

APLGO – NRM

By Mary Esther Gilbert, MSc HN, BSc NSP

<https://www.holisticchoices.com/apl>

September 20, 2024

### **Regarding: Questions About Sugar Content and Therapeutic Dosing by Health Practitioners**

1. Can the APLGO drops be used therapeutically if there is no chart or database that indicates how many mg of a vitamin or mineral is in the drops?

- a. The drops are not vitamin and mineral supplements since the amount of mgs fall below the RDA recommended guidelines. According to FDA guidelines, this information is therefore not required on the label.
- b. Therapeutic doses of vitamins and minerals imply larger or even massive doses of these nutrients. However, therapeutic doses of vitamins and minerals alone are not as effective if they are isolated components that have been extracted or partitioned from foods; that is, they have been rendered as “synthetic” versions or are partial renditions of their vitamin and mineral complex counterparts found in whole, unaltered plant foods.

Non-organic vitamins and elemental minerals in many supplements are very poorly absorbed. Also, non-organic vitamin supplements were derived from genetically modified organism crops (GMOs), and mounting scientific evidence reveals that GMO foods and supplements damage DNA and therefore cell functions in the various body systems.

Many supplements contain only such partials and are unable to complete or carry out the countless, intricate cellular processes compared to those supplements that contain whole foods. [Here is an example of an organic, whole food-derived multi-nutrient supplement that is much more effective in delivering nutrients](#) than other supplements that do not contain whole food complexes. The plant whole food mineral complexes containing chromium and magnesium have been shown to help attenuate blood sugar levels.

- c. Since the APLGO drops contain an abundance of the many proven beneficial plant biochemicals found to be critical to the multiple trillions of cellular actions needed to perpetuate optimal health and actually correct bodily processes at the cell level, this is where the drops excel over other supplements.
- d. The APLGO drops also contain the protein-manufacturing, energy-producing organelles as well as the DNA contained in all plant cells that are released into the plant mixtures during the drop formulations process. These plant cell constituents are recognized by our own DNA and fully utilized to help improve our own cellular functions, including repairing gene sequences that may have been damaged. The healing process begins at the DNA level within every cell in the body.

- e. The phytonutrient biochemical compounds in the NRM formulation have been shown to help normalize blood glucose levels in diabetes, assist the pancreas functions, and possibly repair the mechanisms that control pancreatic actions (Gilbert, 2024).
2. Molasses' glycemic index may be 55, but the amount in each drop is far below that measurement. Molasses contains high amounts of vitamins and minerals and phytochemical complexes that actually help reduce blood glucose levels. Here is a [study](#) that shows this attribute of molasses.

#### Natural Functional Ingredient Effective in Lowering the Glycemic Index and Insulin Response of High Carbohydrate Foods

*Molasses from sugar cane provides a ready source of plant derived compounds, including polyphenols, minerals and organic acids. This work describes the use of a filtered molasses concentrate (FMC) from sugar cane as a functional ingredient, observed to reduce both glycemic and insulin responses in food and beverage matrices, assessed by accredited GI testing. (Wright, et. al., 2014).*

3. Many phytonutrients or phytochemical compounds in the drops are known to help maintain healthy blood sugar levels, as well as aid and help improve pancreas function.
4. The recommended amount of daily dietary carbohydrates for diabetics are much higher compared to the 1.7 grams of sucrose that coats and protects the viable nutrients in the drops.

Avoiding nutrient-devoid refined carbohydrates and limiting white sugar (sucrose) in the diet to only what is contained in the drops is a safe range for diabetes, especially considering the counter effects of the phytochemical-rich drops' nutrient factors. As part of a nutrient-balanced diet, daily average recommendations of whole food carbohydrates for each gender are:

- a. Women – 3-4 servings (45-60 grams)
  - b. Men – 4-5 servings (60-75 grams)
- (Reynolds, 2024)
5. Balancing the energy nutrients (complete essential amino acid profile proteins, fats, and carbohydrates) in the daily diet is especially important for diabetics since they provide the vitamin, minerals, and vital phytonutrients necessary for preventing spikes in blood glucose levels:
    - a. Animal-derived proteins and whole food fats from both animal sources (butter, cheese, live-cultured yogurt, cottage cheese), and plant foods high in polyunsaturated omega 3 fatty acids (nuts and seeds).
    - b. A variety of fresh (enzyme-active) dark leafy greens, herbs, dark green and yellow vegetables.
    - c. Phytonutrient-mineral-vitamin-rich berries and fruits.
    - d. Complex carbohydrates: root vegetables, beans and legumes, and unsweetened whole grains are sustained released sources of energy that are less likely to cause spikes in blood sugar levels when combined with other food categories listed above.

