



trūCrose™

Experience the healthy sugar

Low GI Herbal Cane Sugar

'Healthy Sugar for all'



- ✘ Natural Herbal Cane Sugar
- ✘ Good for Diabetes & Prediabetics
- ✘ No chemical or Bitter after taste
- ✘ Completely Safe
- ✘ Good for Sweets and Beverages



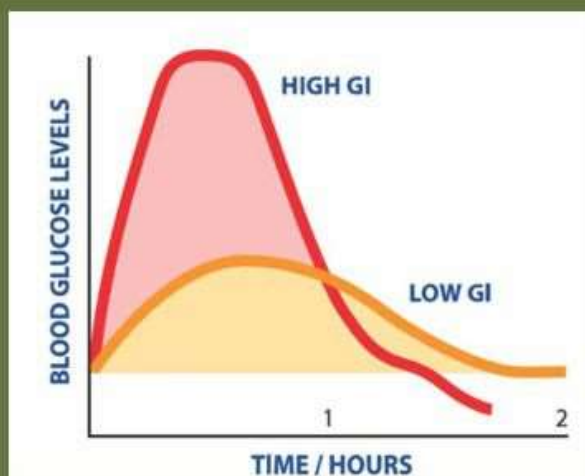
PLANT BASED TECHNOLOGY

What is Trucrose Low GI Sugar ?

Trucrose Herbal Sugar is the result of 3-years of extensive research and product development efforts. Trucrose Sugar contains a combination of natural herbal extracts that reduce the Glycemic index (GI) of Sugar. The GI value of Trucrose low GI Sugar is 43, which is considered as a Low GI food as compared to normal sugar which has a GI of 65. As a result, Trucrose sugar broken down gradually and slow increase in blood sugar level. This Trucrose Sugar can be consumed by patients with diabetes, prediabetics and health conscious individuals.

What is Glycemic Index ?

The Glycemic Index or GI measures how fast and how much a food with carbohydrate raises the blood sugar (glucose) levels after consumption. GI ranked on a scale of 0 to 100



American Diabetes Association (ADA)
World Health Organization (WHO)
findings indicate that **Low GI Foods** help:

- ❖ Control blood sugar levels
- ❖ Reduce risk of Diabetes
- ❖ Reduce risk of Heart disease
- ❖ Lowers lipids levels
- ❖ Helps weight management

On the other hand, foods with a high GI value should be limited since they are quickly digested and absorbed, resulting in a rapid rise and fall of blood sugar levels. The rate at which foods raise blood sugar levels depends on three factors:

the type of carbohydrates they contain, their nutrient composition and the amount you eat.

It's no wonder that all of the evidence based recommendations for the management of diabetes from the major diabetes organisations around the world (the American Diabetes Association; Canadian Diabetes and Diabetes UK for example) now advise people with type 1 and type 2 diabetes to have low GI foods as part of their nutritional management.

Ingredient Facts:

The heart of Trucrose sugar is a proprietary water based herbal extract from Cinnamon, Jamun seeds, Banaba leaves, Tinospora Cordifolia and Flax seeds. These herbs are known in cuisines world over for thousands of years for their wellness and benefits to diabetes as summarised below:



Cinnamon:

Lower blood sugar by improving glycemic control



Banaba Leaves :

Glucose regulation and metabolism, increase the insulin sensitivity and decrease the gluconeogenesis



Jamun Seeds:

Stimulates insulin level secretion and regulates blood sugar



Flax Seeds:

Having rich antioxidant and dietary fibre



Tinospora Cordifolia:

It can reduce the body's absorption of sugar-derived carbohydrates

Comparison of High GI Foods versus Low GI Foods

SI	High GI Foods	Low GI Foods
1	High Glycemic Index	Low Glycemic Index
2	Sudden spike in glucose levels and drop down at high speed	Steady and maintain the energy levels
3	Increase the risk of type 2 Diabetes	Lower the risk of type 2 Diabetes
4	Increase the risk of Obesity (Lipid problems)	Lower the risk of lipid problems and weight management
5	Increase the risk of Hypertension	Lower the risk of Hypertension
6	Sugar can lead fatty liver	Lower the risk of fatty liver
7	Decreases the immunity function	Maintains the immunity function

Go Low GI

PROVEN GOOD FOR ALL



Brand owned & Processed by:



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