



Type 2 Natural Assist

Nature's Harmony® Type 2 Natural Assist is a unique, safe and patented cinnamon extract blended with several complementary and synergistic ingredients for effective help with the management of Type 2 diabetes.

PRODUCT CODE: 400119

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
To promote healthy blood glucose levels.	Capsules	Adults take 1 capsule twice daily with meals.

DESCRIPTION:

Nature's Harmony® Type 2 Natural Assist™ is another breakthrough formula from Dr. James LaValle, renowned pharmacist and naturopath, and author of *Cracking the Metabolic Code*. It contains Cinnulin PF®, an extract of cinnamon, one of the world's most common and popular spices. Type 2 Natural Assist™ with Cinnulin and Chromium Picolinate offers a safe, cost-effective, natural alternative for people seeking to control their elevated blood sugar.

Recommended Daily Allowance: N/A

Food Sources: N/A

Causes of Deficiency: Elevated blood sugar levels are often caused by poor diet.

Symptoms of Deficiency: Elevated blood sugar levels, obesity, diabetes, increased risk of heart disease.

Complementary Nutrients: N/A

HOW IT WORKS:

As the key ingredient in Type 2 Natural Assist™, Cinnulin, combined with several other complementary and synergistic ingredients, including Glucosol, Bitter Melon, Chromium Picolinate and *Gymnema sylvestra*, has been shown to help correct elevated blood glucose levels.

- Chromium is an essential trace mineral found in a wide variety of foods. It is important in the burning of carbohydrates and fats in the body, and helps insulin do its work of making blood sugar (glucose, our basic fuel) available to cells. Chromium picolinate, a combination of the element chromium and picolinic acid, is a nutritional supplement that works to increase the efficiency of insulin to optimal levels. Combining chromium with picolinic acid simply aids in efficient chromium absorption.
- Glucosol, extracted from Banaba leaves (*Lagerstroemia speciosa*) contains corosolic acid. Also known as Crepe Myrtle, Queen's Flower or Pride of India, Banaba has been one of the most effective plants used in Ayurvedic medicine for diabetes and weight control. It has been known to lower blood sugar in type 2 diabetes.
- Bitter melon (*Momordica charantia*) has been observed to have blood sugar-lowering effects. This plant has been used for centuries in traditional Indian, Chinese and African pharmacopeia. Doctors in India are so confident of bitter melon's positive effect on diabetics, they dispense it in some of the most modern hospitals. People with type 2 diabetes using bitter melon should be supervised by a qualified health care provider.
- Gymnema (*Gymnema sylvestre*) has been shown to lower fasting blood sugar levels and regenerate pancreatic cells that produce insulin (called islet cells). This is an incredibly important herb for diabetes, both types 1 and 2. Gymnema enhances insulin action, reduces fasting blood sugar levels (only in diabetics) and may stimulate islet cell regeneration.

Type 2 Natural Assist

RESEARCH:

Scientists have long recognized the remarkable health benefits of cinnamon. More recently, researchers developed Cinnulin, the potent yet safe extract of cinnamon. Numerous recent scientific studies have demonstrated the remarkable health benefits of bioactive compounds found in cinnamon. Results have shown that Cinnulin, the only clinically tested and validated cinnamon extract, supports healthy glucose management, helps optimize healthy cholesterol levels and bolsters healthy blood pressure.

Studies have also found that extracts of cinnamon improve glucose metabolism and promote healthy blood levels of glucose, triglycerides and cholesterol in people with Type 2 diabetes. Recent study results have also shown that Cinnulin, the key ingredient in Type 2 Natural Assist™ stimulates glucose uptake and glycogen synthesis to a similar level as insulin.

SIDE EFFECTS:

Cinnulin, a primary ingredient in Type 2 Natural Assist™, is a safe, natural product. The process of extracting the bioactive ingredients in cinnamon has the advantage of eliminating any potentially harmful compounds found in cinnamon, thereby making the extract of Cinnulin safe.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner before use if you are pregnant or breastfeeding. Individuals taking medications, including those prescribed to lower blood sugar levels, should consult their health care practitioner before use.

LABEL:

Natures Harmony

Type 2 Équilibré™

Favorise un taux de glycémie sain

60 capsules

Usage recommandé : Favorise un taux de glycémie sain.
Dose recommandée (adultes) : Prendre 1 capsule deux fois par jour, accompagnée d'un repas.
Ingédients médicinaux :
 Chaque capsule contient :
 Gymnema (*Gymnema sylvestre*) extrait de feuille normalisé à 25% d'acide gymnémique 255 mg
 Margose (*Momordica charantia*) extrait de fruit normalisé à 3% de principes amers 170 mg
 Cinnulin PF[®] 125 mg
 GlucoFit[™] (feuille de Lagerstroemia d'Inde [*Lagerstroemia speciosa*] extrait normalisé à 1% d'acide corosolique) 24 mg
 Chrome (picolinate) 200 mcg
 Ingrédients non médicinaux : cellulose, stéarate de magnésium, dioxyde de silicium, gélatine.
Information sur les risques : Consulter un praticien de soins de santé avant d'en faire l'usage si vous êtes enceinte ou allaitante ou si vous prenez des médicaments, y inclus des médicaments prescrits pour abaisser les taux de glycémie.
 Ce produit ne contient pas de maïs, ingrédients laitiers, oeuf, gluten, crustacés, soja, sulfites, ni colorants, arômes ou agents de conservation artificiels.
 RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE PORTÉE DES ENFANTS.

Natures Harmony

Type 2 Natural Assist™

Promotes Healthy Blood Glucose Levels

60 Capsules

Recommended Use: Promotes healthy blood glucose levels.
Recommended Dose (Adults): Take 1 capsule twice daily with a meal.
Medicinal Ingredients:
 Each capsule contains:
 Gymnema (*Gymnema sylvestre*) leaf extract STD to 25% gymnemic acid 255 mg
 Bitter Melon (*Momordica charantia*) fruit extract STD to 3% bitters 170 mg
 Cinnulin PF[®] 125 mg
 GlucoFit[™] (Banaba leaf [*Lagerstroemia speciosa*] extract STD to 1% corosolic acid) 24 mg
 Chromium (picolinate) 200 mcg
 Non-medical Ingredients: Cellulose, magnesium stearate, silicone dioxide, gelatin.
Risk Information: Consult a health care practitioner before use if pregnant, breastfeeding or taking medications, including those prescribed to lower blood sugar levels.
 This product does not contain corn, dairy, egg, gluten, shellfish, soy, sulfites or artificial colours, flavours or preservatives.
 STORE IN A COOL DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

Actual Size
Grandeur réelle

DO NOT USE IF SEAL UNDER CAP IS BROKEN.
NE PAS UTILISER SI L'ÉTOIQUETTE INTÉRIEURE EST BRISÉE.
www.naturesharmony.com
1-877-926-2948

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F.P.Q. - 80%
UPC CODE TO BE: 0 63047 00119 5

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DID YOU KNOW...

In Canada today, type 2 diabetes affects more than two million people and that number is increasing.