

D-BETA FACT SHEET

1) What is D-Beta?

D-Beta contains a vitamin like substance called Alpha-Lipoic-Acid (ALA), which can be made by the body, but also needs to be included in the diet to ensure adequate amounts. ALA helps in the transport of glucose around the body and therefore can be a useful supplement for Diabetics.

2) But my doctor really isn't interested in alternative therapies and I know that he won't agree with me taking it?

If you would like a doctor's opinion, we can contact our in-house doctor and put any questions to him for you.

3) I am taking other prescribed/complimentary medication; do I really need to tell my doctor before supplementing D-Beta?

Yes, we would always advise informing your doctor of any product that you wish to supplement. Your doctor will need to monitor your health and supplementing another product could contraindicate with your medication.

4) I am taking medication for epilepsy; can I take D-Beta?

Yes, as the formula contains a number of antioxidants which scavenge the free radicals in the body.

5) I am on blood-thinning medication; can I take D-Beta as well?

I'm afraid the answer is no, as D-Beta could seriously affect how the medication works.

6) How will I benefit from taking D-Beta?

ALA increases the sugar burning capacity of insulin and therefore helps to reduce insulin resistance in Type II or late onset Diabetes.

ALA also acts as a powerful antioxidant, protecting us from free radical damage from pollution, UV light and cigarette smoke, which we encounter in every day life. These free radicals can lead to lethargy, reduced energy and weakened muscles.

7) Can Type I Diabetics take D-Beta?

We would only ever suggest doing so under the strict supervision of your doctor as the ALA interferes with insulin and can necessitate a change in insulin dosage.

Research shows that the benefits are gained in Type II Diabetics more so than Type I.

8) Would taking D-Beta effect my medication for a Type II Diabetic?

It is possible that taking D-Beta may effect your prescribed medication and necessitate lowering your dose. For this reason we would strongly recommend that you monitor your blood sugar levels and inform your doctor that you are supplementing D-Beta.

- 9) What would happen if I took D-Beta and did not lower my medication?
It is theoretically possible that you would go into hypoglycaemic (low blood sugar). This would result in feeling weak, drowsy, confused, hungry and dizzy.
- 10) What would happen if I took D-Beta and left off my medication completely?
In this instance, it is possible that you could go hyperglycaemic (high blood sugar). Symptoms would include excessive thirst, hunger, frequent urination, blurred vision, dry mouth and fatigue.
- 11) Will D-Beta help if I have a low or high blood sugar problem?
D-Beta will help to lower high blood sugar, but should be avoided if you suffer from low blood sugar.
- 12) I have Impaired Glucose Tolerance; will D-Beta help me?
Yes, D-Beta would be ideal for this. It is the precursor state to Diabetes.
- 13) How long before I can see any benefits from taking D-Beta?
This would always depend on each individual, but any time between three and ten days.
- 14) I do not suffer from Diabetes or high blood sugar; will I benefit from taking D-Beta?
If you do not suffer from Diabetes and your blood sugar levels are stable, then there would not be any benefit in supplementing D-Beta as it is designed to lower blood sugar.
- 15) Can I take D-Beta if I am taking Thyroxine?
Yes. There are no known contraindications.
- 16) Is it true that all Diabetics suffer from high blood pressure?
Not necessarily, there are a number of diabetics who do not have high blood pressure. Having Diabetes can increase the chances of you having it.
- 17) Can I take D-Beta if I suffer from high blood pressure?
Yes. We use American (Panax) Ginseng and this is fine to take with high blood pressure. Although, again, we would recommend that you do inform your doctor if you are taking D-Beta.
- 18) Is it safe to take D-Beta with other WWH products?
You cannot take D-Beta alongside Arthriticure as White Willow can enhance the blood sugar lowering properties of Gymnema Sylvestre.

D-BETA
Ingredients per 2 tablets

Alpha Lipoic Acid	200mg
American Ginseng	300mg
Gymnema Syvestre	300mg
Vitamin C	300mg
Magnesium (gluconate)	200mg
L-Carnitine	50mg
Ginko Biloba	30mg
Grape Seed Extract	30mg
Zinc (gluconate)	6mg
Manganese (aspartate)	1.2mg
Copper (gluconate)	1mg

Other Ingredients:

Magnesium Stearate

Does Not contain:

Sugar, salt, yeast, wheat, corn, soya, milk, artificial colours, flavour or preservatives.