

## Glucobeq 60 Capsules

EAN: 8436013362002 FABRICANTE: BEQUISA



*Plant-based food supplement that serves to reduce blood glucose levels.*

### DESCRIPTION

#### What is the composition of Glucobeq from Bequinatur?

#### Ingredients for 2 capsules:

ES Wild Gymnema ( <i>Gymnema silvestris</i> )	400mg
EN Ceylon cinnamon ( <i>Cinnamomum zeylanicum</i> )	200mg
ES Maitake ( <i>Grifola frondosa</i> )	200mg
ES Bitter Melon ( <i>Momordica charantia</i> )	200mg
ES Jew ( <i>Phaseolus vulgaris</i> )	160mg
Vitamin C (Ester C)	160mg
Chromium Picolinate	0.32 mg

**GYMNEMA (*Gymnema silvestris*):** Among the bioactive components of gymnema leaves are gymnemic acids (triterpene saponins), phytosterols, flavonoids, peptides (gurmarin), alkaloids, organic acids and nitrogenous substances (adenine, choline, etc.). In addition, it contains minerals such as: potassium, sodium, calcium, magnesium, iron, etc. In general, gymnema has been used as a digestive, antiviral, diuretic, and in the treatment of diabetes, obesity, and cavities. Gymnemic acids are known for their hypoglycemic effect by suppressing the transport of glucose from the intestine to the blood. Furthermore, it has been seen in in vitro studies how gymnema leaf extracts increase insulin levels in the blood by promoting the permeability of pancreatic cells.

**CINNAMON (*Cinnamomum zeylanicum*):** Cinnamon is one of the best-known spices since ancient times. Its nutritional value includes proteins, iron, calcium, zinc, potassium, selenium, vitamins B6, C. In addition, it has active ingredients such as phenols and aldehydes (cinnamaldehyde, cinnamic acid, cinnamate, procyanidins, eugenol, quercetin, kaempferol and catechin). Cinnamaldehyde is responsible for the taste and smell of cinnamon. Various studies have shown that Ceylon cinnamon has hypoglycemic properties and an effect very similar to that of insulin has been observed. Metabolic syndrome is associated with insulin resistance, elevated glucose and lipid levels, inflammation, decreased antioxidant activity, and weight gain.



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**MAITAKE (Grifola frondosa):** It has innumerable principles and nutrients such as polysaccharides (grifolano, Grifolina), ergosterol (precursor of vitamin D), minerals (magnesium, potassium and phosphorus), vitamins (B1, B2) and essential amino acids such as glutamine, alanine and threonine). Maitake helps balance the immune system, activates the metabolism and protects the cardiovascular system. There are studies of Maitake related to hypertension, obesity, weight control and as a metabolism activator and detox. Maitake mushroom decreases fat storage, which promotes weight loss. In addition, it has an antidiabetic effect, slightly lowers blood pressure and helps in the fight against metabolic syndrome.

**VITAMIN C (Calcium Ascorbate):** Studies show that vitamin C helps maintain a healthy immune system and protects the body's cells from oxidative damage. It may also be especially effective for oxidative stress. Vitamin C increases the production of leukocytes or more commonly called white blood cells, such as lymphocytes and phagocytes, which play a key role in the body's immune defense. There are studies that indicate that vitamin C can reduce the feeling of tiredness, fatigue and increases the rate of iron absorption in the body. By administering vitamin C in the form of calcium ascorbate on an empty stomach, water is attracted to the digestive tract, increasing the solubility of the  $\beta$ -glucans present in fungal extracts (mushrooms), favoring their bioavailability in the body.

**BITTER MELON (Momordica charantia):** It has been used in traditional Chinese medicine for centuries, as well as in traditional natural medicine around the world. It is used as a vegetable and is used in India and other Asian countries. In traditional medicine it has been used to treat diabetes, stomach and intestinal problems; to stimulate menstruation, strengthen the immune system, cleanses the liver and kidneys and is a very good detoxifier for the body. It has also been used as an appetite controller, in addition to being used for dermatitis, acne and psoriasis. Additionally, it includes a mixture of steroidal saponins known as charantin, peptides and alkaloids. In relation to diabetes, only extracts of charanthine, an insulin-like peptide and alkaloid-like, have hypoglycemic properties similar to those of the plant itself or its crude extracts.

**BEAN POD (Phaseolus vulgaris):** Fasolina is the bean pod, a pod rich in cellulose, pectins, tannins and flavonoids, components that once reach the intestine are capable of slowing down the absorption of sugars. It is also a diuretic since it promotes the elimination of excess fluids. Contains vitamins B3, B9, A, C, E and selenium and zinc. Fasolinas are used as a complement to weight loss diets. Their contribution of proteins and fibers cause a feeling of satiety in the people who consume them, thus delaying the onset of hunger.

**CHROMIUM PICOLINATE:** Chromium acts as a glucose tolerance factor, facilitating the action of insulin.



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When glucose metabolism is altered, complications such as diabetes, obesity, hypoglycemia, cardiovascular conditions, herpes, etc. may appear. Chromium has a very low bioavailability. For this reason and to improve its absorption, chromium picolinate has been formulated. Consumption of chromium picolinate improves glucose control.

### **What is the recommended daily dose of Glucobeq from Bequinatur?**

**Instructions for use:** Take 2 capsules a day.

