

# PAN PLUS

## PRODUCT INFO SHEET

### Description

Pan Plus supports Cardiovascular Health

### Ingredients

#### Biotin

An essential B vitamin, meaning humans cannot make their own biotin; therefore, it must be ingested through the diet. Biotin has often been overlooked in the support of healthy blood glucose levels. Biotin has been found to enhance insulin sensitivity and improve glucose and insulin tolerances.

#### Chromium

A key constituent in the molecule known as glucose tolerance factor (GTF). GTF facilitates the uptake of glucose into cells in conjunction with insulin. Research has concluded that non-insulin dependent diabetic patients have a compromised chromium status, when compared to healthy patients.

#### Gymnema Sylvestre

A woody plant that grows in Africa. Its beneficial properties are thought to reside in a group of compounds called gymnemic acids. Gymnema extracts are associated with increased pancreatic function and insulin release.

#### Lipoic acid

Once known as thioctic acid, is considered one of the most versatile antioxidants. Lipoic acid is able to recharge the antioxidants vitamin e, ascorbic acid, and glutathione. Lipoic acid modulates glucose and insulin sensitivities. It also acts as an antioxidant, decreasing oxidative stress, the main stimulus for diabetic complications.

**Vanadium** has been found to have insulin mimetic properties. It has been used clinically to help manage serum glucose levels.

**Cinnamon** is widely used for glucose support. The constituents known to give cinnamon its glucose supporting activity are called Type A polymers. In human studies cinnamon has been shown to lower blood sugar and improve insulin resistance. Studies have also found improvements in fasting blood sugar levels after cinnamon supplementation.

### Dosage

SUGGESTED USE: 1 capsule two times per day or as recommended by your healthcare professional.

### Contraindications

*Pan Plus may cause nausea and gastrointestinal disturbances. Do not exceed the recommended dosage. Do not take if you are pregnant or nursing.*

### Supplement Facts

Serving Size: 2 Capsules  
Servings Per Container: 30

2 capsules contain	Amount Per Serving	% Daily Value
Biotin	3,000 mcg	1,000%
Chromium (as ChromeMate <sup>®</sup> )	800 mcg	667%
Gymnema Leaf Extract (Standardized to contain 25% Gymnemic Acids)	400 mg	*
Lipoic Acid	300 mg	*
Cinnulin <sup>®</sup> (Cinnamon Bark Extract)	150 mg	*
Vanadyl Sulfate Hydrate	50 mg	*

\* % Daily Value not established

Other Ingredients: Natural Vegetable Capsules. This product may contain one or more of the following: Calcium Silicate, Magnesium Stearate, Microcrystalline Cellulose and Silicon Dioxide.

*These statements have not been evaluated by the FDA. This product is not intended to treat, diagnose, prevent, or cure any disease. Consult a physician before taking. Should you experience any serious physical side effects from taking these nutritional supplements, discontinue and call your doctor immediately.*



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