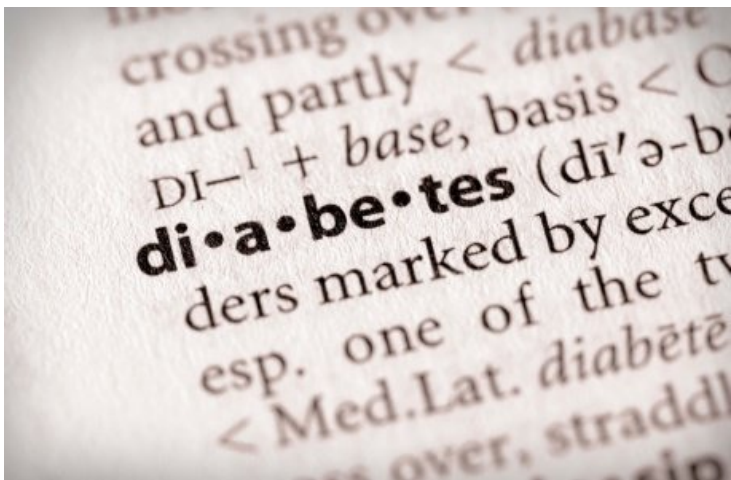


## Controlling blood sugar levels naturally

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### Controlling blood sugar levels naturally



Nowadays, most of the people are looking for anti-diabetic medications that can help to regulate insulin level in body.

Lifespan, a diabetes management clinic, launched its first-ever anti-diabetic powder - Fiberspan, a unique product made from fibrein found in methi seeds.

Fiberspan is a supplement that is formulated for people with diabetes. It is low in carbohydrates (with no added sucrose), high in protein and contains soluble fiber.

Fibrein contains both insoluble and soluble fiber that significantly reduces blood sugar levels.

As many diabetics are burdened by compromised digestive systems, the fiber helps the body to digest food thoroughly and to absorb glucose into the system at a controlled rate.

Priced at Rs 465 for 300g, Fiberspan is made from the husk of *Trigonella foenum-graecum* (fenugreek or popularly known as methi).

Soluble fiber reduces the absorption of glucose from intestine to blood and ensures that there is no sudden peak or rush of glucose into the blood stream.

Insoluble fiber adds bulk to the stool and causes it to pass through the intestine more quickly.

As Fiberspan contains 95% natural fiber extracts, it helps control blood sugar significantly reducing blood sugar levels.

High fiber intake is associated with a decreased risk of cardiovascular disease.

Fiberspan also reduces abnormal cholesterol and triglycerides and thus a good option for weight management and avoiding hemorrhoids.