6. For all health practitioners considering offering the drops to their clients or patients, I recommend adding [The APLGO Product Reference Nutritional Health Guide](#) to further study the effects of the botanicals in the NRM and to examine the peer-reviewed studies listed in the book's extensive scientific reference section.
7. Here are the in-text and scientific references for the NRM botanical ingredients as they relate to diabetes, as well as other references in this document for your convenience:

#### Balsam Pear Fruit (*Momordica charantia*)

- Abundant pre-clinical studies reveal its hypoglycemic effect (reducing blood sugar levels).
- Anti-diabetic properties that also alleviate related health conditions.
- Phytochemicals with anti-diabetic effects: alkaloid, lipid, inorganic, phenolic, proteid, steroid, triterpene compounds, and many more.
- Contains a polypeptide-p or p-insulin, actually mimics human insulin actions in the body.
- Clinical studies on diabetic animals show an increase in insulin producing cells, stimulating insulin secretion from the pancreas, and increased glucose uptake into the liver.  
(Joseph, 2013) (Gilbert, 2024)

#### Fenugreek, Common, Seed (*Trigonella foenum-graecum*)

- Contains important antidiabetic saponins.  
(Goyal, et. al., 2016) (Gilbert, 2024)

#### Ginseng, Siberian, Root (*Eleutherococcus senticosus*)

- Contains eleutherosides that accelerate metabolism, improve conversion of carbohydrates into energy, help to split fat molecules to reduce fats to fatty acids for energy production, help regulate blood glucose levels, and lower LDL (low density lipoprotein) cholesterol, aid in the body's metabolic processes.  
(Thorne, 2006) (Gilbert, 2024)

#### Gumar Leaf (*Gymnema sylvestre*)

- Contains gymnemic acid, assists in insulin production in pancreatic cells.
- Contains organic compounds monosaccharides and aglycone, aiding in sugar metabolism.
- Some studies show triterpene saponins, gymnemasaponins, and gurmarin aid in suppressing glucose absorption.
- Demonstrates having positive effects on blood glucose homeostasis (blood sugar balance); helps control cravings for sweets while helping to regenerate pancreas functioning.  
(Tiwari, 2014) (Gilbert, 2024)

#### Lychee (*Litchi chinensis*)

- Hypoglycemic properties.  
(Ibram, 2015) (Gilbert, 2024)

#### Malabar Tamarind, Fruit (*Garcinia cambogia*)

- Studies also show *Garcinia cambogia* to be antidiabetic.  
(Semwal, 2015) (Gilbert, 2024)

Reference:

Gilbert, M. E. (2024). The APL Product Reference Nutritional Health Guide, 2<sup>nd</sup> Edition, Ageo Product Line, Acumullit SA Technology. AZ: Mary Esther Gilbert, Holistic Choices Publishing.  
<https://www.holisticchoices.com/product-page/the-aplgo-product-reference-nutritional-health-guide>

Goyal, S., Gupta, N., & Chatterjee, S. (2016). Investigating Therapeutic Potential of *Trigonella foenum-graecum* L. as Our Defense Mechanism against Several Human Diseases. *Journal of Toxicology*, 2016, 1250387. <http://doi.org/10.1155/2016/1250387>

Ibrahim, S. R., & Mohamed, G. A. (2015). Litchi chinensis: medicinal uses, phytochemistry, and pharmacology. *Journal of Ethnopharmacology*, 4(174), 492-513. doi: 10.1016/j.jep.2015.08.054

Joseph, B., and Jini, D. (2013). Antidiabetic effects of *Momordica charantia* (bitter melon) and its medicinal potency. *Asian Pacific Journal of Tropical Disease*, 3(2):93-102. doi: 10.1016/S2222-1808(13)60052-3

Reynolds A, Mitri J. Dietary Advice For Individuals with Diabetes. [Updated 2024 Apr 28]. In: Feingold KR, Anawalt B, Blackman MR, et al., editors. Endotext [Internet]. South Dartmouth (MA): MDText.com, Inc.; 2000-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK279012/>

