



PATIENT INFORMATION LEAFLET / PACKAGE INSERT

SCHEDULING STATUS : S0

PROPRIETY NAME AND DOSAGE FORM

**Capsules**

**Complementary Medicine / Category D**

Blood Sugar Support is available without a healthcare professional's prescription. Please follow dosage carefully for best results.

**Retain this leaflet for future.**

Do not share Blood Sugar Support with any other persons.

Consult a pharmacist or healthcare professional if you need more information.

Visit a healthcare professional if symptoms do not improve after 30 days. Always consult with your doctor and healthcare professional prior to taking any herbal supplements.

This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

**COMPOSITION**

Each capsule contains:

1. Cinnamon Extract 75mg
2. Fenugreek Extract 10mg
3. Amla Extract 50mg
4. Pterocarpus Marsupium 75mg
5. Gymnema Sylvestre extract (75 % gymnemic acid) 75mg

**PHARMACOLOGICAL CLASSIFICATION**

Category D: Complementary Medicine.

**INDICATIONS**

Blood Sugar Support capsules is specifically indicated for the treatment of symptoms related to the following:

1. Managing blood sugar levels
2. Managing insulin resistance

**CONTRA-INDICATIONS**

Known hypersensitivity to any of the ingredients.

Children younger than 12 years of age.

Not recommended for people on blood-thinning medication, unless otherwise advised by a healthcare professional.

Not recommended for people on the herb St. John's Wort, because this may increase Gymnema's blood-sugar-lowering consequences, unless otherwise advised by a healthcare professional.

**PHARMACOLOGICAL ACTION**

Amla extract helps insulin resistance and balances high blood sugar levels. It eliminates toxins from the body and heals cellular metabolism. Fenugreek extract has shown to have antidiabetic properties by reducing intestinal glucose absorption, delay gastric emptying, improves insulin sensitivity and action, and reduces concentration of liquid binding properties.

Gymnema Sylvestre may stimulate insulin production in your pancreas, promoting the regeneration of insulin-producing islet cells. The mode of action of the drug is through stimulation in insulin secretion from pancreas. It also exerts a similar effect by delaying the glucose absorption in the blood.

Cinnamon can lower blood sugar by acting like insulin and increasing insulin's ability to move blood sugar into cells.

**DOSAGE AND DIRECTIONS FOR USE**

Adults only: (12 years and older) take one capsules after breakfast, or as recommended by your healthcare practitioner.

**WARNINGS**

Do not exceed the daily recommended dose.

If you experience any allergic reaction after taking Blood Sugar Support capsules, discontinue use and consult your healthcare practitioner.

When taken with other diabetic medication, Blood Sugar Support may reduce the blood sugar level and might cause hypoglycaemia. Blood Sugar Support might cause a reduction in the amount of diabetic medication required.

Please consult with your medical practitioner before reducing your medication.

If type 1 Diabetic, do not use without the strict supervision of your medical professional. For type 2 diabetes, the extracts will lower blood glucose, so medication needs to be adjusted and supervision of medical practitioner is needed

**SIDE-EFFECTS AND SPECIAL PRECAUTIONS**

Less frequent in therapeutic doses.

**Possible side effects of Fenugreek include:**

- Allergic reaction.
- Asthma.
- Diarrhoea.
- Gas (flatulence)
- Low blood sugar (hypoglycaemia)
- Wheezing.
- Unusual body odours

**Possible side effects of Gymnema Sylvestre**

- Dizziness
- Nausea
- Shakiness
- Light-headedness

Discontinue use before surgery due to bleeding risk factors.

Gymnema isn't to be used by people experiencing hypoglycaemia. Patients on drugs for diabetes are advised to use caution, monitor their glucose levels, and to consult their healthcare provider when thinking of a program that integrates Gymnema.

Gymnema Sylvestre supplements shouldn't be taken at precisely the exact same time as blood-sugar-lowering drugs, including insulin shots.

Consult with your doctor about the best time for taking this supplement.

**PREGNANCY AND LACTATION**

The use of Blood Sugar Support during pregnancy and lactation has not been fully studied, and should only be used in these circumstances under the guidance of a healthcare professional.

**KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT**

In the event of an overdose or suspected overdose and (notwithstanding the fact that the person may be asymptomatic) the nearest doctor, hospital or Poison Control Centre should be contacted immediately.

**PRESENTATION**

Blood Sugar Support is available in a bottle containing 30 capsules.

**STORAGE INSTRUCTIONS**

Store in a well closed container, in a cool dry place and away from direct sunlight.

Store at or below 25°C.

Keep out of reach of children.

**NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION**

Krenek Atlantic

1 Yaldwyn Rd,  
Witfield,  
Boksburg,  
1459

Blood Sugar Support is manufactured in South Africa

**DATE OF PUBLICATION OF THIS PACKAGE INSERT:**

04 July 2020

**REGISTRATION NUMBER**

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