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## Discover How Daily Choice Balance Can Help Regulate Your Blood Sugar Levels And Ward Off Diabetes-Related Complications

**D**iabetes is one of today's biggest health problems. According to the charity Diabetes UK, 2.9 million people in the UK have been diagnosed with diabetes and another 850,000 are estimated to have the disease but remain undiagnosed. This means that around one person in 17 currently has the condition.

This is extremely worrying, especially given that, as diabetes progresses, it can cause serious health complications that may lead to blindness, kidney failure and amputations. There is also a close link between diabetes and Alzheimer's disease.

Both type 1 and type 2 diabetics may need to inject themselves with insulin every day and there is also a range of diabetic medications that vary in their effectiveness and side effects. While conventional anti-diabetic drugs like Metformin help keep blood sugar levels stable, they come with a long list of harmful side effects, including dizziness, fatigue, headaches, nervousness, confusion, nausea, sweating and loss of appetite.

Daily Choice Balance – a multivitamin and mineral supplement that contains two food state ingredients; bitter melon and cinnamon, in addition to chromium, taurine, alpha lipoic acid, vitamin C, vitamin E, vanadium, vitamin D3, biotin, niacin (vitamin B3), vitamin B6, vitamin B12, zinc, iodine, magnesium and manganese – has been formulated to help maintain healthy blood sugar levels and ward off diabetes-related complications.

To tell you about the incredible anti-diabetes effects of each of the individual ingredients in Daily Choice Balance would take up the whole issue (at least!), so below is just a flavour of the documented benefits of eight of its most active compounds.

### **Bitter melon and cinnamon have stood the test of time as safe and effective treatments for diabetes**

Bitter melon (*Momordica charantia*) has been included in the formula as it's been found to improve insulin sensitivity, reduce blood sugar levels and suppress appetite. A clinical trial, in which researchers compared the effects in diabetes patients of a bitter melon extract and the now-banned diabetes drug Avandia (rosiglitazone), showed that bitter melon could be more effective in the management of diabetes and its related complications.<sup>1</sup> Avandia was banned in the EU as it was linked with an increased risk of heart attacks. Not only that, but it has also been found to be just as effective as the prescription-only drug glibenclamide at reducing blood sugar levels.<sup>2</sup>

Cinnamon, the dried inner bark of a tree from Sri Lanka, has a history of medicinal use that goes back thousands of years. It is well known for keeping blood sugar in check by regulating glucose levels. Cinnamon stimulates cellular receptors to respond more efficiently to insulin and helps prevent insulin resistance. A recent review of eight separate clinical trials concluded that cinnamon is effective at reducing blood sugar levels both between and after meals, and that supplementation may help reduce complications from diabetes.<sup>3</sup>

Cinnamon contains an active compound, called Methylhydroxy Chalcone Polymer – or MHCP, for short – which boosts the activity of insulin by about 20 times, allows glucose to pass more easily from the bloodstream into the cells, and helps your body burn excess sugar levels in your bloodstream.

*(Continued overleaf)*

In one study, which assessed glucose control in people taking cinnamon or their usual diet without cinnamon, a clear benefit was seen on the cinnamon users' HbA1C blood test. This crucial test, which monitors levels of glucose in the blood, shows how well diabetes has been controlled over the previous few months.<sup>4</sup>

### **A seemingly endless list of beneficial anti-diabetic ingredients makes up the formula...**

The trace mineral chromium has been added because of its proven ability to maintain healthy blood sugar levels. It is essential for normal carbohydrate and fat metabolism. In fact, insulin simply cannot work properly without it. Studies show that people with type 2 diabetes have lower blood levels of chromium than those without the disease.<sup>5</sup>

Clinical trials have demonstrated that chromium supplements enhance the metabolic action of insulin and that this effect is seen more strongly in patients whose diabetes is less well controlled.<sup>6</sup> It also contributes to healthy blood lipid (fat) levels, too.<sup>7</sup>

Vanadium, a rare mineral found in fish and shellfish, is present in the supplement in its biologically active form, vanadyl sulphate. This form of the mineral has been found to stabilise blood sugar levels by making cells more sensitive to the actions of insulin and assisting in the breakdown of sugar. An animal study has revealed that it can help prevent diabetes and shift excess weight.<sup>8</sup>

The non-essential amino acid taurine is fast-proving to be effective against insulin resistance and its related complications, including retinopathy, nephropathy, neuropathy, atherosclerosis and cardiomyopathy.<sup>9</sup> It's been included in the formula along with alpha-lipoic acid (ALA), which recent research has shown to be an effective alternative to

conventional drugs for the management of diabetes.

In a clinical trial, patients with type 2 diabetes were given varying doses of ALA (300, 600, 900, and 1,200 mg/day) or a placebo for six months and were tested for blood sugar levels and oxidative biomarkers throughout the study.<sup>10</sup> The results showed that fasting blood glucose and HbA1c decreased in a dose-dependent manner in the group taking ALA.

ALA works in conjunction with two other antioxidant nutrients in Daily Choice Balance, vitamins C and E. Together this powerful trio help combat oxidative stress, which plays a big role in damaging the insulin-producing beta cells in the pancreas and contributing to insulin resistance and diabetic complications. Studies have shown that ALA is capable of protecting vulnerable tissues in the arteries, nerves, eyes and kidneys from being damaged by oxidation and glycation. In particular, it has demonstrated significant protective effects against diabetic neuropathy.

### **What to take for best results**

The recommended dosage for Daily Choice Balance is one capsule taken twice a day with food. It should be taken in conjunction with regular exercise and a healthy diet that is low in sugar and refined carbohydrates (like white bread and pasta) which can rapidly cause your blood sugar levels to soar. One study has shown that these basic lifestyle changes alone can slash your risk of developing Type 2 diabetes by half.<sup>11</sup>

As always, you should consult your doctor before using this product if you are currently taking any medication.

[Urgent information: Prescription drugs have long been seen as the answer to treating chronic illnesses like heart disease, diabetes and dementia. But this recent report shows that modern medicine might not have all the answers after all...](#)

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