



*Food supplement based on white mulberry, useful for facilitating the correct metabolism of carbohydrates.*

### DESCRIPTION

#### Ingredients

White mulberry (*Morus alba* L.) leaves is tit. 1% in 1-deoxynojirimycin, D-chiroinositol.

Excipients: carboxymethylcellulose, vegetable magnesium stearate, microcrystalline cellulose, calcium carbonate, silicon dioxide.

Coating agents: E1203, E1521, E171, E553b, E101, E120.

#### Instructions for use

One tablet two times a day.

#### Bibliographic Notes

MELITO is a food supplement based on *Morus Alba* and D-chiroinositol, useful for promoting control of the metabolism of sugars introduced with the diet, balancing blood glucose levels in patients with type II diabetes or gestational diabetes, to keep them within physiological limits, which should be established within values of 60 to 110 mg/dl, checked on an empty stomach. This supplement is presented in the form of coated tablets with controlled release. Reducing the production of glucose in the blood is essential, not only to combat the symptoms of type II diabetes and gestational diabetes, but also to regulate metabolism and calorie intake, therefore, reducing body weight and all related cardiocirculatory pathologies. In general, MELITO contributes to an overall improvement of the individual's psychophysical condition, in terms of: reduction of water retention and swelling in the extremities, especially the lower ones, improvement of mood and increase in concentration, as well as greater mental clarity and a general reduction of risks related to dysmetabolic pathologies. *Morus alba* extract is known for its hypoglycemic action. This action occurs by inhibiting the absorption of carbohydrates and in particular glucose at the intestinal level. The action is mainly attributable to the presence of a component known as 1-deoxynojirimycin (DNJ), substantially similar to a glucose molecule, but characterized by the presence of a nitrated group that inhibits the activity of alpha-glucosidase enzymes at the intestinal level. The enzymes attracted by the DNJ molecule will not act effectively, due to the presence of the nitrated group. The inhibition of these enzymes therefore reduces the availability and absorption of glucose, making the postprandial glycemic increase gradual and modest, thus exerting its action, essentially modulating





## Melito 30 tablets

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postprandial glucose metabolism. D-chiroinositol is derived from Ceratonia siliqua, commonly known as carob. It is present as a component of the family of molecules called inositol, containing isomers with different biological importance. Our body already contains myoinositol, which through the action of insulin and the epimerization of hydroxyl, is converted into D-chiroinositol. The latter is known to be one of the fundamental messengers for the transduction of the insulin signal (and is called chiro-inositolglycan). With the presence of the manganese ion and galactosamine, it acts as an activator of the key enzymes that are at the base of both oxidative and non-oxidative glucose metabolism. For all these reasons, it assumes a very important relevance in type II diabetes and insulin resistance.

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