Semwal, R. B., Semwal, D.K., & Vilijoen, A. (2015). A comprehensive scientific overview of *Garcinia cambogia*. *Fitoterapia*, 102, 134-148. doi: 10.1016/j.fitote.2015.02.012

Thorne Research, Inc. (2006). *Eleutherococcus senticosus*. *Alternative Medicine Review*, 11(2): 151-155. Retrieved from <http://www.altmedrev.com/publications/11/2/151.pdf>

Tiwari, P., Mishra, B. N., & Sangwan, N. S. (2014). Phytochemical and Pharmacological Properties of *Gymnema sylvestre*: An Important Medicinal Plant. *BioMed Research International*, 2014, 830285. <http://doi.org/10.1155/2014/830285>

Wright, Alison & Ellis, Timothy & Ilag, Leodevico. (2014). Filtered Molasses Concentrate from Sugar Cane: Natural Functional Ingredient Effective in Lowering the Glycaemic Index and Insulin Response of High Carbohydrate Foods. *Plant foods for human nutrition* (Dordrecht, Netherlands). 69. 10.1007/s11130-014-0446-5.

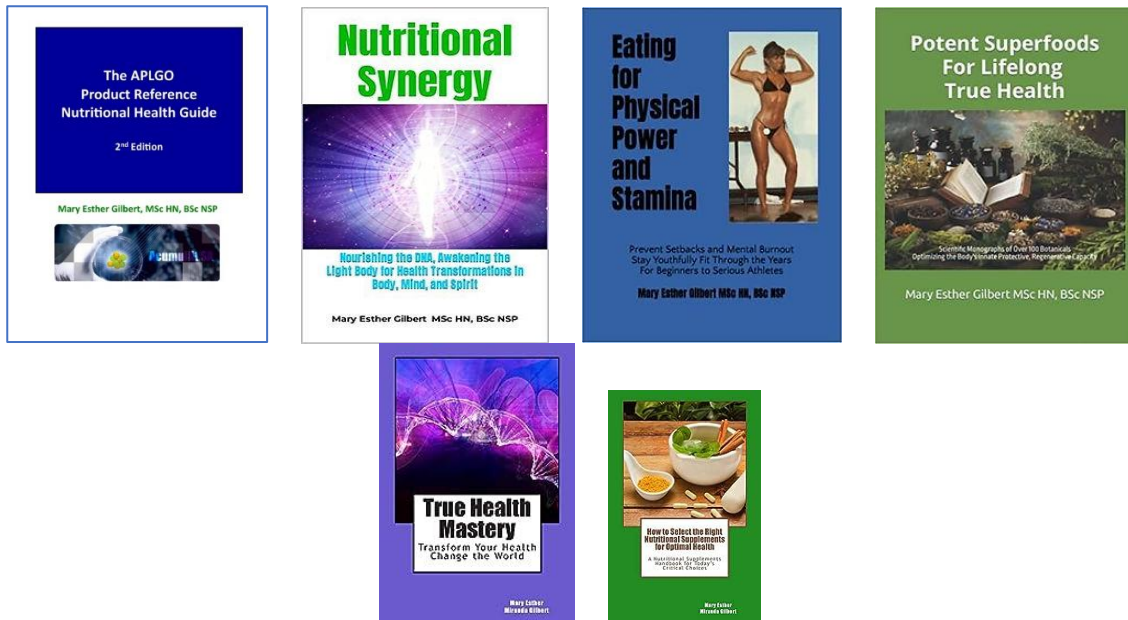
**Resources:**

**Download This and Other APLGO Free Q & A Product Zoom Call PDF Documents and View the Product Call Videos:**

<https://www.holisticchoices.com/apl>

**Books, Book Descriptions and Summaries by Mary Esther Gilbert, MSc HN, BSc NSP**

<https://www.holisticchoices.com/books-by-mary-esther-gilbert>



**To order the APLGO Product Reference Nutritional Health Guide:**

<https://www.holisticchoices.com/product-page/the-aplgo-product-reference-nutritional-health-guide>

**Subscribe to Mary Esther's YouTube and Rumble Channels for Educational Videos on More Nutritional Health Knowledge**

<https://www.youtube.com/@holisticchoices>

<https://rumble.com/c/c-679245>

