



PBS

Stock #1054-7 (100 capsules)

PBS is an herbal formula designed to promote healthy liver and digestive function and help balance blood sugar levels. PBS contains herbs that enhance liver function, combat infection, act as circulatory and digestive stimulants, and have been shown to reduce blood sugar levels and improve insulin sensitivity.

Burdock (*Arctium lappa*) is an herbal remedy that has been used for hundreds of years throughout Asia, Europe and North America. According to traditional Chinese medicine (TCM), burdock root is used to detoxify the blood and promote circulation. Burdock has also been used therapeutically as a diuretic and digestive stimulant. Research has confirmed that burdock provides gastroprotective (stomach-protecting) and hepatoprotective (liver-protecting) effects. In addition, burdock root contains antidiabetic compounds that may help reduce blood sugar levels. Animal studies have shown that burdock extracts exert strong hypoglycemic (blood sugar-lowering) activity. Furthermore, a survey of nearly 700 herbalists found that burdock was listed among the top 10 herbal remedies recommended

to diabetic patients as a "natural" treatment to control blood sugar. Burdock is not recommended during pregnancy because of possible uterine stimulant effects.¹⁻⁶

Nopal (*Opuntia streptacantha*), also called prickly pear cactus, is well-known throughout Latin America for its apparent hypoglycemic effects. In fact, nopal is the most commonly used herbal remedy for glucose control among people of Mexican descent. Nopal contains a high amount of soluble fiber, which may contribute to its hypoglycemic actions by slowing the uptake of glucose and improving glucose metabolism. Research indicates that nopal may also improve glycemic control by inhibiting hepatic (liver) glucose output and improving insulin sensitivity. Preliminary studies found that nopal significantly reduced fasting glucose and decreased insulin levels in patients with type 2 diabetes. Nopal may also help reduce carbohydrate absorption.⁷⁻¹²

Eleuthero (*Eleutherococcus senticosus*) - A number of experimental and clinical studies have confirmed eleuthero's therapeutic properties, including anti-depressive, anti-fatigue, anti-stress and immuno-enhancing effects. Eleuthero has also been shown to normalize adrenal and thyroid function and balance blood pressure and blood sugar levels in both animal and experimental studies. Eleuthero's hypoglycemic effects are due, at least in part, to the presence of an active ingredient known as syringin, which has been shown to enhance glucose utilization and reduce plasma glucose levels.¹³⁻¹⁹

Horseradish (*Armoracia rusticana*) has a long history of use for bronchial congestion and respiratory disorders, joint inflammation and swelling, urinary tract infections, and as a circulatory and digestive stimulant. Research has also confirmed that horseradish exhibits antimicrobial activity against gram-positive and gram-negative bacteria. In addition, horseradish contains important minerals needed for healthy blood sugar regulation, namely calcium, magnesium and potassium—studies suggest that low dietary intake of these minerals is associated with a higher risk of developing type 2 diabetes. Horseradish also contains chromium, a trace mineral that is essential for proper blood sugar control.^{6,13,14,20-26}

Golden seal (*Hydrastis canadensis*), an herb native to North America, has a long history of use for soothing inflammation and irritation of mucosal tissues of the gastrointestinal, genitourinary and respiratory tracts. Golden seal also demonstrates antibacterial, diuretic and laxative actions and contains bitter compounds that facilitate digestive functions. Research indicates that golden seal's therapeutic effects are primarily owed to the presence of berberine, the main alkaloid component. Berberine has been shown to enhance bile secretion and has exhibited antipyretic (fever-reducing), immunostimulant and broad-spectrum antibiotic activity. In addition, recent studies have shown that berberine provides beneficial effects on many aspects of diabetes, including reducing blood glucose levels, improving insulin sensitivity, and enhancing pancreatic function. Goldenseal is not recommended for use during pregnancy due to the uterine stimulant activity of its constituents.^{6,20,27-30}

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