

Nutralite Botanical Beverage Mulberry, Fenugreek & Cinnamon

1 What is blood glucose and what is considered a healthy level?

Blood glucose or blood sugar is the main sugar in the blood, and comes from the food we eat. It is the primary source of energy in the body. According to the Ministry of Health Malaysia, these are the ideal blood glucose measurements for a healthy adult:



Healthy fasting blood glucose

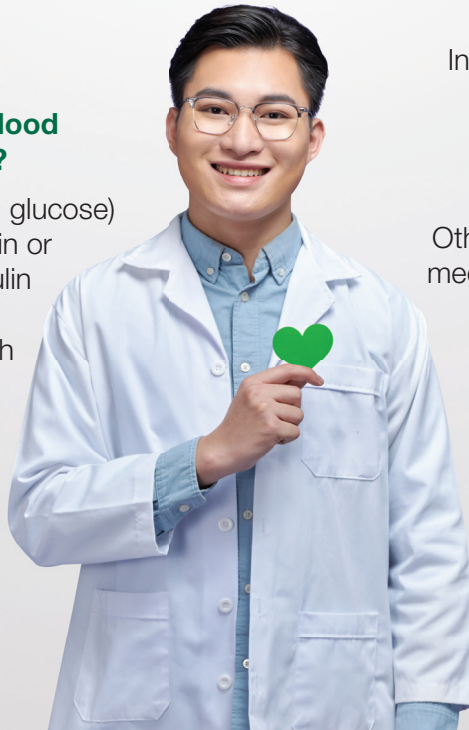
< 5.6mmol/L

< 7.8mmol/L

Healthy non-fasting blood glucose (random)

3 What happens when the blood glucose remains elevated?

Hyperglycemia (or high blood glucose) occurs if the body lacks insulin or when the body can't use insulin properly (insulin resistance). Left untreated, prolonged high blood glucose (prediabetes) can develop into diabetes, negatively impact the heart and kidney, and cause irreversible harm to our overall health and wellbeing.



2 What are the risk factors of having impaired blood glucose?



Being overweight/obese



A large waist size



Family history of Type 2 diabetes



High carbohydrate and high sugar diet



Inactive lifestyle



Stress



Other pre-existing medical conditions



Smoking



4 How is balanced blood glucose linked to weight management?

A well-managed and balanced blood glucose level can reduce food cravings, and reduce the accumulation or storage of fat in the body, thereby promoting sustainable weight management.



6 What makes the Nutrilite Botanical Beverage Mulberry, Fenugreek & Cinnamon so effective?

A combination of herbal wisdom & modern science, this unique product combines 3 powerful natural ingredients:

Mulberry Leaf: Slows down carbohydrate absorption in body ^{1,2}

Fenugreek Seeds: Improves insulin function and increases the amount of insulin released ^{2,3}

Cinnamon Extract: Promotes the glucose uptake and entry into the cell from blood ^{4,5}

5 How can a person regulate their blood glucose daily?

Adopting a healthy diet, exercising regularly and taking supplements like the **Nutrilite Botanical Beverage Mulberry, Fenugreek & Cinnamon** are among the recommended changes to lead a healthier lifestyle.



7 How does Nutrilite source for these key ingredients differently to ensure safety and quality?

The mulberry leaves are grown on NutriCert certified partner farms in southern China, while the cinnamon comes from a Nutrilite partner farm near the Luoding Mountain area in Guangdong province, where fertilisers and pesticides are not used and human intervention is minimised. The fenugreek seeds are sourced from Anhui province, eastern China, in line with the Nutrilite Quality Assurance standard.



References

1. <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0152728>
2. <https://pubmed.ncbi.nlm.nih.gov/28679380/>
3. <https://www.mdpi.com/1648-9144/59/2/248>
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6425402/>
5. <https://www.sciencedirect.com/science/article/pii/S2225411015000449>

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