



# Blood sugar got you down?

[ Learn about Cinnulin PF® patented water extract of cinnamon ]

**Cinnulin PF®**

The Real Cinnamon Extract



## **Blood sugar balance is important for everyone**

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You don't have to have diabetes to be concerned about your blood sugar levels. While Type II diabetes affects 6% of the population, another blood sugar problem is more than twice as common—insulin resistance. If you're insulin-resistant, your body no longer responds to insulin the way it's supposed to. And that means your blood sugar gets all out of whack. A healthy diet and ample exercise are keys to blood sugar balance. But you may be surprised to find out that a cinnamon extract can also have a profound impact.

Published studies document that cinnamon supplements support healthy blood sugar balance.\* In fact, Dr. Richard Anderson, a researcher with the U.S. Department of Agriculture, expressed that he has never seen anything natural work as effectively as water extract of cinnamon. And no brand of cinnamon extract is as effective as patented Cinnulin PF®.

## **How cinnamon works in the body**

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Initial test tube studies found that cinnamon has the unique ability to make insulin work more efficiently.\* That's important, because insulin is what keeps your blood sugar balanced. Its job is to get excess sugar out of your blood and into your cells, where it can be burned as fuel.

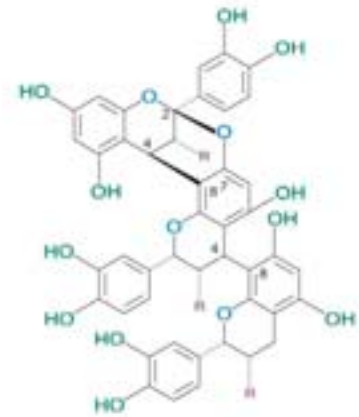
Most people secrete plenty of insulin. Problems occur when we become resistant to it. Like a patient that has developed a tolerance to a certain medication—making it no longer effective—people who are insulin-resistant develop a tolerance to insulin. The result is elevated blood sugar levels, which may contribute to sluggishness, weight gain and mood swings.

Cinnamon works in two ways. First, it inhibits the enzymes that cause insulin resistance.\* And second, it increases sensitivity to insulin.\* Follow-up human studies have documented that cinnamon also has significant health benefits for Type II diabetics, including increased glucose metabolism and cholesterol management.\*

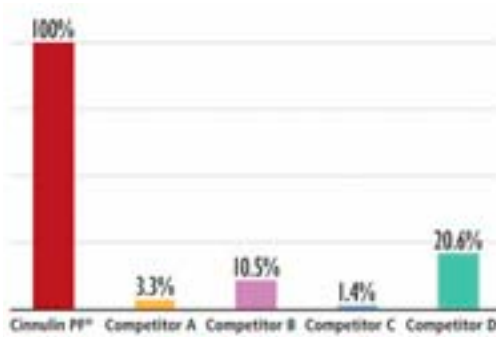
## Only Cinnulin PF® is standardized for cinnamon's proven active ingredients

Of course, researchers were curious to discover exactly what made cinnamon so powerful. While examining water extract of cinnamon, USDA scientists finally figured it out: double-linked Type-A polymers. It's these active ingredients that are responsible for cinnamon's blood sugar balancing activity.\*

But not all species of cinnamon contain polymers of the double-linked variety. In fact, most cinnamon species only have the single-linked type. Cinnamon extracts made from the wrong species—the kind without the double-link—will simply not have the same researched effect on glucose metabolism.



Double-linked Type-A Polymer



Cinnulin PF is the only water extract of cinnamon available that is standardized to contain consistent levels of these double-linked Type-A polymers. Compare Cinnulin PF to other cinnamon extracts and the difference in activity is clear.

### Total peak area of Type-A Polymers in Cinnulin PF® vs. other Cinnamon Extracts

Percentage calculated by comparing the total peak area to that of Cinnulin PF.

## Cinnulin PF®: Natural blood sugar balance has never been so effective\*

With all the buzz around cinnamon, many manufacturers are now producing cinnamon extract products. When you buy a supplement featuring Cinnulin PF brand water extract of cinnamon, you can be assured you're getting:

- **The right species**  
Cinnulin PF is produced from a superior source of cinnamon bark, which naturally contains the highest amount of active double-linked Type-A polymers.
- **The right extraction technique**  
Cinnulin PF is extracted with water—not chemicals—so it captures the water-soluble ingredients you want, but leaves the toxic fat-soluble constituents behind.
- **The right research**  
Water extract of cinnamon has been researched by the USDA and additional clinical trials are underway. No other cinnamon extract can make that claim.
- **The right ratio**  
Cinnulin PF is a 20:1 water extract of cinnamon.



### Science Behind Cinnulin PF®

In a recent study, pre-diabetics taking 500mg of Cinnulin PF showed decreases in fasting blood glucose levels and body fat, plus increases in both insulin sensitivity and lean body mass.

## Where to find Cinnulin PF®

You'll find Cinnulin PF as an ingredient in fine dietary supplements available at health food stores and natural supplement aisles nationwide. When you see the Cinnulin PF logo, you'll



know that the product contains the only active cinnamon extract backed by scientific research. So get real. Demand Cinnulin PF in the supplements you buy.

For more information, call (800) 479-8994 or visit [www.cinnulinpf.com](http://www.cinnulinpf.com).

**Get Real.**

**Cinnulin PF®**

The Real Cinnamon Extract

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



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