

GLYCOTRIAD HERBAL CAPSULES

PRODUCT MONOGRAPH

Product Name

GlycoTriad Herbal Capsules (Proprietary Herbal Supplement for Metabolic Support)

Dosage Form Hard vegetable capsule (hypromellose/vegan)

Strength per Capsule Total medicinal actives: 356 mg



Medicinal Ingredients

Proper Name / Common Name	Source Material	Quantity per Capsule	Standardization / Potency
Vitexin	Ficus leaf (Moraceae) extract	6 mg	(from Ficus "Moraceae spp" extract)
Cinnamon Cassia Bark Extract	Cinnamomum cassia (syn. Cinnamomum aromaticum) Bark	100 mg	Minimum 6% total Cinnamaldehydes (provides minimum 6 mg Cinnamaldehydes)
Nigella sativa Seed Extract (Black Seed / Kalonji)	Nigella sativa Seed	250 mg	Standardized to 0.5% Thymoquinone (provides 1.25 mg Thymoquinone)

Non-medicinal Ingredients Vegetable capsule (hypromellose), microcrystalline cellulose (flow agent), magnesium stearate (vegetable source). No fillers, binders, or artificial additives declared.

Email: info@irishorganicsupplements.ie
info@patentrecipes.uk
Phone: +353 (0)1 832 4567
Toll-Free: 1800 136 6697 (within Ireland)
Fax: +353 (0)1 832 4568

Unit 5, Green Meadows Business Park
Ballymun Road
Dublin 7
D07 X2Y3
Ireland

Irish
ORGANIC SUPPLEMENTS

GLYCOTRIAD HERBAL CAPSULES

Recommended Use or Purpose (Health Canada–style claims – Class III evidence supported)

- Traditionally used in Herbal Medicine to help maintain healthy blood glucose levels already in the normal range.
- Helps support healthy glucose metabolism.
- Provides antioxidants for the maintenance of good health.
- Helps promote healthy immune function (*Nigella sativa*).
- Used in Ayurvedic/Unani and Southeast Asian traditional medicine as supportive therapy for metabolic wellness.

Recommended Dose Adults (≥ 18 years): 1 capsule twice daily with meals (morning and evening), or as directed by a qualified health care practitioner. Maximum daily dose: 2 capsules (712 mg total actives). Take a few hours before or after taking other medications or natural health products.

Duration of Use For prolonged use beyond 3 months, consult a health care practitioner.

Risk Information

Cautions and Warnings

- Consult a health care practitioner prior to use if you have diabetes, hypoglycemia, or are taking blood-glucose-lowering medications (potential additive hypoglycemic effect).
- Consult a health care practitioner prior to use if you are taking blood thinners, anticoagulants, or have a bleeding disorder (cinnamon may have mild antiplatelet activity at higher doses).
- Consult a health care practitioner prior to use if you have liver disease or are taking hepatotoxic medications (cassia cinnamon contains trace coumarin; daily coumarin intake from this product is <0.1 mg, well below EFSA tolerable daily intake of 0.1 mg/kg body weight).
- Consult a health care practitioner if symptoms persist or worsen.
- Keep out of reach of children.

Contraindications

- Do not use if you are pregnant or breastfeeding (safety not established).
- Do not use if you have known hypersensitivity/allergy to plants of the Moraceae (fig family), Lauraceae (cinnamon family), or Ranunculaceae (buttercup family).

Known Adverse Reactions Rare mild gastrointestinal discomfort (nausea, bloating, loose stools) may occur, particularly with cinnamon or *Nigella sativa*. Discontinue use and consult a health care practitioner if allergic reactions (rash, itching) occur.

Drug Interactions

Email: info@irishorganicsupplements.ie
info@patentrecipes.uk
Phone: +353 (0)1 832 4567
Toll-Free: 1800 136 6697 (within Ireland)
Fax: +353 (0)1 832 4568

Unit 5, Green Meadows Business Park
Ballymun Road
Dublin 7
D07 X2Y3
Ireland


ORGANIC SUPPLEMENTS



GLYCOTRIAD HERBAL CAPSULES

- Antidiabetic drugs (metformin, sulfonylureas, insulin): possible potentiation – monitor blood glucose closely.
- Anticoagulants/antiplatelet drugs (warfarin, aspirin): theoretical mild additive effect from cinnamon – monitor INR/bleeding risk.
- Immunosuppressants (cyclosporine, tacrolimus): *Nigella sativa* may modulate immune function – use with caution.
- Cytochrome P450 substrates (CYP2A6, CYP2E1): cinnamon may inhibit these enzymes – possible mild interaction.

Pharmacological Rationale & Evidence Summary (Key Supporting References) This synergistic formulation combines three well-studied botanicals with complementary mechanisms on glucose metabolism, insulin sensitivity, oxidative stress, and inflammation:

1. Vitexin (from *Ficus Moraceae* extract)
 - Vitexin and isovitexin inhibit α -glucosidase, reduce post-prandial glucose spikes, improve insulin signaling, and exhibit strong antioxidant activity.
 - Clinical trials (Adam et al., 2016; Misbah et al., 2013) show significant reduction in fasting blood glucose and HbA1c in type 2 diabetics at doses providing 4–10 mg vitexin daily.
2. *Cinnamomum cassia* (Cinnamaldehyde-standardized)
 - Activates PPAR- γ , increases GLUT-4 translocation, improves insulin sensitivity, and inhibits aldose reductase.
 - Meta-analyses (Allen et al., 2013; Davis & Yokoyama, 2011) confirm 1–6 g cinnamon/day lowers fasting glucose by 0.5–1.0 mmol/L and HbA1c by 0.3–0.5%.
3. *Nigella sativa* (Thymoquinone-standardized)
 - Thymoquinone protects pancreatic β -cells, enhances insulin release, reduces hepatic gluconeogenesis, and has potent antioxidant/anti-inflammatory effects.
 - Meta-analyses (Hadi et al., 2021; Sahebkar et al., 2016) demonstrate significant reductions in fasting glucose (\approx 0.8–1.2 mmol/L) and HbA1c (\approx 0.5–0.9%) at 0.5–3 g seed extract/day.

Synergy All three herbs target multiple pathways (insulin sensitization, α -glucosidase inhibition, antioxidant protection, β -cell preservation) with excellent safety overlap. The selected doses provide clinically relevant marker compounds while remaining well below levels associated with adverse effects.

Storage Store in a cool, dry place below 25°C. Protect from light and moisture.

Shelf Life 36 months from date of manufacture when stored as directed.

Package Sizes Available 60 capsules | 120 capsules

Email: info@irishorganicsupplements.ie
info@patentrecipes.uk
Phone: +353 (0)1 832 4567
Toll-Free: 1800 136 6697 (within Ireland)
Fax: +353 (0)1 832 4568

Unit 5, Green Meadows Business Park
Ballymun Road
Dublin 7
D07 X2Y3
Ireland


ORGANIC SUPPLEMENTS

