports the body's natural ability to keep blood sugar in a healthy range. Together they also help curb sweet cravings, support antioxidant defenses, and promote overall metabolic wellness.

Gymnema Sylvestre — Known in Hindi as 'Gurmar' — literally 'sugar destroyer' — Gymnema has been used for centuries to help tame a sweet tooth. It temporarily quiets the taste receptors that detect sweetness, which can reduce cravings for sugary foods. Studies also suggest it supports healthy blood sugar levels and provides antioxidant protection.

Bitter Melon (Momordica) — Bitter melon is a tropical fruit with a long tradition of use across Asia, Africa, and the Caribbean for blood sugar support. Clinical trials in people with type 2 diabetes show it can help lower fasting glucose levels. It also delivers a range of plant compounds that act as antioxidants, helping protect the body's cells from everyday oxidative stress.

Indian Kino Tree (Pterocarpus marsupium) — Called Vijayasar in Ayurveda, this impressive Indian tree is one of the most well-studied herbal agents for blood sugar balance. Human clinical research shows it can meaningfully reduce both fasting and after-meal glucose levels. Its rich supply of polyphenols and flavonoids also provides strong antioxidant support and helps the body manage everyday inflammation.

Indian Bael (Aegle marmelos) — Revered in traditional Indian medicine as a 'holy fruit,' Bael leaf and fruit extracts have shown in multiple animal studies and human-relevant trials that they can lower fasting blood glucose, improve how the body handles a sugar load, and support healthier HbA1c readings. Bael is also packed with phenolics and flavonoids that help neutralize free radicals.

Enicostemma Littorale — This gentle perennial herb, used in Ayurveda and Siddha medicine, has been put to the test in a published clinical trial of 84 type 2 diabetic patients. After three months, participants showed significant reductions in blood glucose and serum insulin levels, as well as improvements in blood pressure. Its key active compound also supports the body's own antioxidant defenses.

Green Chiretta (Andrographis paniculata) — Known as the 'king of bitters,' Green Chiretta has been used across India and Southeast Asia for centuries. An open-label clinical trial in type 2 diabetic patients found a statistically significant reduction in HbA1c. Research also points to improved insulin sensitivity and better uptake of glucose by the body's cells, plus meaningful antioxidant and anti-inflammatory activity.

Fenugreek — These golden seeds from the Mediterranean and western Asia are a kitchen staple with impressive wellness credentials. Fenugreek's soluble fiber slows the absorption of sugars from food, helping to keep blood sugar steadier after meals. It also contains flavonoids and polyphenols that support the body's antioxidant enzymes, and it has a long history of use for digestive comfort as well.

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