

## Product Profile

# JAMBUL

*Syzygium cumini*

Liquid extract of dried mature seed.

**Actions:** This Ayurvedic herb has long been used to reduce the level of sugar in the blood and urine. Over a period of several weeks it can diminish the thirst associated with diabetes and decrease the quantity of urine output, and in some cases can lower the need for medical insulin. Also is a mild astringent, stomachic and pungent carminative.

**Uses:** Supportive therapy in the treatment of hyperglycemia and diabetes mellitus and associated symptoms of thirst and frequent urination. Diarrhea.

**Dose:** Take 30 to 40 drops, 2 to 5 times per day.

**Cautions:** Do not change the medical treatment of diabetes (especially insulin dosage) without the advice of a qualified physician. Diabetics should monitor their blood sugar level and insulin dosage carefully while taking Jambul.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

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