

Therapeutic Actions

1. Treats and prevents conditions related to poor insulin sensitivity such as diabetes
2. Nutritionally reduces blood glucose levels
3. May aid in weight loss

Chinese Therapeutic Effects

Nourishes yin
Clears heat

Administration:

Internal: Typical dosage is 1 to 3 tablets BID to TID. Take with or between meals.
550mg, 90 tablets, 20 day supply

Ingredients

American Ginseng
xi yang shen
Queen's crepe myrtle
L. speciosa

Formula Rationale

Myrtle Seng™ is a proprietary formula designed to nutritionally reduce blood glucose levels. It contains corosolic acid extracted from the Asian tree Queen's crepe myrtle (*Lagerstroemia speciosa*). It is one of the more promising blood sugar regulating plants because a low dosage of the extract is still effective. Laboratory studies in Japan have indicated that Corosolic acid is an activator of glucose transport and has a hypoglycemic effect when used orally. In a placebo controlled study in Japan, patients with fasting glucose levels of 110mg/dl, were given a placebo or standardized Queen's crepe myrtle tablets equaling 160mcg of Corosolic acid. A statistically significant drop in blood glucose was seen in most patients. In an American study with ten Type 2 diabetic patients, average blood glucose dropped 31.9 percent after two weeks of administration of a preparation consisting of 480mcg of Corosolic acid. When normal volunteers were given the same preparation they were not affected in one study. In another study the equivalent of 240mcg of Corosolic acid produced a hypoglycemic effect, but volunteers recovered to normal blood glucose levels in three hours. One tablet of Myrtle Seng™ contains 500mcg of Corosolic acid.

Ginseng has been used since ancient times as a treatment for diabetic symptoms. Although all ginseng species have hypoglycemic effects in laboratory models, American ginseng (*Panax quinquefolium*) is the preferred species because it is cooling and generates fluids and is traditionally used for thirst, fatigue and hunger. Empirically it has been used to treat diabetes. At the University of Toronto researchers conducted several studies testing the effects of American ginseng on glucose levels. Twelve healthy individuals received American ginseng at various time intervals before a capillary blood and glucose challenge test was administered. Glycemia was lowest 40 minutes after dosages of American ginseng.

Additional Formulas

- **Nine Flavor Tea** for thirst and yin deficiency
- **Astra Essence** is a balanced formula that also regulates blood glucose
- **Greenexcellent** helps reduce blood glucose