



Gymnema 4g

Aids sugar metabolism,
maintains energy and
supports an effective weight
management plan.



Delivering Health Solutions That Work

MediHerb was co-founded in 1986 by world-renowned phytotherapist, Associate Professor Kerry Bone. In his words, "Our passion at MediHerb is to unlock the healing power of plants by combining the time-honored wisdom of traditional knowledge with sound clinical experience and the rigor of scientific research. This quest can only be attained by the total commitment to quality and continuous improvement which permeates every aspect of our endeavors."

In over 20 years of operation MediHerb has not only demonstrated an unwavering commitment to quality in herbal products, we have redefined it. We believe our unique approach to quality sets a standard for herbal products that is unsurpassed in the world today.

Kerry Bone and over 20 health care professionals work within MediHerb while still maintaining their own clinical practices. We know from our experience that the quality of a product you take makes a huge difference to the health outcome you experience. We dedicate ourselves to researching and making the best possible products to deliver you health solutions that work.

MEDI HERB
INNOVATIVE HERBAL SOLUTIONS
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Supporting Sugar Metabolism



Gymnema 4g



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Gymnema 4g – Supporting Sugar Metabolism and Sustained Energy

How often have you experienced that afternoon slump? It's midway through the day, you're tired and your "get up and go" seems like it's all gone. When your blood sugar levels are naturally out of balance, energy feels like it's draining away. Your blood sugar levels can drop naturally, often in the late afternoon, triggering sugar cravings.

For more than 2,000 years, *Gymnema sylvestre* has been used traditionally as a key herb to help maintain healthy blood sugar levels already within a healthy range. In India, it's called Gurmar, the "Sugar Destroyer". That's because, since ancient times, natural clinicians have noted that it suppresses the taste of sugar. MediHerb's Gymnema 4g is formulated to deliver that same unique result.

Gymnema – Sweet Taste Test

Try this simple test and be amazed – especially if you have a sweet tooth. Just place one Gymnema 4g tablet on your tongue for 60 to 90 seconds. It might not taste great, but you'll love what happens next. Swallow the tablet, wait a minute, then try something sweet – perhaps a few sugar crystals. Surprise – no sweet taste!



What is Gymnema 4g?

Gymnema supports healthy pancreatic function and the normal production of insulin in the body.¹ By helping to maintain normal blood sugar levels within a normal range, it can help support weight management and balance energy levels.

MediHerb's Gymnema 4g contains one unique herb, *Gymnema sylvestre* leaf. It is standardized to compounds called saponins, specifically the gymnemic acids.

Gymnema has been used for centuries in Ayurvedic medicine. Its reputation is also well supported by modern research. There have been 130 scientific studies published on Gymnema.

How is MediHerb's Gymnema 4g unique?

Good quality Gymnema is defined by the levels of its active ingredients, the gymnemic acids. You can be completely confident that MediHerb meticulously checks the quantity of gymnemic acids in the Gymnema raw material and ensures the gymnemic acids are retained in the product throughout manufacture.

Gymnema 4g contains guaranteed levels of gymnemic acids. This means, the recommended suggested use of 1 to 2 tablets daily will help support healthy blood sugar levels already within a normal range.

Who Needs Gymnema 4g?

Everyone who wants to prevent the natural drop in blood sugar that sometimes occurs in the afternoon and to help maintain healthy blood sugar levels already within a healthy range. Gymnema 4g can also be a beneficial addition to a weight loss plan, when combined together with a calorie-controlled diet and exercise. Additionally, Gymnema 4g may help to maintain healthy cholesterol and triglyceride levels within a normal range.

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Compelling Benefits

MediHerb's Gymnema 4g is effective in supporting sugar metabolism and sustained energy.

It contains 4 g of Gymnema leaf and 100 mg of gymnemic acids per tablet and may help to:

- Maintain healthy blood sugar levels already within a normal range when combined with a balanced diet
- Maintain normal cholesterol levels already within a normal range*

Ask your health care professional about MediHerb Gymnema 4g and how it can help maintain a healthier you. They will be able to inform you of any cautions to be aware of when taking this product.

¹ Shanmugasundaram ER, Rajewsari G, Baskaran K et al. *J Ethnopharmacol* 1990; 30(3): 281-294

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

You Can Rely on Gymnema 4g