



# Ultra DM Complex

by John Jones, MD, MPH

## Important Reasons to use Ultra DM Complex

- Controls blood sugar without Insulin or with less insulin
- Reduces the incidence of diabetic neuropathy
- Reduces the incidence of diabetic retinopathy
- Reduces total cholesterol and increases HDL cholesterol

## What Makes Ultra DM Complex Unique:

It is a mixture of three substances that have been shown to help control blood sugar in individuals who are insulin dependant or have type 2 diabetes. When used together they have a synergistic action. This product can be with or without insulin or oral hypoglycemic medications. When used with insulin or oral hypoglycemic drugs the dose of the drugs may have to be reduced.

## Multifocal Regulation of Blood Sugar:

**Alpha lipoic acid** scavenges reactive oxygen and nitrogen species and regenerates other antioxidants. It chelates and removes heavy metals, which reduces metal induced oxidative damage. It induces glutathione synthesis. It causes increased uptake and utilization of glucose in the cell and has been shown to effectively increase the utilization of glucose at the cellular level in Insulin resistance and insulin dependant diabetics. Alpha Lipoic Acid offers significant protection with ischemic reperfusion injury. The dose is rate limiting and its effect does not increase with dosage increase beyond 300 mg twice daily.

**Cinnamon.** In a study of type two diabetics the use of cinnamon reduced the mean fasting serum glucose (18–29%), triglyceride (23–30%), LDL cholesterol (7–27%), and total cholesterol (12–26%) levels. Cinnamon has been shown to increase glucose uptake and glycogen synthesis and to increase phosphorylation of the insulin receptor. Cinnamon extracts also aid in triggering the insulin cascade system. The dose of cinnamon is rate limiting and its effect does not increase with dosage increase beyond 500 mg twice daily.

*Diabetics - on the advice of your physician this product may be useful in your diet.*

**Chromium** The chromium in this product is glucose tolerance factor (GTF) yeast which contains the only preformed GTF. GTF is a coordination complex between chromium, nicotinic acid and the amino acids glycine, glutamate, cysteine and glutathione. GTF potentiates the effects of insulin. It improves the uptake of glucose into the cells and lowers blood sugar. Some individuals can utilize dietary chromium and use the basic components to synthesize GTF in their own bodies. Others have to consume preformed GTF.

John W Jones, MD, MPH  
Nutritional Consultant for Nutrition Pure and Simple  
[www.jjconsulting.net](http://www.jjconsulting.net)

## Supplement Facts: Serving Size: 2 Capsules, Servings per Container: 60

Each 2 capsules contain 300 mg Alpha Lipoic Acid, 500 mg Cinnamon (cinnamomum cassia) bark powder and 100 mcg Chromium (as GTF yeast). Other ingredients: magnesium stearate, gelatin.

Suggested Use: 2 capsules morning and evening or as directed by a health professional.

All of the supplements in this product are supplied by well respected USA and/or European vendors and all are analyzed for purity and quality.

How Ultra-DM Complex is Supplied:

VMUDM      Bottles of 120 capsules



Phone: 888.953.5553  
[www.nutritionpureandsimple.com](http://www.nutritionpureandsimple.com)

*These statements have not been evaluated by the Food and Drug Administration  
Products are not intended to diagnose, treat, cure, or prevent any disease*