Gymnema 4g

Gymnema leaf has been used by natural clinicians in India for centuries to support healthy blood sugar levels.1,2 In India, it has a common name Gurmar, meaning ‘destroyer of sugar’, perhaps because the taste of Gymnema suppresses the ability to detect sweet tastes.3,4 The important plant constituents of Gymnema are the saponins, especially the gymnemic acids.4

How Gymnema 4g Keeps You Healthy

Gymnema helps maintain a healthy pancreas and helps support healthy blood sugar levels

Gymnema extracts containing an appropriate amount of saponins (gymnemic acids) help maintain a healthy pancreas. This supports healthy pancreatic function and the normal production of insulin in the body. Gymnema may do this by supporting the integrity of the pancreatic beta cells.1 (These beta cells produce insulin. Insulin removes glucose from the blood and helps with the storage of glucose (as glycogen and fats), thereby helping to regulate the supply of energy.)

When combined with a balanced diet, Gymnema supports healthy blood glucose levels within a normal range.1 As well as supporting the pancreas, Gymnema also promotes normal absorption of glucose from the intestine and a healthy metabolism.5

Gymnema helps maintain healthy cholesterol levels

While supporting healthy glucose metabolism, Gymnema may also help maintain cholesterol and triglycerides in the blood within a normal range.1 A healthy diet (low in saturated fat and refined carbohydrates) combined with regular exercise and healthy cholesterol and glucose levels helps maintain metabolic and circulatory systems.

What Makes Gymnema 4g Unique

Gymnema 4g is unique in the professional herbal products industry because:

- It states on the label exactly how much each tablet contains of the important plant constituents (gymnemic acids)
- MediHerb tests the quantity of gymnemic acids in Gymnema raw material
- MediHerb’s testing also ensures the gymnemic acids are retained in the product throughout manufacture

MediHerb Co-Founder and Director of Research and Development

*A Phytotherapist’s Passion

“Philosopher and teacher Rudolf Steiner once said that, for every human illness, somewhere in the world there exists a plant which is the cure. I believe that there is a healing potential locked inside plants which is integral with their evolution, just as it is part of human evolution to learn to tap this wonderful gift of Nature.”

MediHerb Co-Founder and Director of Research and Development

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

MediHerb products are developed by experts and leaders in the field of herbal therapy, using scientific evidence and hundreds of years of traditional knowledge.

Kerry Bone and over 20 health care professionals work within MediHerb while still managing their own clinical practices, plus we consult with an advisory board of health care professionals from around the world.

Our products are made using only the highest quality ingredients which are extensively tested for purity and potency. The MediHerb manufacturing plant operates to a strictly regulated pharmaceutical standard and is regularly audited by the Therapeutic Goods Administration (similar to the FDA), the same body that audits conventional pharmaceutical manufacturing facilities. The comprehensive regulations in Australia mean that you receive a safe and effective product that has been manufactured to pharmaceutical standards.

We know from our experience as health care professionals 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 health solutions that work.