

## Glucobest 60 Capsules

EAN: 8436594154751 FABRICANTE: VIT.O.BEST



*GlucoBest, from Vitobest®, is a formula combined with the most advanced and effective natural active ingredients to contribute to the control of blood sugar (glycemia). 60 Vegetable Capsules.*

### DESCRIPTION

#### What is Glucobest from Vitobest, what is it for?

**Glucobest from Vitobest** helps maintain normal blood glucose levels. Contains *Gymnema sylvestre*, Barberry (98% berberine), Cinnamon, R-ALA and Chromium. Without gluten. It is suitable for people with celiac disease. The capsules are vegetables, suitable for vegan diets and free of titanium dioxide.

#### Importance of glycemetic control.

The vast majority of the cells in our body use glucose as energy fuel, being especially important for our brain, which consumes almost 6 mg of it per 100 g of tissue.

We must always have an amount of glucose circulating in the blood and its levels are normal when fasting we have between 70 and 110 mg/dL. **Below these levels it is considered hypoglycemia and above it, hyperglycemia or very high blood glucose.**

Hyperglycemia is a consequence of many pathologies and is really harmful in the medium and long term:

- It is the main cause of cardiovascular diseases.
- It produces neuropathies and retinopathies.
- It negatively affects blood clotting, increasing the risk of stroke and myocardial infarction.
- It increases insulin resistance, being the leading cause of obesity and diabetes.
- Hyperglycemia increases oxidative levels in the mitochondria, being the main cause of the oxidative stress cycle.

**GlucoBest**, from **Vitobest®**, effectively contributes to controlling sugar levels in a natural and effective way.



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### What is the composition of Glucobest from Vitobest?

#### COMPOSITION

**Ingredients:** dry extract of *Gymnema sylvestre* leaf, dry extract of barberry bark ( *Berberis aristata* ), bulking agent: microcrystalline cellulose, thickener (capsule): hydroxypropylmethylcellulose, alpha lipoic acid (R-ALA) (Alipure®), dry extract of cinnamon bark 5:1 ( *Cinnamomum zeylanicum* ), anti-caking agent: magnesium stearate and chromium picolinate (Chromax®).

#### Composition for 2 VegeCaps

Dry <i>Gymnema sylvestre</i> leaf ext.	
25% gymnemic acids	500 mg
dried ext. of barberry bark ( <i>Berberis aristata</i> )	
98% berberine HCl	500 mg
Alpha lipoic acid (R-ALA) (Alipure®)	100 mg
dried cinnamon bark extract 5:1 ( <i>Cinnamomum zeylanicum</i> )	100 mg
Chromium Picolinate (Chromax®)	16mg
Chromium (Cr) *(500%)	200 µg
*% Nutrient Reference Value (NRV)	

#### **Gymnema sylvestre.**

In Indian culture, the properties that gymnema presents when its leaves are chewed are known and it prevents the sweet taste of food from being perceived. Because of this property, gymnema is known in India as gumar, which means 'sugar destroyer' in Hindi. It is one of the most studied plants and the administration of gymnema has been shown to reduce blood glucose levels. Its effectiveness has also been demonstrated in patients with type I and II diabetes.

#### **Berberis aristata (98% berberine).**

Berberine is capable of reducing circulating levels of glucose and also glycosylated hemoglobin, a



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biochemical parameter that helps in the management and control of the evolution of diabetes or prediabetes, since it indicates the average of circulating glucose levels of the last 3 months. Berberine increases adiponectin activity and improves peripheral insulin sensitivity, so there is an increase in cellular glucose uptake. In summary, berberine appears to be very effective in the treatment of hypoglycemia and also for insulin resistance.

### Alpha lipoic acid (R-ALA) (Alipure®).

Alpha lipoic acid is a compound of natural origin that plays an essential role in mitochondrial bioenergetic reactions (inside the cell), and is the subject of numerous studies as an antioxidant for use in the management of diabetic complications. Lipoic acid is a very powerful antioxidant, it acts on free radicals (ROS), chelates metal ions and reduces the oxidized forms of other antioxidants such as vitamin C, vitamin E and glutathione. It also increases the antioxidant defense system. An important function is to activate the AMPK pathway in skeletal muscles, which in turn has a large number of metabolic consequences.

### Cinnamon dry extract 5:1.

The major components with pharmacological activity are cinnamaldehyde and procyanidin type A polymers. It is believed that these compounds improve insulin sensitivity through better glucose uptake and glycogen synthesis. Cinnamon has been shown to be effective in reducing blood glucose values in patients diagnosed with type II diabetes.

### Chromium (Chromax® Chromium Picolinate).

As a trace element, this element is involved in the regulation of blood glucose. Its deficiency generates a deterioration in glucose metabolism due to poor insulin efficiency.

For this supplement, **Vitobest®** uses **vegetable capsules** (VegeCaps) **suitable for vegan diets** and **free of titanium dioxide**.

### Product declarations (claims):

- Chromium helps maintain normal blood glucose levels.

### What is the recommended daily dose of Glucobest from Vitobest?

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241121  
<https://bio-farma.es/buy/ff/vit-o-best/glucobest-60-capsules>



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**DIRECTIONS:** Take one capsule before lunch and one capsule before dinner.

### Biography / Scientific studies

- Baskaran K, Kizar B, Radha S, Shanmugasundaram E. Antidiabetic effect of a leaf extract from *Gymnema sylvestri* in non-insulin-dependent diabetes mellitus patients . National Library of Medicine. 2020.

### OFFER

For every 3 units purchased, we give away a 15ml Vitobest neem toothpaste.





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