



Target P-14

Stock #2810-1 (90 capsules)

Target P-14 is designed to strengthen the pancreas and adrenal glands and assist the body in regulating blood sugar levels. Target P-14 can be used by both diabetics and hypoglycemics, as this formula helps the body to balance both high and low blood glucose levels. Target P-14 combines 14 different herbs known for their action on the glandular system, particularly the kidneys, liver, pancreas, and prostate glands. This blend of herbs not only facilitates blood sugar balance, but also helps soothe inflammation, promotes the secretion of digestive fluids, and provides a natural diuretic action. Target P-14 also contains important chelated minerals which are easy to absorb and are necessary for healthy pancreatic function.

Target P-14 minerals are chelated with the amino acids glutamine, leucine and lysine. Each capsule of Target P-14 provides chromium (80mcg) and zinc (15mg), in a base of:

Capsicum has long been used as a stimulant to increase circulation and cardiovascular activity, while at the same time lowering blood pressure and aiding in the prevention of heart attack and stroke. Capsicum has been found to effectively stimulate production of digestive and mucosal fluids, soothe inflammation, enhance the removal of toxins from the body, and relieve gastrointestinal problems. Studies indicate capsicum may also be useful for mild depression and for improving energy and endurance.

Cedar berries stimulate urine flow, increase production of digestive fluids, exhibit analgesic (pain-relieving) effects, and fight infection, especially in the urinary tract. Cedar berries also demonstrate an astringent action which helps stop bleeding, thus explaining the herb's traditional use for menorrhagia and uterine hemorrhage. However, cedar berries are also used to stimulate menstruation, as in cases of amenorrhea. Cedar berries have a long history of use for the treatment of diabetes as cedar berries demonstrate some hypoglycemic properties.

Chromium stimulates enzymes which are part of glucose metabolism, and is the primary mineral involved in insulin production. Chromium is also a key component of GTF (glucose tolerance factor), a substance which enables cells to absorb glucose (blood sugar) to burn for energy. Chromium improves the effectiveness of insulin and its ability to monitor glucose, thus decreasing the amount of insulin the pancreas needs to manufacture. This mechanism plays an important role in the prevention of both diabetes and hypoglycemia.

Dandelion has been shown to help the liver and gallbladder filter out toxins and purify the blood, as well as stimulates the kidneys to eliminate toxins through the urine. Dandelion contains enzyme-like compounds which assist cell metabolism and increase bile secretion in the liver. Dandelion provides viscous fiber which absorbs toxins from the bowel, balances intestinal flora, lowers serum cholesterol, reduces bowel transit time, and soothes digestive tract tissues. Dandelion is also a source of bitter flavonoids which purify the blood, increase urine flow, relieve inflammation and muscle spasms, and provide a mild laxative action. The herb is especially beneficial for spleen ailments and for eliminating uric acid buildup.

Garlic has been shown to treat a variety of circulatory, digestive, respiratory and urinary problems. Garlic inhibits platelet aggregation and encourages the breakdown and production of fibrin, a clotting protein implicated in heart disease and strokes. Garlic reduces hypertension and lowers serum cholesterol, serum triglycerides and blood fats. Garlic also been shown to raise HDL cholesterol levels. Garlic enhances immune function, fights infection, and is an excellent remedy for a variety of chest complaints. Garlic also acts as an effective expectorant. In the urinary system, garlic produces a cleansing reaction in the kidneys which causes an increase in urine flow. Furthermore, garlic increases bile production, thus enhancing digestion. Some of the more popular uses for garlic include asthma, atherosclerosis, cancer, colds, coronary heart disease, coughs, diabetes, ear infections, flu, hemorrhoids, hypertension, inflammatory skin problems, intestinal parasites, tumors, and urinary infections.

Studies show **golden seal** acts as an astringent, producing a vasoconstricting—tightening of the blood vessels—effect. Golden seal's astringent ability enables it to help tone mucus membranes, which in turn, aids stomach and intestinal disorders, prostate and vaginal complaints, and stops internal bleeding and prevents hemorrhaging. Golden seal acts as a mild decongestant and laxative, relieves excess mucus, and reduces fever and inflammation associated with glandular swelling. Golden seal increases the secretion of digestive enzymes and fluids, especially bile, which helps regulate liver and spleen functions. Furthermore, golden seal has been found to potentiate insulin and have a hypoglycemic effect which is beneficial for diabetics.

