

Can Diabetics Benefit From Antioxidant Supplements?

There are two scientific discoveries during the past few years that provide important information concerning the importance of **antioxidants** to diabetes patients.

The first is a study carried out by an antioxidant testing company in England that found that diabetics had 25% lower blood antioxidant levels compared to non diabetics.

The second study showed that while the pancreas in the diabetes patients produced sufficient quantities of insulin to metabolize the glucose (sugars), there was something lacking in their body cells that made them resistant to the normal insulin effects. There are now many studies, such as that reported in 2010 at the Endocrine Society's 92nd Annual Meeting that antioxidant supplements significantly decrease a patient's insulin resistance.

In this first discovery, a major antioxidant testing lab in England (Knight Scientific) tested the blood antioxidant level of over 200 normal and diabetic patients. The normal individuals had an average antioxidant score of over 400 units and less than 10% scored lower than 300 units.

A score of 300 units or lower is considered to denote very low antioxidant levels.

Surprisingly, nearly 50% of the diabetic individuals had antioxidant blood scores of under 300 and fewer than 20% had scores over 400.

Whether the low antioxidant scores in diabetics are a consequent of poor diet or of the disease itself is presently being studied. However, the question of whether diabetic patients with poor antioxidant levels can modify the severity of their disease by antioxidant supplements appears to be positive, given the scientific results described.

The vast majority of diabetic sufferers are **Type 2** diabetic; that is, their pancreas make sufficient quantities of insulin, but the cells in their bodies are **resistant to insulin's** effects related to glucose (sugar) metabolism. Complications of diabetes include stroke, blindness, poor circulation and difficulty healing ulcers.

Low antioxidant levels in the blood maybe a sign of undiagnosed Type 2 diabetes.

It may surprise you to know that many herbs such as cloves, cinnamon, oregano and sage have very high antioxidant levels and have been reported to have a positive effect on diabetes. A 2008 study in the Journal of Medicinal Food showed that these herbs lowered the levels of glycated proteins that are potent inflammatory inducing molecules associated with diabetes. Many foods such as cherries, lemons, garlic, onions and teas are known for their ability to lower blood sugar as a consequence of their high antioxidant levels.

Another increasingly important antioxidant rich food is dark chocolate that has been found to lower blood sugar levels. It has been suggested that the flavanol antioxidants in dark chocolate may biochemically modulate cells so as to increase their sugar uptake under normal insulin control; that is, decrease the diabetic's insulin resistance. Further, these antioxidants have been found to exert a positive effect on vascular health, something very important to the diabetic patient.

The conclusion from these and a multitude of corroborating studies provide a resounding **YES** to the question whether **antioxidant supplements** can be a natural and significant way to decrease some of the damaging health effects associated with diabetes. Diabetes manifests itself every minute of the day, your antioxidant supplement should likewise be available full time, around-the-clock protection and that's simplified by a time release formulation.

CANTAVITA is an ultra potent antioxidant in a **time release** formula that **continuously supplements** the body with a variety of powerful antioxidants. One tablet works for 12 hours - one tablet at dinner and one at breakfast provides around-the-clock beneficial antioxidant activity. www.cantavita.com