

# Carnosine Supreme™

*Supports healthy nerves and blood vessels\**

Carnosine Supreme™ contains carnosine and benfotiamine, ingredients that may be beneficial for assisting with healthy blood sugar levels, as well as supporting healthy eyesight, heart function, and overall aging through multiple mechanisms.\*

## Carnosine

Carnosine is a naturally occurring compound made from two amino acids, alanine and histidine. It is naturally present in tissues such as the eyes, muscles and the brain, but its concentration decreases as we age. Carnosine is a powerful antioxidant, helping to protect tissues—especially cell membranes—from the damaging effects of free radicals, called “oxidation.”\*

Carnosine may be helpful for supporting effective wound healing, partly by stimulating the synthesis of collagen, the main structural protein in skin and several other tissues, such as bones, tendons and ligaments. Its role in maintaining healthy skin may account for carnosine’s recognized effects in rejuvenating tissue and supporting healthy aging.\*

However, carnosine’s premier role is in offering the body’s tissues protection when blood sugar levels are not ideal, as suboptimal blood sugar can affect the physical integrity and proper functioning of microscopic blood vessels throughout the body.\*

The word “carnosine” is derived from the root *carne*, or *meat*, owing to animal proteins being the most concentrated source of carnosine. Older individuals and those on vegetarian or vegan diets may benefit from supplemental carnosine.

## Benfotiamine

Benfotiamine is a highly bioavailable, easily absorbed and fat-soluble form of thiamine, which is vitamin B1. It occurs naturally in small amounts in crushed garlic, shallots and leeks, but certain situations may warrant supplementing with levels above that which we would typically get from foods. Like carnosine, benfotiamine may help protect blood vessels at times when blood sugar levels are not ideal, as well as offering antioxidant effects.\* Benfotiamine also helps support healthy nerve function.\* Alcohol consumption may result in reduced thiamine levels in the body, so supplemental benfotiamine may be beneficial for those who drink alcohol regularly.

**How to Take:** As a dietary supplement, take one capsule per day, or as directed by your health care practitioner.

### This product helps support:\*

- Healthy heart function
- Maintenance of healthy skin
- Normal wound healing
- Eye health
- Normal blood sugar levels
- Natural aging process



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

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

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).