Juniper berries contain strong antiseptic, anti-inflammatory, analgesic (pain-relieving) properties which are helpful for treating infections, especially within the urinary tract. Juniper berries are an effective natural diuretic and have been

found to be especially beneficial for problems of the bladder, kidneys, and prostate. Juniper berries are effective at fighting both bacterial and yeast infections, as well as chronic prostate and urinary tract infections in men with benign prostatic hypertrophy (BPH), also referred to as enlarged prostate. Juniper berries are also a rich source of chromium and have been used to treat blood sugar imbalances.

Licorice increases the production of digestive fluids and bile, soothes mucus membranes (especially in the stomach), relieves pain and inflammation, relaxes muscle spasms, enables the body to expel phlegm, strengthens the adrenal glands, lowers cholesterol, and acts as a mild laxative. Licorice is also particularly beneficial for gastrointestinal problems and excessive stomach acid. Licorice is a powerful anti-inflammatory and anti-arthritis, and has been proven as an effective treatment for chronic hepatitis B and liver cirrhosis. Licorice has also been shown in numerous studies to be quite effective in treating hypoglycemia, especially due to adrenal stress.

Marshmallow increases the production of mucosal fluids which soothes inflamed tissues and helps heal both internal and external inflammatory conditions. Marshmallow is commonly used for bronchial asthma, shortness of breath, wheezing, and other respiratory complaints. Marshmallow is especially beneficial for soothing and protecting mucous membranes and for counteracting excess stomach acid, gastritis, hiatal hernias, and peptic ulcers. Marshmallow is recommended for most any condition affecting the genito-urinary tract, including cystitis, frequent urination, incontinence, painful urination, and urinary tract infection. Marshmallow is also considered mildly laxative, and is often used for various intestinal problems, including colitis, diverticulitis, enteritis, irritable bowel syndrome, and regional ileitis. Recent research indicates a possible reduction in blood sugar levels using marshmallow, which could be of benefit to diabetics.

Mullein contains mucilaginous substances, called polysaccharides, which protect mucous membranes and prevent them from absorbing toxins. The cooling, soothing properties of the mucilage lubricates tissues, reduces inflammation, and enhances healing. Mullein relaxes muscle spasms which helps relieve chronic coughing and abdominal cramping. Mullein also provides diuretic, analgesic (pain-relieving), antiseptic, and antibacterial benefits.

Nettle provides a cleansing, detoxifying action on the body, stimulating urine flow and enhancing elimination. Nettle slows or completely stops bleeding (nosebleeds and wounds) and acts as an astringent, making it beneficial for excessive menstrual bleeding. Nettle is anti-allergenic, and has been shown to be helpful for asthma, hay fever, and itching. Studies show nettle slightly lowers blood pressure and blood sugar levels.

Slippery elm has been found to be an effective remedy for irritation of the mucus membranes, stomach, intestines, and urinary tubules. Due to its high mucilage content, slippery elm has been shown to be quite effective for absorbing toxins from the bowel, balancing intestinal flora, and reduces bowel transit time.

Uva ursi is an herb which focuses its many actions on the urinary system. Uva ursi soothes and tightens inflamed tissues, helps neutralize urine acidity, promotes urine flow, and acts as an antiseptic and muscle relaxant specific to the urinary tract, thus decreasing responses to pain stimuli from infections. Uva ursi has also been shown to help prevent and dissolve kidney and gallstones, induce labor, and help problems associated with diabetes and the prostate gland.

White oak bark is rich in tannins (quercitannic acids) known for their ability to shrink tissues and constrict blood vessels. White oak bark also acts as an antiseptic and mild diuretic. Such actions confirm the use of white oak bark for treating anal fissures (lesions), bladder weakness, diarrhea, gum problems/pyorrhea, hemorrhage, hemorrhoids, mouths sores, mucus discharges, prolapsed uterus/rectum, sore throat, flabby ulcers, and varicose veins.

Yarrow shrinks inflamed tissues, stops bleeding, lowers blood pressure, induces perspiration to help lower fever, and relaxes muscle spasms. Anti-inflammatory properties supplied by the chemical, chamazulene, have been documented in animal studies, supporting the use of yarrow for hemorrhoids, ulcers, and other inflammatory conditions. As a blood cleanser, yarrow promotes the removal of body toxins via perspiration, and is often recommended for chicken pox and smallpox. Yarrow also enhances the elimination of uric acid buildup in the joints which can contribute to arthritis, gout and rheumatism.

Zinc plays a role in virtually every aspect of insulin metabolism (production, secretion and utilization). Numerous researchers suggest taking zinc supplements to reduce the problems of diabetes. Diabetics, due to their specialized diets and abnormal metabolism, often exhibit symptoms of insufficient zinc. Also, diabetics typically lose too much zinc through urination, thereby requiring supplementation.