

If you are suffering from **Type-2 diabetes**, controlling your blood sugar is key to managing health and preventing/delaying complications. You are already on prescription medicine to control your blood sugar levels. Diet and exercise play an important role in controlling sugar levels, but are often not enough.

Here is a SAFE natural alternative ...

## A1+DIABcare

It is a combination of five traditionally used herbs in India for controlling blood glucose levels. Furthermore, **A1+DIABcare** has been clinically tested and has shown satisfactory results in controlling blood sugar levels safely as an adjuvant therapy in Type-2 Diabetes.

### How A1+DIABcare works

Benefits/Pharmacological action of each herb:

**1. Gudmar (*Gymnema Sylvestre*):**

Enhances secretion of body's own insulin<sup>2</sup> and inhibits absorption of glucose from the intestines<sup>4</sup>.

**2. Mamajjak (*Enicostemma Littorale*):**

Increases insulin sensitivity. Improves carbohydrate metabolism<sup>3</sup> and potentiates insulin release<sup>5</sup>.

**3. Vijaysar (*Pterocarpus Marsupium*):**

Increases insulin release. Decreases HbA<sub>1c</sub> (glycosalated haemoglobin).

**4. Neem (*Azadirachta Indica*):**

Anti-hyperglycemic effects. Blocks inhibitory effects of serotonin on insulin secretion.

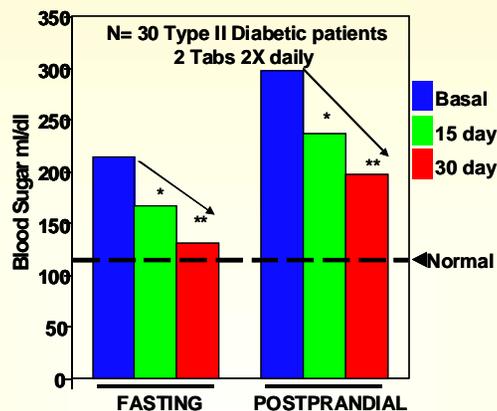
**5. Saptachakra (*Salacia Chinensis*):**

Inhibits alpha glucosidase thereby lowering the need of insulin<sup>6</sup>. Anti-hyperglycemic effects.



### Clinical Trial<sup>1</sup>

An open, non comparative clinical trial was done to evaluate efficacy and safety as an add-on (adjunct) in Non-Insulin Dependent Diabetes Mellitus (NIDDM) **Type-2 Diabetes** patients.



#### Clinical Trial Details:

- ◆ Trial was completed in 30 patients in chronic NIDDM patients whose blood sugar could not be controlled for 6 months despite the standard OHAs.
- ◆ The detailed clinical history and examination was carried out at base line and at every follow-up visit (once every 15 days).
- ◆ Efficacy and safety variables including blood sugar (Fasting and Postprandial) were analyzed and compared at baseline and subsequent follow-up visits.

#### Results:

At the end of 4 weeks of adjuvant therapy with **A1+DIABcare** has shown statistically significant reduction in mean fasting blood sugar levels from 213.4±62.41 mg/dl to 131.50±38.61 mg/dl (49.33 %). The postprandial blood sugar levels decreased from 297.50±77.71 to 196.57±76.78 (42.74%).

#### Safety:

No hypoglycemic episodes or other side-effects.

**A1 HERBAL**  
Stay Healthy ... Naturally!

#### About A1 HERBAL:

At **A1 HERBAL**, we strongly believe in Ayurvedic way of life. **Ayurved** (Alternative Medicine) treats the human body as a whole - and does not focus on specific physical or physiological symptoms alone. It stresses on the importance of a holistic approach to life over short term quick-fix solutions.

We offer a range of quality dietary supplements, nutritional and personal care products for a healthy lifestyle.

Our products are:

- ✓ Backed by years of Research & Development.
- ✓ Made of quality natural ingredients and herbs.
- ✓ 100% safe with no known side effects.
- ✓ Manufactured at modern ISO 9001:2000 & GMP approved facilities.
- ✓ Independently tested and certified at govt. approved labs for Microbial and Heavy Metal contamination.

#### Dr. Suresh Chaturvedi:

The formula for **A1+DIABcare** was developed by Dr. Suresh Chaturvedi for a leading pharmaceutical company in India. He is an eminent practitioner of Ayurved, an internationally reputed figure in the field of alternative medicine with over 50 years of experience. He is the recipient of one of India's highest civilian awards - the PADMASHREE - for his relentless work and dedicated service in the field of herbal medicine.

Visit [www.drchaturvedi.com](http://www.drchaturvedi.com) for more information.

#### References:

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6. Yakugaku Zasshi (2003) 123:871