

Benfotiamine A Natural Solution Or Miracle Substance To Control Blood Sugar?

The term "miracle" has been in use for hundreds of years when it comes to products that are claimed to aid health. Does this mean that it's always false? Not necessarily. Occasionally a seemingly "new" product will enter the spotlight and draw the attention of the public. Often, after a series of tests and trials, these products fade into oblivion because they didn't actually perform in the ways purported. There are exceptions to this rule; as with the supplement benfotiamine.

Benfotiamine is a natural solution to many problems in the human body. This product is one of nature's best sources of thiamine; or B-1. The FDA has approved this additive as a dietary supplement. Vitamin B-1 is a necessary substance in the body because it maximizes the results of your carbohydrate intake. It also helps with stress, improves your mental health and strengthens your general nervous system.

Benfotiamine is commonly found in trace amounts within such substances as roasted garlic, onions, leeks and shallots. Many years ago, a Japanese pharmaceutical company attempted to bring attention to this substance. Unfortunately, their efforts gained little traction. Recently, a physician produced a published article detailing the benefits of benfotiamine and since then the product has rapidly gained popularity.

This product has been tested for individuals with conditions pertaining to diabetes, but the full scope of clinical testing does not end there. Benfotiamine has been tested for decades for its effects and capabilities in helping all types of conditions.

For those with diabetes, this substance has been reported to alleviate sciatica as well as improve general cellular and circulation health. Neuropathy is a painful condition encountered by individuals with diabetes. There are several other related conditions that have all responded well to this supplement.

This supplement has helped many with diabetes, but also helps those without it. This supplement has also been reported to have benefits for: nerve health, improved blood pressure, fibromyalgia and has been used in the treatment of Alzheimer's disease. It has been suggested that benfotiamine contains many anti-aging properties that help the body.

Vitamin B-1 is reported to combat motion sickness. It helps in the treatment of the painful condition known as "shingles," helps lessen post-operative dental pain and even repels biting insects. B-1 is found naturally in many products including whole wheat foods, dairy products, peanuts, oatmeal and rice husks.

Benfotiamine has no known interactions with prescription medications and, in turn, helps replenish the body with thiamine. There are some prescription drugs that will cause a B-1 deficiency if no supplements are taken.

Benfotiamine is lipid-soluble (or fat-soluble) and this quality means the idea of "overdosing" is nearly impossible. It metabolizes quickly and does not build up in the human body. There are certain individuals who require a higher dose to be most effective. Those who love caffeine, who are pregnant, who smoke or drink alcohol may have a B-1 deficiency.

There are many forms of this product, but capsules seem to be the most common outside of the food groups. The effects are noted to take anywhere from two to three weeks to fully develop. If you are interested in starting a regimen of benfotiamine, or any supplement, consult your physician first.

About the Author

More information is available on [Benfotiamine](#) a bioactive form of B-1 is available at VitaNet ®, LLC Health Food Store. <http://vitanetonline.com/>

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