



## DiaOptimum XP<sup>®</sup>

### Active Ingrediente:

#### Vitamins

- **Biotin** – improves metabolism of glucose. Involved in the synthesis and release of insulin.

#### Minerals

- **Chromium (Cr)** – a mineral that improves insulin efficiency and lowers blood sugar levels. It is widely accepted that proper dosage of chromium can assist with correct insulin production.

### Especial Ingredients

- **Momordica charantia (Bitter Melon Extract):** At least three different groups of constituents in bitter melon have been reported to have hypoglycemic (blood sugar lowering) actions of potential benefit in diabetes mellitus. These include a mixture of steroidal saponins known as charantin, insulin-like peptides, and alkaloids. It is still unclear which of these is most effective, or if all three work together. Multiple controlled clinical studies have confirmed the benefit of bitter melon for people with diabetes

Ingestion of excessive amounts of bitter melon juice (several times more than the amount recommended above) can cause abdominal pain and diarrhea.

- **Gymnema Sylvestre:** Gymnema has been used in India for the treatment of diabetes for over 2,000 years. The primary application was for adult-onset diabetes (NIDDM), a condition for which it continues to be recommended today in India. The leaves were also used for stomach ailments, constipation, water retention, and liver disease. Gymnema leaves raise insulin levels, according to research in healthy volunteers. According to animal studies, this may be due to regeneration of the cells in the pancreas that secrete insulin.

Used at the amounts suggested, gymnema is generally safe and devoid of side effects. The safety of gymnema during pregnancy and lactation has not yet been determined. Persons with NIDDM should only use gymnema to lower blood sugar under the clinical supervision of a healthcare professional.

- **Opuntia steptacantha** (Prickly Pear or "Nopal") - A desert cactus shown to lower blood glucose and insulin levels, improving insulin's ability to stimulate movement of glucose from blood to body cells.
- **Alpha lipoic acid:** is a vitamin-like antioxidant. Alpha lipoic acid is sometimes referred to as the "universal antioxidant," because it is soluble in both fat and water. Alpha lipoic acid has several potential benefits for

diabetics. It enhances glucose uptake in non-insulin-dependent diabetes (NIDDM), inhibits glycosylation (the abnormal attachment of sugar to protein), and has been used to improve diabetic nerve damage and reduce pain associated with that nerve damage. Most studies have used IV alpha lipoic acid, but oral supplementation has nonetheless proved partially helpful in treating at least one form of diabetic neuropathy, using 800 mg per day.

The amount of alpha lipoic acid used in research to improve diabetic neuropathies is 800 mg per day and 150 mg per day for glaucoma.

**Side effects** with alpha lipoic acid are rare but can include skin rash and the potential of hypoglycemia in diabetic patients. Individuals who may be deficient in vitamin B1 (such as alcoholics) should take vitamin B1 along with alpha lipoic acid supplements.

- **Asian ginseng:** Historical or Traditional Use and Active Constituents and Proposed Mechanism of Action  
Asian ginseng has been a part of Chinese medicine for over 2,000 years. Ginseng's actions in the body are due to a complex interplay of constituents. The primary groups are the ginsenosides, which are believed to increase energy, counter the effects of stress, and enhance intellectual and physical performance. Thirteen ginsenosides have been identified in Asian ginseng. Other constituents include the panaxans, which help lower blood sugar, and the polysaccharides (complex sugar molecules), which support immune function.

A double-blind study has confirmed Asian ginseng's blood sugar lowering effects in patients with adult diabetes. It does appear to effectively reduce fatigue in double-blind studies. A double-blind study has confirmed it is helpful for relief of fatigue and possible stress.

Consuming caffeine with ginseng increases the risk of over-stimulation and gastrointestinal upset. Persons with uncontrolled high blood pressure should not use ginseng.

- **Fenugreek:** The steroidal saponins account for many of the beneficial effects of fenugreek, particularly the inhibition of cholesterol absorption and synthesis

The seeds **are rich in dietary fiber**, which may be the main reason they can lower blood sugar levels in diabetes. One human study found that fenugreek can help lower cholesterol and blood sugar levels in persons with moderate atherosclerosis and non-insulin-dependent diabetes. Randomized and uncontrolled studies have confirmed fenugreek helps stabilize blood sugar control in patients with insulin-dependent and non-insulin-dependent diabetes. It helps lower elevated cholesterol and triglyceride levels in the blood, including in those with diabetes, according to several controlled studies. Generally fenugreek does not lower high-density lipoprotein (HDL) cholesterol levels. This type of cholesterol is believed to be beneficial.

Use of more than 100 grams of fenugreek seeds daily can cause intestinal upset and nausea. Individuals with peanut allergies use with caution or avoid. Otherwise, fenugreek is extremely safe.

## Recommendations:

**Serving size:** one capsule

**Retail Price:**

- **Regular:** \$79.95 per bottle
- **Discount:** (sign for one year) \$58.00. Saving \$264.40 dollars per year

**Suggested use:** Take as directed on label. 1 capsule three times per day or three capsules after dinner

For faster results, during the first 30 only, you should increase combine it with **DiaFiber Plus**®

**Contains:** 90 capsules per bottle (1 month supply)

**Q: How soon after starting on DiaOptimum XP**® **can I expect to see results?**

**A:** You will experience a noticeable healthy blood improvement of your glucose levels within one week of starting on DiaOptimum®

**Q: How often do I take DiaOptimum XP**®?

**A:** Take as directed on label, 1 capsule three times per day or three capsules after dinner. For faster results, during the first 30 only, you should increase combine it with DiaFiber Plus®

**Q: Can I use DiaOptimum XP**® **when I am pregnant?**

**A:** We have no indication that shows any dangers or problems with using the product while pregnant but it is our policies to recommend to women consult their physician prior to his use.

**Q: Can I take DiaOptimum XP**® **on an empty stomach?**

**A:** No. Always takes your supplements after eating unless your physician indicates otherwise

**Q: Do I have to take DiaOptimum XP**® **forever?**

**A:** Absolutely not. This is part of your balanced lifestyle [As an adjuvant to the Phoenix Project]. Of course, you can continue to take **DiaOptimum XP**®, as frequently and for as long as needed.

Ranking	Nutritional Supplements	Botanicals
Primary	Alpha-lipoic acid Chromium Magnesium Vitamin E	Asian ginseng Fenugreek (seeds)
Secondary	Biotin Vitamin B6 Zinc	Bitter melon Gymnema Banaba
Other	Quercetin Vanadium Vitamin B3 (niacinamide) Vitamin B12	

## References

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