

White Mulberry

A Breakthrough Supplement in Diabetes Control and Weight Loss

Is it possible for one herbal supplement to control blood sugar, promote weight loss, reduce bad cholesterol levels, and even protect you from heart attack and stroke? According to TV's Dr. Oz and researchers from around the world, the answer is a resounding yes!

White Mulberry (*Morus Alba*) has been a staple in Chinese medicine for centuries where all parts of the plant are used to make healing teas and even poultices for external wounds and injuries. It's no wonder, because this amazing medicinal plant contains a multitude of nutrients including proteins, sugars, polyphenols, flavonoids, steroids, triterpenes, vitamins, and minerals — all necessary to fight disease and maintain healthy human metabolism.

Here's what modern research has learned about white mulberry, in particular its nutrient-rich leaves.

In animal studies, researchers found that a particular chemical in mulberry leaf extract called 1-deoxynojirimycin (DN) restricted the amount of sugar entering the blood stream after high-carbohydrate meals.(1) They suggested that mulberry leaf extract might be useful in preventing diabetes in humans by inhibiting the digestion of sugars.

In human trials the effects of white mulberry were even more impressive. Indian researchers examined the extract on men with mild type 2 diabetes versus glibenclamide, a leading anti-diabetes drug. They found that compared to the prescription drug, patients taking the white mulberry extract significantly improved their blood sugar control.

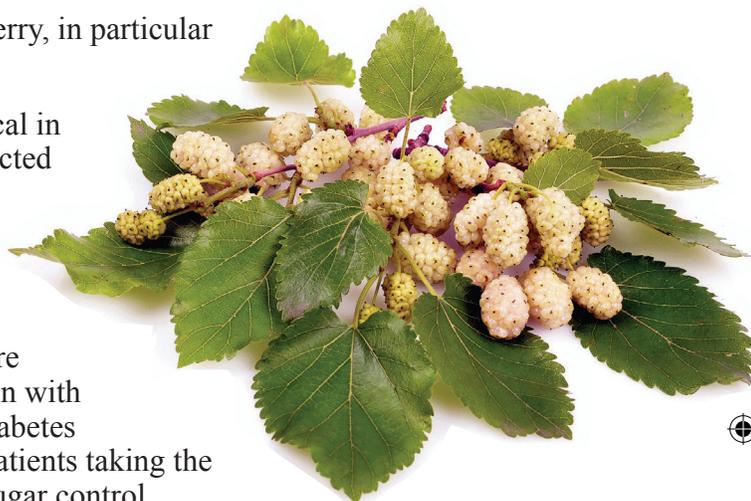
What's more, white mulberry extract reduced total cholesterol, LDL-cholesterol, and triglycerides, while significantly increasing HDL-cholesterol (good cholesterol). Glibenclamide on the other hand showed only marginal glycemic control and a noticeable reduction in triglycerides.(2) The researchers concluded from these results that white mulberry showed therapeutic benefits in the treatment of both type 2 diabetes and hyperlipidemia (high cholesterol and triglycerides).

The same properties that make white mulberry leaf extract exceptional at reducing blood sugar levels also make it a go-to supplement for weight loss and weight control. That's because by lowering blood sugar absorption, it also reduces insulin levels. Insulin levels spike and stay elevated when high-carb/high sugar meals are consumed, turning sugar into fat and making it nearly impossible to lose weight.

In conclusion, the scientific evidence shows that mulberry leaf extract is a safe, natural supplement that that may be more effective than prescription medications to inhibit the digestion of sugars. By doing so, it helps to maintain healthy blood glucose levels and promote weight loss. An extra benefit is that white mulberry extract has been shown to improve cholesterol and triglyceride levels, thereby making it an effective deterrent to stroke, heart attack and artery disease.

References

1. J Nutr Sci Vitaminol (Tokyo). 2004 Jun;50(3):161-4 (<http://www.ncbi.nlm.nih.gov/pubmed/15386927>).
2. B Andallu, et al. Clinica Chimica Acta (Impact Factor: 2.54). 01/2002; 314(1-2):47-53.



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