

# BANABA LEAF

## What is BANABA LEAF?

*Lagerstroemia speciosa*, also known as “Queens Crape Myrtle,” has been used for many years for a variety of ailments, including treatment for diabetes and hyperglycemia. Banaba has been shown to have blood sugar regulating properties. The active insulin-like triterpenoid compound, corosolic acid, has been shown to stimulate glucose into cells and is effective in reducing blood glucose and insulin levels. The reduction of blood sugar levels can also support appetite control, reduce cravings for carbohydrates and help in weight loss. Banaba leaf also shows a high concentration of antioxidant compounds for protecting against oxidative stress and demonstrates anti-inflammatory activity. \*

## What are the benefits?

Clinical studies conducted at the Southeastern Institute of Biomedical Research in Florida, using a 1% corosolic acid extract of Banaba leaf, reportedly reduced serum glucose in people with Type II diabetes, but did not reduce serum glucose in healthy individuals. For some people, fluctuations in blood sugar and insulin are related to appetite, hunger and various food cravings. Because of the way Banaba helps the body to handle glucose, it is also used effectively in weight-loss products as a safe, natural component for reducing weight. A tighter control of blood sugar and insulin levels has shown to have a significant tendency to promote weight loss. \*

## Supplement Recommendation:

For the most effective benefits, look for a product that has been naturally extracted and grown or wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule. Be sure it is a standardized true spectrum herbal supplement without fillers, binders or common allergens.

- **Contains blood sugar regulating properties to balance blood sugar\***
- **Helpful in reducing blood glucose and insulin levels\***
- **Promotes healthy insulin levels\***
- **Support for appetite control\***
- **Helps to reduce food cravings\***
- **Beneficial in maintaining normal weight management\***
- **Antioxidant activity for protection against oxidative stress and free radicals\***
- **Stimulates glucose intake into cells\***

### Supporting Research:

Liu F, Kim J, Li Y, Liu X, Li J, Chen X. An extract of *Lagerstroemia speciosa* L. has insulin-like glucose uptake-stimulatory and adipocyte differentiation-inhibitory activities in 3T3-L1 cells. *J Nutr* 2001 Sep;131(9):2242-2247

Ellagitannins from *Lagerstroemia speciosa* as Activators of Glucose Transport in Fat Cells. *Planta Med* 2002 Feb;68(2):173-175

Kukuda T, Sakane I, Takihara T, Ozaki Y, Takeuchi H, Kuroyanagi M. Hypoglycemic effect of extracts from *Lagerstroemia speciosa* L. Leaves in genetically diabetic KK-A<sup>y</sup> mice. *Biosci Biotechnol Biochem*. 1996 Feb;60(2):20-208

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Murakami C, Myoga K, Kasai R, Ohtani K, Kurokawa T, Ishibashi S, Dayrit F, Padolina WG, Yamasaki K. Screening of plant constituents for effect on glucose transport activity in Ehrlich ascites tumour cells. *Chem Pharm Bull* (Tokyo). 1993 Dec;41(12):2129-2131

Suzuki Y, Unno T, Ushitant M, Hayashi K, Kakuda T. Antiobesity activity of extracts from *Lagerstroemia speciosa* L. leaves on female KK-A<sup>y</sup> mice. *Journ Nutri Sci Vitaminol* (Tokyo). 1999 Dec;45(6):791-795

Unno T, Sakane I, Masumizu T, Kohno M, Kakuda T. Antioxidative activity of Water Extracts of *lagerstroemia speciosa* leaves, *Bioscience, Biotechnology and Biochemistry*, Vol 61, No 10, pp 1772-1774; 1997

\* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.