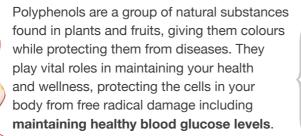


## **POLYPHENOL**

**WORKS!** 





## Did You Know?

Polyphenols are found most abundantly in dark coloured plants such as grapes and elderberry. They are concentrated in the seeds and skins of the fruits.

## Maintain Healthy Blood Glucose Levels

Your blood glucose levels depend on what and how much you eat, as well as how effectively your body produces and uses insulin, which transports glucose into your cells. The healthier your blood glucose levels are, the lower your risk of developing metabolic syndrome diseases such as diabetes.

Recent clinical studies suggest that polyphenols may have the potential in maintaining **healthy glucose levels** by:

- ✓ Regulating glucose absorption.¹,²
- ✓ Increasing insulin sensitivity.³
- ✓ Stimulating early insulin secretion.<sup>4,5</sup>
- ✓ Improving glucose breakdown.<sup>5,6</sup>



## Check out how polyphenols help maintain healthy blood glucose.

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