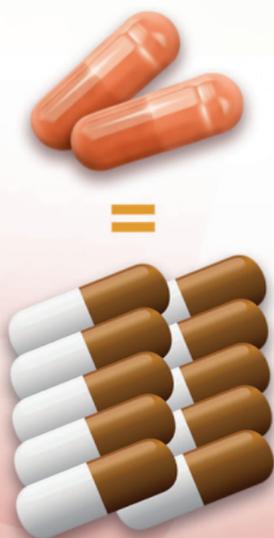


# trunature<sup>®</sup> Advanced Strength CinSulin<sup>®</sup>

Cinnamon can help manage blood sugar levels naturally,<sup>†\*</sup> but only Trunature<sup>®</sup> Advanced Strength CinSulin<sup>®</sup> uses patented water extraction to separate and concentrate the beneficial active compounds that naturally occur in the cinnamon plant. That's why our formula is 10 times stronger than common cinnamon! Chromium and Vitamin D3 are also included to help support healthy blood glucose levels.<sup>†\*</sup>

**may support  
healthy blood  
glucose levels\*\***



\* Within the normal range

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

CinSulin<sup>®</sup> is a registered trademark of BJTA Nutrition & Healthcare Prods. Co. Chromax<sup>®</sup> is a registered trademark of Nutrition 21.

Also available at [Costco.com](http://Costco.com)

**Clinical studies** and research have shown that the ingredients found in CinSulin can potentially help:

- Enhance insulin function, for more efficient glucose metabolism.<sup>1,6</sup>
- Lower blood glucose levels<sup>†\*</sup> 2,3,5
- Reduce fasting glycemia and oxidative stress<sup>†\*</sup> 4
- Improve other factors, such as blood pressure, percentage body fat, and lean body mass and function as an antioxidant<sup>†\*</sup> 1,4,7

### **Why is a water extract important?**

Because whole, common cinnamon is associated with certain drawbacks and risks, which can include allergic reactions, mouth irritation, and a decrease in blood coagulation. In fact, studies support the choice of an extract over other forms of cinnamon for these reasons.<sup>2,3</sup> During the gentle extraction process, the components that



can cause these negative effects are removed, while preserving cinnamon's beneficial actives.

### **Supplement Facts**

Serving Size 2 capsules  
Servings per container: 100

2 Capsules Contain:	Amount Per Serving	% Daily Value
Vitamin D (from Cholecalciferol)(D3)	12.5 mcg (500 IU)	63%
Chromium [from Chromium Picolinate(Chromax®)]	400 mcg	1143%
Water Extracted Cinnamon Bark Extract 10:1 (CinSulin®)( <i>Cinnamomum burmannii</i> , standardized to not less than 3% [15 mg] type-A Polymers)	500 mg	†

† Daily Value (DV) not established.

**With other key nutrients** The formula also provides Chromium, which has also been shown to help improve insulin sensitivity<sup>1</sup>, and Vitamin D3, for its potential role in maintaining healthy blood sugar levels.<sup>†\*</sup> 8

<sup>1</sup> Anderson, Richard A., Re: Chromium and Polyphenols from Cinnamon, lecture given at 2007 summer meeting of the Nutrition Society, University of Ulster.

<sup>2</sup> Davis, Paul A., and Yokoyama, Wallace, 1993, Re: Cinnamon Intake and Fasting Blood Glucose: Meta-Analysis, Journal of Medicinal Food, 14 (0) 2011, 1 – 6.

<sup>3</sup> Mang, B. et al, 2006, Re: Cinnamon Extract and Plasma Glucose, HbA1c, and Serum Lipids, European Journal of Clinical Investigation, 36, 340-344.

<sup>4</sup> Roussel, Anne-Marie, et al, 2009, Re: Antioxidant Effects of a Cinnamon Extract, Journal of the American College of Nutrition, Vol. 28, No. 1, 16-21.

<sup>5</sup> Stoeckert, Barbara J., et al, Re: Cinnamon Extract and Blood Glucose, study presented at the FASEB annual meeting, April 26, 2010, in Anaheim, CA.

<sup>6</sup> Wang, Jeff, Re: Cinnamon Extract and Insulin Resistance Parameters, presented at the ASRM annual meeting, October 21, 2006, in New Orleans, LA.

<sup>7</sup> Ziegenfuss, Tim N., et al, 2006, Re: Water-Soluble Cinnamon Extract and Body Composition, Journal of the International Society of Sports Nutrition, 3(2): 45-53.

<sup>8</sup> Pittas, Anastassios G., et al, 2011, Plasma 25-Hydroxyvitamin D and Progression to Diabetes in Patients at Risk for Diabetes An ancillary analysis in the Diabetes Prevention Program, American Diabetes Association.