

Benefits of SAAR Sugar Set

- Supports healthy blood sugar levels.
- Helps manage sugar cravings and reduces sugar spikes.
- Boosts immunity and detoxifies the body.
- Improves digestion and gut health.
- Naturally stimulates insulin production.
- 100% natural, with no chemicals or preservatives.
- Natural herbal ingredients, free from chemicals and preservatives.
- Convenient and effective formula for long-term sugar level management.
- Trusted by thousands across the country.
- Can be easily incorporated into daily routines.

How to Use SAAR Sugar Set

Take a clean bowl. Mix the ingredients of all the seven pouches. Mix well and store in a clean airtight jar. Take 1 teaspoon approx 5 grams of this mixture twice a day with water or as advised by you healthcare practitioner.

For more information or purchase :

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A Quality Product by

SAAR Herbal Indore



An ISO & GMP certified company

SAAR sugar Set

Complete Ayurvedic Solution for High Blood Sugar



"Take control of sugar levels naturally with Saar Sugar Set – A Herbal Solution for Balanced Blood Sugar!"



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INDORE**

**Available online only at
Ayurveda Indore Store**

What is Diabetes or Madhumeha ?

Diabetes, or Madhumeha as it is referred to in Ayurveda, is a metabolic disorder that affects how the body processes glucose (sugar). When we eat, the body breaks down carbohydrates into glucose, which is the primary source of energy for our cells. However, in diabetes, either the body does not produce enough insulin (Type 1 diabetes) or the cells become resistant to insulin (Type 2 diabetes), leading to elevated blood sugar levels.

Ayurvedic Approach to Diabetes:

In Ayurveda, diabetes is primarily seen as a disorder of the Kapha dosha, which governs growth and fluid balance in the body. Ayurveda views diabetes not just as a blood sugar problem but as a broader imbalance in the body's systems. Ayurvedic treatments focus on correcting this imbalance by using natural remedies, dietary adjustments, and lifestyle changes.

Ayurvedic Principles for Managing Diabetes:

Balancing the Doshas: Diabetes is considered a result of imbalances in the body's doshas, particularly Kapha and Vata. Ayurvedic herbs and therapies work to restore this balance.

Enhancing Digestion & Metabolism: Poor digestion (Agni) is seen as a root cause of diabetes in Ayurveda. It aims to improve digestion & eliminate toxins (Ama) that build up in the body.

About SAAR Sugar Set

"Saar Sugar Set is a natural, time-tested herbal remedy for effectively managing high blood sugar levels. Carefully formulated by SAAR Herbal, this combo contains seven powerful herbs, each known for its unique benefits in maintaining blood sugar balance and promoting overall health. Trusted by thousands across the country, Saar Sugar Set is a convenient and natural solution for supporting healthy sugar metabolism."

Benefits of Ingredients

SAAR Sugar set is a combo of 7 natural and effective herbs that play very important role in high sugar level management. These seven herbs are:

- **Amla (Amlaki) :** is a rich source of Vitamin C, natural antioxidants, and iron. It supports heart health, strengthens immunity, and gently removes toxins from the body. Amla also nourishes tissues and aids in managing blood sugar levels.
- **Bael Patra (Bilv Patra) :** known for promoting gut health, Bael Patra is beneficial for managing diabetes and soothing the digestive system. It acts as a natural detoxifier and helps regulate sugar levels.
- **Gudmaar (Meshashringi) Powder:** referred to as the "sugar destroyer," it reduces sugar cravings and helps manage sugar spikes. It naturally stimulates insulin production in the body, making it useful for those with diabetes, including drug-resistant cases.
- **Jamun Guthali (Jamun Seed):** contain jamboline, which prevents excessive sugar absorption in the blood. This helps convert starch into energy, aiding in blood sugar control. Jamun seeds also have hypoglycemic properties.
- **Karela (Bitter Gourd):** is known for its compounds Charantin and Momorcharin, which help lower blood sugar levels. It purifies the blood and is rich in vitamins and micronutrients, playing a key role in blood sugar management.
- **Methidana (Fenugreek):** improves digestion and helps lower blood sugar levels. It is widely used for its anti-diabetic properties and its ability to support healthy metabolic function.
- **Neem Leaf:** is known for its anti-bacterial properties and helps boost immunity. It also supports blood sugar regulation and promotes overall well-being.