

# Ingredients

## APPLE CIDER VINEGAR – 15ml

Apple Cider Vinegar promotes optimal digestive health. It assists in alleviating digestive symptoms whilst contributing to overall wellness and effective Healthcare. The numerous advantages encompass enhancing digestion, strengthening the immune system, improving skin appearance and detoxification.

- Boosts metabolism
- Balances Glucose
- Aids digestion
- Reduces cholesterol
- Increases energy
- Burns fat
- Controls hunger

## BERBERINE – 100mg

Berberine functions by promoting the absorption of Glucose into cells, enhancing Insulin sensitivity and decreasing Glucose production in the liver.

- Enhances blood sugar regulation
- Supports weight loss
- Improves Heart Health

## BITTER MELON – 300mg

Bitter Melon Possesses a compound that mimics Insulin, thereby aiding in the reduction of Blood Sugar Levels.

- Lowers the body's Blood Sugar
- Acts similar to Insulin

## CINNAMON EXTRACT – 100mg

Cinnamon enhances Glucose metabolism and exhibits Insulin-like properties. Cinnamon slows gastric emptying, which helps mitigate rapid Spikes in Blood Sugar after meals, whilst improving Insulin sensitivity.

- High in Antioxidants
- Improves overall gut Health
- Reduces Cholesterol
- Helps reduce Blood Pressure



**NATURAL BALANCE**  
FROM WITHIN

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## HOLY BASIL – 20mg

Holy Basil may reduce Blood Sugar and may prevent Symptoms of diabetes.

- Lowers Blood Sugar
- Lowers Cholesterol
- Reduces Stress and Anxiety

## CAPSICUM – 25mg

Capsicum stimulates and enhances Blood circulation.

- Aids in weight loss
- Boosts Immunity
- Abundant in Vitamin C

## STEVIA

Stevia is a sweet sugar substitute.



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