

Your veterinarian may want to know more about this product...

## **Blood Sugar Gold (BSG) for Dogs and Cats**

**Professional Reference** by Dr. Janice Huntingford, DVM

### **What is BSG?**

BSG is an herbal supplement formulated by a veterinarian containing seven active herbal ingredients used to support and maintain optimal blood sugar levels. These actives have been used alone and in combination to stabilize blood glucose and insulin levels in humans for many years. This dosage-form supplement is NOT a substitute for insulin but developed to be used alongside insulin to stabilize blood glucose levels. Every patient will react uniquely.

These herbs are hypoglycaemic. Often the pet's insulin dose needs to be reduced when taking this supplement. In some cases (particularly in cats) with proper diet and weight loss, the need for insulin is eliminated. In conjunction with hypoglycaemic actions, herbal ingredients in this formula also support healthy liver function and microcirculation to the retinas.

It is imperative that blood glucose levels are monitored regularly when the supplement is being used in conjunction with insulin. This is best monitored with a bi-weekly glucose curve until everything is stable. We encourage clients to check with their veterinarians for ideal monitoring frequency. Many clients monitor their diabetic pets at home daily, or at least weekly, and this should be encouraged whether insulin, herbals or both are used.

BSG can be safely administered to most diabetic patients, exercising appropriate caution in the very brittle cases.

### **What are the herbs and what do they do?**

Below is a list of the herbal ingredients in this formula with selected references.

**Devil's Club root bark** (*Oplopanax horridus*): Use by indigenous North American people for maintenance of blood sugar. It is currently being researched for antidiabetic properties. <sup>1</sup>

**Gymnema leaf** (*Gymnema sylvestre*): Used in India for 2000 years to treat diabetes with specific support to the beta cells of the pancreas. <sup>2</sup>

**Fenugreek seed** (*Trigonella foenum-graecum*): A seed used extensively in India for health and nutrition, recent studies concur that healthy liver and insulin levels may be linked with regular ingestion. <sup>3</sup>

**Burdock root** (*Arctium lappa*): Burdock root is an antioxidant and antibacterial and is used here for liver support.

**Goat's Rue herb** (*Galega officinalis*): Used in Europe for hundreds of years to maintain healthy blood glucose levels. <sup>4</sup>

**Dandelion root** (*Taraxacum officinale*): Agents with alpha-glucosidase inhibitory activity have been useful as oral hypoglycemic drugs for the control of hyperglycemia in patients

with type 2; noninsulin-dependent, diabetes mellitus (NIDDM). Dandelion root has been demonstrated to have alpha-glucosidase inhibitory action.<sup>5</sup>

**Bilberry fruit** (*Vaccinium officinalis*): Rich in anthocyanins (type of antioxidants) the extract of these berries improves retinal blood flow and maintains healthy blood glucose levels.<sup>6</sup>

### **What about research?**

Pet Wellbeing is committed to producing the best products possible. Our Board of Advisors is systematically reviewing all of our formulae for improvement. Clinical research trials are being conducted.

### **Questions?**

Please contact our consulting veterinarian Dr. Janice Huntingford at [drjanhuntingford@petwellbeing.com](mailto:drjanhuntingford@petwellbeing.com).

### **Selected References**

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2. Baskaran K1, Kizar Ahamath B, Radha Shanmugasundaram K, Shanmugasundaram ER Antidiabetic effect of a leaf extract from *Gymnema sylvestre* in non-insulin-dependent diabetes mellitus patients. *J Ethnopharmacol*. 1990 Oct;30(3):295-300.
3. Madar Z1, Abel R, Samish S, Arad J. Glucose-lowering effect of fenugreek in non-insulin dependent diabetics. *Eur J Clin Nutr*. 1988 Jan;42(1):51-4.
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5. Onal S, Timur S, Okutucu B, Zihnioglu F. Inhibition of alphasglucosidase by aqueous extracts of some potent antidiabetic medicinal herbs. *Prep Biochem Biotechnol* 2005;35:29-36.
6. Lankinen M1, Schwab U, Kolehmainen M, Paananen J, Poutanen K, Mykkänen H, Seppänen-Laakso T, Gylling H, Uusitupa M, Orešič M Whole grain products, fish and bilberries alter glucose and lipid metabolism in a randomized, controlled trial: the Sysdimet study. *PLoS One*. 2011;6(8):e22646. doi: 10.1371/journal.pone.0022646. Epub 2011 Aug 25.

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