



Specialty Medicine Compounding Pharmacy

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Type II Diabetes: Are You Taking The Right Vitamins?

In the United States alone, an estimated 24 million people (8% of the population) are diagnosed with diabetes. Type II diabetes accounts for 90% of all diabetics, and is a disease of genetics, age, and poor diet. It is estimated that from 1990-2005 the prevalence of Type II diabetes has doubled in the United States and occurs in patients of younger age faster due to poor diets in our country. The effect of high blood sugar levels in the blood can lead to devastating conditions such as heart disease, high blood pressure, kidney disease, eye problems, and much more.

Fortunately, Type II diabetics can live a high quality of life if they take their disease seriously and control it by being compliant with their medications, exercising often, and watching their diet. An important part of good diabetes control though that is not often stressed is proper vitamin supplementation. Natural substances taken in conjunction with medical treatment may allow the physician to adjust therapies or diets to improve outcomes and empower the patient to take charge of their disease.

Vitamins are natural organic substances that are necessary for growth, vitality, and general well being. They are vital as components of enzymes that energize and regulate our metabolism. Since diabetes is a disease of metabolism, one can begin to understand why proper vitamin control in our body can be so vital to optimizing outcomes and should be a staple of our medical treatment.

Although usually safe, vitamins are drugs. They can be overdosed, have drug interactions, and side effects. Always tell your physician about the vitamins you are taking, and make sure you always have proper consultation with your pharmacist before starting a vitamin regimen. A proprietary once-daily multiple vitamin can be key in your therapy and provide good, basic supply of nutrients needed in the body. However, always check the label for ingredients included and be mindful of what each vitamin can do in the body.

Here at SMCP, we take pride in providing quality counseling to patients on what vitamins are right for them. We stock only the highest grade vitamins from manufacturers such as Metagenics, Ortho Molecular, Biotics Research Corporation, Nutraceutical Sciences Institute, and many more. If you have a special vitamin in those lines that we don't carry or is hard to find, we will special order that product in for you. As a drive to get healthy and start the New Year on the right foot, we are offering a 15% discount on all vitamins during the month of January as part of our New Year, New You program. Feel free to stop in any time if you have any questions for our pharmacists on what vitamins are right for you.



Below are some vitamins or natural substances that can be beneficial in the treatment of Type II diabetes:



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Drug	Action	Cautions	Comments
B Vitamins: (B1,B2,Niacin (B3), B6, B12, and folic acid	Vital for proper bio-chemical functioning in all body cells.		In diabetics, aids in fat, protein, and carbohydrate metabolism
Marine Fish Oils	Lowers triglycerides and cholesterol, decreases inflammation, and may improve cognition	Large doses can cause bleeding and bruising. Check with prescriber if on Coumadin.	Be mindful of your EPA:DHA ratio. EPA has more anti-inflammation where DHA burns body fat.
GTF Chromium	Improves insulin regulation and glucose tolerance, lowers total cholesterol.		
Alpha Lipoic Acid	Anti-Oxidant. Improves glucose utilization and insulin sensitivity.	May affect thyroid levels. Consult physician.	Can be compounded in timed release formulations. Italian sources are best.
Co-enzyme Q10	Anti-oxidant in every cell of the body. Helps to better utilize glucose and lower TG levels		Recommended by many cardiologists.
Bitter Melon	↑ insulin secretion, slows absorption of glucose from GI tract.	Do not use if pregnant. If hypoglycemic often, use with caution.	Look for this drug in proprietary blends.
Cinnulin PF	May improve insulin sensitivity, glucose tolerance, and HbA1C	Table cinnamon not proven to work	120mg TID before meals.
Gymnema Extract	Decreases insulin resistance, neutralizes cravings for sweets	Effect is gradual	Popular in Indian medicine. 200-400mg daily.
Fenugreek	May lower sugar levels	Evidence is lacking, mostly anecdotal	Found in proprietary blends.
L-carnitine	Raises HDL, lowers LDL, helps control hyperglycemia.	Use only L form! D form is toxic. Check with physician if you have a heart condition	
Green Tea	Raises HDL	Coumadin interaction	