

Ultra Guggulow

90 Tablets

Ingredients per tablet:

Gugulipid1000 mg
(Gum guggul extract standardized to contain 25 mg of guggulsterones)

Bioperine[®]5 mg

Excipients: microcrystalline cellulose, croscarmellose sodium, silicon dioxide, stearic acid, magnesium stearate

Suggested adult use: Take 2 to 3 tablets daily, taken with food. Begin by taking 1 per day for the first seven days, followed by 2 per day for the next seven days, then increase to full desired intake.

Ingredients

Gugulipid

Gugulipid is the leading extract of gum guggul resin. Gum guggul is harvested from *Commiphora mukul*, a shrub-like tree indigenous to arid regions of northern India.

Gum Guggul

Gum guggul is related to myrrh gum and also to *Boswellia serrata*, another resinous herb prominent in the Ayurvedic materia medica. Gum guggul, often referred to as simply "guggul," has been used in the Ayurvedic herbal tradition since at least 600 B.C. The herb is mentioned in the Vedas, the Holy Scriptures of India, which are estimated to date back anywhere from 3,000 to 10,000 years.¹

Modern investigation into gum guggul began in 1964, with a series of tests conducted by G.V. Satyavati.² The inspiration for this research is an Ayurvedic treatise written in Sanskrit, that describes in detail a condition called "coating and obstruction of channels." Impressed by the apparent analogy to the cardiovascular system, Satyavati and others initiated a series of tests to determine if gum guggul, which was mentioned in the treatise, would have any effect on blood lipid levels. This set the stage for an extensive series of studies on gum guggul's pharmacology and clinical effects.

Guggulsterones

Systematic analysis of gum guggul resin carried out by Indian researchers in the 1980's identified the active ingredients as a group of lipid-based compounds called guggulsterols and guggulsterones. It was determined that two members of this group, Z-guggulsterone and E-guggulsterone, are largely responsible for the herb's effect on cholesterol and blood fats.^{1,3} An extract standardized for guggulsterone content of gum guggul was then developed by the CDRI in Lucknow, India. This extract, called "gugulipid," is now the preferred form of gum guggul, for use in clinical studies.² Ultra Guggulow contains gugulipid standardized to supply 25 mg of guggulsterones per 1000 mg of extract.

Bioperine[®]

Traditional Ayurvedic herbal formulas often include black pepper and long pepper as synergistic herbs. The active ingredient in both black pepper and long pepper is piperine, an alkaloid. Experiments carried out to evaluate the scientific basis for the use of peppers have shown that piperine significantly enhances bioavailability when consumed with other substances.⁴

Bioperine[®] contains 95% piperine extracted from the fruits of black pepper. Several double-blind clinical studies have confirmed that Bioperine[®] increases absorption of nutrients.⁵

Benefits

Helps Normal Cholesterol and Triglyceride Levels Stay within the Normal Range*

The research of gum guggul over the last thirty years has produced a wealth of evidence establishing this herb's beneficial effect on cholesterol and blood fats. The preliminary studies carried out by Satyavati and her colleagues were done on rabbits fed hydrogenated vegetable oil to artificially elevate cholesterol levels. In contrast to non-treated test subjects, rabbits given gum guggul had normal cholesterol and blood lipid levels and healthy blood vessels.²

A number of multicentric clinical trials have tested the efficacy of gugulipid for maintaining normal cholesterol.⁶ The CDRI has conducted Phase I trials to establish the safety of the extract. Gugulipid has been found safe and free of unwanted effects on blood chemistry, liver function and the heart.⁷ Phase II trials confirmed gugulipid's effectiveness in normalizing total cholesterol, LDL, HDL and triglycerides.^{7,8}

SOD-Protecting, Antioxidant Action*

In an animal study carried out by the CDRI, guggulsterones reversed the decrease in SOD (superoxide dismutase) activity that results from reduced blood flow to the heart.⁹ The researchers reported that "SOD was significantly protected by guggulsterone."⁹ Increases in lipid peroxides (free-radical byproducts) and xanthine oxidase, an enzyme that produces oxygen free-radicals, were also reversed. Although preliminary, these findings lend additional support to the use of gugulipid for sustaining cardiovascular health.



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*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Scientific References

1. Satyavati, G. Gugulipid: a promising hypolipidaemic agent from gum guggul (*Commiphora wightii*). *Economic and Medicinal Plant Research* 1991;5:47-82.
2. Satyavati, G., Gum guggul (*Commiphora mukul*)—The success story of an ancient insight leading to a modern discovery. *Indian J Med Res* 1988;87:327-335.
3. Dev, S. A modern look at an age-old Ayurvedic drug—guggulu. *Science Age* 1987;July:13-18.
4. Atal, C.K., Zutshi, U., Rao, P.G. Scientific evidence on the role of Ayurvedic herbals on bioavailability of drugs. *J. of Ethnopharmacology* 1981;4:229-32.
5. 'Bioperine®—Nature's Bioavailability Enhancing Thermonutrient. Executive Summary' 1996; Sabinsa Corporation, Piscataway, N.J.
6. Nityanand, S., Srivastava, J.S., Asthana, O.P. Clinical trials with gugulipid. *J. Ass. Physicians of India* 1989;37(5):323-28.
7. Agarwal, R.C. et. al. Clinical trial of gugulipid—a new hypolipidemic agent of plant origin in primary hyperlipidemia. *Indian J Med Res* 1986;84:626-34.
8. 'Gugulipid' *Drugs of the Future* 1988;13(7):618-619.
9. Kaul, S., Kapoor, N.K. Reversal of changes of lipid peroxide, xanthine oxidase and superoxide dismutase by cardio-protective drugs in isoproterenol induced myocardial necrosis in rats. *Ind J. Exp. Biol.* 1989;27:625-27.

Ultra Guggulow supplies a standardized extract of gum guggul resin (Gugulipid®), an herb derived from the Commiphora mukul tree in India. Gugulipid® is standardized at 2.5% "guggulsterones," which are active ingredients present in the resin. Bioperine® promotes absorption of nutrients in the GI tract.*

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Doctor's BEST®

Science-Based
Nutrition™

Herbal
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Ultra Guggulow

90 Tablets

Supplement Facts

Serving Size 1 tablet
Servings per container 90 servings

	Amount per serving	% Daily Value
Gum guggul extract (resin) Commiphora mukul; guggulsterones 25 mg	1 gram (1000 mg) †	
Black pepper extract (fruit) (Bioperine®)	5 mg	†

† Daily Value not established.

Other ingredients: microcrystalline cellulose, croscarmellose sodium, silicon dioxide, stearic acid, magnesium stearate (vegetable source).

Suggested Use: As an herbal supplement, take 1 tablet three times daily with food. Note: Take 1 tablet daily for the first seven days, 2 tablets daily for the next seven days, then begin taking 3 tablets daily.

The black pepper fruit extract used in this product is Bioperine®, a patented standardized extract containing 95% piperine.

Suitable for Vegetarians
CONTAINS NOTHING OTHER THAN LISTED INGREDIENTS