



The Natural Way to Support Healthy Blood Glucose Levels

Research has shown that apple pectin can be very beneficial in supporting healthy blood glucose levels.

Apple pectin helps to support healthy blood glucose levels because it reduces the gastric emptying rates, which slow down the release of glucose into the bloodstream.



What is Diabetes?

According to the CDC, "diabetes is a group of diseases marked by high levels of blood glucose resulting from problems in how insulin is produced, how insulin works, or both."

It is a chronic disease affected when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin is a hormone that regulates blood sugar.

“

Hyperglycemia, or raised blood sugar, is a common effect of uncontrolled diabetes and, over time, can cause serious health problems.

”

People with pre-diabetes have



High blood glucose or hemoglobin A1C levels but they are not high enough to be classified as diabetes.

II

Increased risk of developing type 2 diabetes.



Heart disease and stroke, but not everyone with pre-diabetes progresses to a diabetes diagnosis.

Diet and Lifestyle Changes Are Key

For people who have diabetes or are at risk of developing the disease, healthcare experts stress the importance of making lifestyle changes that result in weight loss and increased physical activity, as well as making dietary changes.

RECOMMENDATIONS



World Health Organization



Achieving and maintaining healthy body weight and engaging in 30 minutes of regular, moderate-intensity physical activity on most days to support healthy blood glucose levels.



A healthy diet is also critical and includes avoiding sugar and saturated fats.



Tobacco use should also be avoided.

The Importance of Adding Apple Pectin to Your Diet



One important dietary change individuals who are diabetic or pre-diabetic can make is to consume apple pectin. Research has shown that apple pectin can be very beneficial in supporting healthy blood glucose levels.

Pectin is a soluble, dietary fiber naturally found in fruits. The skin and pulp of apples is rich in pectin, and when the pectin is dissolved in water, the soluble fibers become a gel that help to “sweep” toxic and waste material from the intestines.



Apple pectin helps to support healthy blood glucose levels because it reduces the gastric emptying rates, which slow down the release of glucose into the bloodstream.



Pectin also appears to increase the thickness of the mucosal layer of the intestines, which directly reduces the intestinal absorption of glucose.

ProPectin® is one of the Best Sources of Apple Pectin

ProPectin® has four important advantages over other apple pectin products:

- ✔ It is the only product that is pharmaceutical-grade apple pectin.
- ✔ It is the only product that can provide a daily dose of up to 9 grams of high grade apple pectin due to a 6-step patented process and formula.
- ✔ It is the only product that is 100% soluble, which results in a significantly higher absorption rate.

✔ **And, it tastes great!**
Like delicious, mild apple nectar.

Currently there are no other apple pectin products available that are soluble

Apple pectin is most effective when dissolved and consumed in liquid form.

ProPectin's 6-step process turns pharmaceutical-grade apple pectin (derived from the highest quality and purity of apples identified after extensive research) into a highly soluble powder that dissolves immediately in water for quick and easy consumption.



Research Demonstrates Apple Pectin's Effectiveness in Supporting Healthy Blood Glucose Levels



12
type II
Diabetics were
supplemented with
20g per day

Pectin supplementation improved
glucose tolerance, as measured by
three-hour incremental glucose
changes following a test meal, by

19.8%.

American Journal of Clinical Nutrition (1988)

“ After comparing the effects of pectin and guar gum on post-meal glucose levels in four healthy volunteers. The results showed that both substances resulted in significant reductions in glucose levels. ”

ANNALS OF INTERNAL MEDICINE

MEDICAL RESEARCH COUNCIL OF GASTROENTEROLOGY UNIT IN LONDON, ENGLAND



ProPectin® Research on Patients with Type 2 Diabetes

In 2013, researchers in Bulgaria conducted a 16-week study to determine ProPectin's effectiveness on volunteers with different blood levels of glucose and cholesterol. Results showed that by combining ProPectin with a comprehensive diet regime in the therapy for type 2 diabetes diminishes the complications of the disease. Propectin also led to a reduction in blood glucose levels, HbA1c, cholesterol and LDL.

“Substantial changes in fiber content of the diabetic diet may lead to marked changes in diabetic control and that increasing dietary fiber may be a useful means of lowering plasma glucose in some diabetic patients.”

*Annals of Internal Medicine and F.A.C.P.
Perla M. Miranda, R.D., M.S. and David L.
Horwitz, M.D., Ph.D.*

“Pectin delays the stomach’s effort to get at the fruit’s sugars and starches, This gradual energy release prevents blood-sugar levels from fluctuating; when the blood-sugar fluctuates, insulin increases.”

*The South Beach Diet
Robert Pritikin*

“Insulin-dependent diabetics who were given a milkshake and 7 grams of apple pectin (an amount equal to two whole apples) ten minutes before dinner required 35% less insulin after the meal to return blood sugar levels to baseline.”

*NEW FACTS ABOUT FIBER
BETTY KAMEN, PH.D.*

Dietary fiber, such as pectin, “may help delay carbohydrate digestion and glucose absorption and improve symptoms of diabetes.”

LIVEHEALTHY.CHRON.COM

15 g. dose of pectin delayed the rise in blood glucose when given with a test meal to people with type 1 diabetes who were not given their regular morning insulin injection.

ACTA MEDICA SCANDINAVICA

MICHAEL R. PELUSO, PH.D.



Studies on fruit consumption and its relation to diabetes has shown that consuming at least two servings each week of certain whole fruits, particularly blueberries, grapes and apples, reduced the risk for type 2 diabetes by as much as 23% in comparison to people who ate less than one serving per month.

Take ProPectin Every Day for Your Good Health

Made from the highest quality apples, ProPectin's formulation process is very involved and requires a high degree of esterification. Manufactured in micro batches to ensure maximum concentration and potency, each batch of ProPectin contains ingredients in their most potent state minus all unnatural or harmful compounds.

- ✔ It helps to remove harmful toxins from your body
- ✔ Supports healthy weight control and is effective in promoting a healthy digestive system
- ✔ Assists in reducing overall cholesterol and LDL
- ✔ It helps to reduce inflammation associated with bowel disease

250kg = 1 kilo
of Apples of ProPectin

4.5 x
times more effective than any other
pectin product on the market.



ORDER YOUR SUPPLY NOW

www.propectin.com