



# Guggul

INTRODUCED 2003

## What Is It?

Guggul is an Ayurvedic extract sourced from the resin of the *Commiphora mukul* tree of India. Guggul contains guggulsterones, compounds that primarily promote healthy lipid metabolism. Guggul also shows initial promise for supporting joint function and comfort.\*

## Uses For Guggul

**Supports Healthy Lipid Metabolism:** A 12-week open trial involving guggul supplementation in 205 subjects and a double-blind crossover trial with 125 volunteers receiving guggul demonstrated positive support for healthy lipid metabolism. In another randomized double-blind study, guggul promoted healthy lipid ratios. In the same study, guggul moderated lipid peroxide levels, revealing important antioxidant action for lipid support. Additional proposed mechanisms for the lipid modulating potential of guggul include supporting liver enzyme and cellular membrane function, promoting receptor function, enhancing bile acid excretion, and promoting thyroid function. In addition, guggulsterones have been shown to support platelet function and fibrinolytic activity, helping to maintain blood vessel health and cardiovascular support.\*

## What Is The Source?

Pure Encapsulations Guggul extract is sourced from the resin of the *Commiphora mukul* tree and is standardized to contain 2.5% guggulsterones.

## Recommendations

Pure Encapsulations recommends 1-2 capsules with each meal.

## Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. In sensitive individuals, this dietary supplement may cause minor gastrointestinal distress and skin rash. Individuals with liver disease, inflammatory bowel disease or diarrhea should consult a physician before taking this product.

## Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

### Guggul extract

each vegetable capsule contains  00

guggul ( <i>Commiphora mukul</i> ) extract (gum resin).....	500 mg.
(standardized to contain 2.5% guggulsterones)	
vitamin C (as ascorbyl palmitate) .....	25 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)	
<b>1-2 capsules with each meal.</b>	

\*These statements have not been evaluated by the Food & Drug Administration.  
This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

