



Today and beyond, Natrol is driven to be the most desired nutritional supplement brand that supports your healthy life.

### OVER 35 YEARS QUALITY UNCOMPROMISED

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# NATROL® GENERAL HEALTH

More than just a spice:  
**Natural Blood Sugar Control**

**WELLNESS.  
OWNED.**



Although it has long been known that fruits and vegetables and grains are excellent sources of the vitamins and minerals that are so essential to good health, we continue to learn about the importance of supplementing our diets with additional amounts of certain nutrients.

A good example is **cinnamon extract** which may be of great value in maintaining **healthy blood sugar, cholesterol levels and healthy blood pressure** as well. Cinnamon extract has also been shown to have **excellent antioxidant properties**.

### Cinnamon extract promotes healthy blood sugar and blood lipid levels.

Research has revealed that regular use of cinnamon extract can promote healthy glucose metabolism due to its active compound that has insulin-like activity.

Cinnamon extract reduces blood lipid levels as well as blood glucose levels, so that people with **type 2 diabetes** who supplement with cinnamon extract will **reduce the risk factors** associated with diabetes and cardiovascular disease. In addition, cinnamon extract may be beneficial for the remainder of the population to prevent and control elevated glucose and blood lipid levels.

Even people who pay attention to what they eat may see their blood sugar levels increase as they get older. Likewise, aging is associated with a potentially hazardous decline in insulin sensitivity. As a result, there is an ever growing number of adults who are diabetic or pre-diabetic, with glucose levels that are slowly but surely rising above the desired threshold.

### Cinnamon extract can also promote healthy blood pressure.

Cinnamon extract may help **promote healthy blood pressure levels** in those suffering from elevated blood pressure (**hypertension**).

High blood pressure commonly accompanies diabetes and increases the risks of cardiovascular disease and stroke.

FORTUNATELY, THERE ARE SEVERAL MEASURES YOU CAN IMPLEMENT TO:

# REDUCE YOUR RISK OF DIABETES

The diabetes prevalence rate is about 12-13% in Trinidad & Tobago<sup>1</sup>. Embracing a healthy lifestyle can reduce your risk for type 2 diabetes.

## START TODAY WITH THESE TIPS...

1

Focus on maintaining a healthy weight, or losing weight gradually toward your optimal weight range.



**ACTION:** Skip extreme diets and focus on small changes to eat healthier.

2

Make healthier food choices and include foods from all five food groups, to get the nutrients you need.



**ACTION:** Include at least three food groups at meals and two food groups for snacks.

3

Don't skip meals. Eat balanced meals and snacks, with appropriate portion sizes, to keep energy levels constant throughout the day.



**ACTION:** Spend some time each week planning your meals and snacks.

4

Get active. Include 30 minutes of physical activity most days of the week.



**ACTION:** Get a few extra steps in each day by taking the stairs or a walk at lunch.

5

Quit smoking. Choosing to stop can reduce the risk of several health problems like cardiovascular disease, associated with diabetes.



**ACTION:** Begin by identifying your triggers like, situations, activities, feelings or people.