



Cogent db+

FURTHER HOPE IN CONTROLLING BLOOD GLUCOSE



Ayurveda has been around for roughly three thousand years. History has shown that modern medicine has its roots in Ayurvedic medicine, thanks to the exchange of ideas between Indian and Western physicians in the 16th century. The plants and herbs have been used over time and found to be less toxic and more efficient. More recently Ayurvedic formulations have been tested using modern medical techniques. One such herbal formula, Cogent db+, has undergone extensive clinical evaluation by eminent endocrinologists and physicians from renowned medical institutions. A clinical study in Malaysia was recently published in a reputed medical journal in the United States, *The Journal of Alternative and Complementary Medicine* 2002; 8(4): 445-457.

Sixty people between the ages of 30 to 70 who had Type 2 diabetes were divided into two groups. One group took the conventional blood glucose-lowering medications plus six tablets a day of Cogent db (equivalent to 4 tablets of Cogent db+) after each meal, for three months. The control group only took the conventional medications. Measurements included blood glucose (both during fasting and after meal), insulin secretion, total cholesterol, kidney and liver function, and long term blood glucose control (HbA1c) which were taken at the start and at the end of the study. It was found that those who took Cogent db had significantly lower fasting blood glucose, post-meal blood glucose, and insulin levels than those taking only conventional medications. The total cholesterol, triglycerides, and HbA1c also improved in this study group. None of the patients showed any toxicity, proving that the drug is safe. The severity of diabetes and general well-being of those in the treated group improved substantially.

This study is considered a major breakthrough in the field of herbal medicine, especially in the finding of an alternative drug for the treatment of Type 2 diabetes mellitus. Used as an adjuvant (add-on) therapy, Cogent db+ is able to maintain control of glucose in diabetic patients- a difficult problem in patients taking oral allopathic (western) medication.

The nine ingredients in the herbal formulation work in harmony and possess prominent properties that include:

-  Anti-diabetic potential- able to lower hyperglycaemia (elevated blood glucose).
-  Anti-inflammatory- works on the internal inflammatory conditions, repairing the pancreatic cell damage and reducing cellular resistancy.
-  Rejuvenative property- helps in reversing cell death and tissue damage related to persistent elevated blood glucose.
-  Blood purifactory- checks the progress of atherosclerotic (blockage of blood vessels) factors like hyperlipidaemia (high lipids in the blood), lower micro-angiopathic (small blood vessels) lesions, and reduce cellular resistance.

In diabetics, lethargy and weakness are main presenting symptoms. Three of the herbs, when combined with rejuvenative herbs, provide the body with enough strength to withstand infections associated with diabetes. Overall, the herbal formula prevents the complications attributed to diabetes which include blindness, kidney failure, heart and peripheral neuropathy (nerve damage).

The nine herbs and their functions are listed below:

- ◆ **Neem or Margosa-** has antiseptic, anti-inflammatory, anti-bacterial and anti-hyperglycaemic properties (lowers raised blood glucose). It is used in healing chronic wounds, diabetic foot, and gangrene developing conditions. It is a blood purifying agent and also been found to protect the liver and kidneys.
- ◆ **Nelli or Indian Gooseberry-** is a rich source of Vitamin C. This herb is considered one of the best cardiac, liver and nerve tonics. It is accredited as a preventative herb for eye problems (eg, retinopathy) and different diabetic complications.
- ◆ **Turmeric-** has antiseptic, anti-bacterial and anti-inflammatory properties. It is a well known powerful blood purifier. It also has cholesterol and fat (lipid) lowering effects. It helps in healing chronic wounds quickly since it is vascular-supportive and useful in conditions where gangrene development is a possibility in diabetic foot.
- ◆ **Fenugreek-** is best known for its high blood glucose lowering effect. Acts by improving the ability of the body's tissue to absorb glucose thus enhancing the effectiveness of insulin.
- ◆ **Country borage-** is a very specific herb used for the treatment of kidney-associated complications especially formation of kidney stones and damage to kidney cells.
- ◆ **Black plum-** is a powerful anti-inflammatory herb and good for toxic conditions and disorders of the liver. It has been used traditionally as an anti-microbial preventative herb in fighting infections associated with chronic diabetes.
- ◆ **Belleric myrobalan-** helps in symptomatic relief of polydipsia (excessive thirst) and works to protect against diabetic retinopathy (eye complications). It is also rejuvenative and good for arresting cell death.
- ◆ **Chebuli myrobalan-** has anti-oxidant and rejuvenative properties. It has been used as a preventative herb for diabetic neuropathy (numbness and pain in the feet and legs) and retinopathy (blurry vision and blindness). It is an effective antidote for internal inflammatory conditions such as pancreatitis. It promotes health, immunity and longevity. It strengthens all the tissues of the body and prevents disease.

- ◆ **Small caltrop-** is a powerful diuretic, tonic and aphrodisiac. It is very rich in protein and calcium. It reduces edema (water retention), urinary complaints and painful urination. It serves to protect the kidneys and is a supplement in healing diabetes-induced impotence.

To reinforce the findings in human clinical studies, four animal experimentation studies have been published in International Journals, Comparative Biochemistry and Physiology Part C 2002; 131:19-25; Diabetes, Obesity and Metabolism 2002; 4:1-5, Diabetes, Obesity and Metabolism 2003; 5: 1-7; Amala Research Bulletin 1998; 18: 109-114.

The first three studies showed that Cogent db+ exhibited strong anti-hyperlipidaemic effects (reducing blood lipids- a beneficial action against macro-vascular complications); and possesses anti-diabetic effects. Cogent db+ was also found to regulate the activities of the liver glucose metabolic enzymes. The last study showed that there was rejuvenation of the pancreatic cells (insulin-producing cells) after treatment with Cogent db+.

Based on clinical findings and animal experimentation, this herbal preparation has been reported to have the following benefits to diabetics:

- ◆ Helps reduce and normalize blood glucose
- ◆ Repairs damaged insulin-producing cells (pancreatic cells)
- ◆ Sustains energy and promotes general well-being
- ◆ Enhances tissue response to insulin
- ◆ Controls long term complications of Type 2 diabetes such as retinopathy (eye damage) and nephropathy (kidney damage)
- ◆ Lowers triglycerides (lipids) and cholesterol
- ◆ Does not give any side effects, thus tolerable and reliable

Basically, Cogent db+ is a herbal supplement to help control and prevent the complications of diabetes mellitus Type 2. It is used as a supplement to existing prescribed drugs. This herbal preparation comes in convenient tablet form, in blisters of 30 (3x10).

Diabetics need to take two tablets twice a day after meals in order to see significant results. It is best complemented by exercise and proper diet. Physician supervision is also advised.

For further information and free home/office delivery, please contact:

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CR 200410878D

COG/PIL01/DEC'05