

What if I told you there was a groundbreaking new tool to help you reduce blood sugar, fight bacteria and increase your energy—all for just about 19 cents a piece, and delicious? Yes, it is **bananas!** Although bananas might be perceived as bad for diabetics because of the sugar content, it is in actuality one of the most beneficial foods in numerous ways for diabetics according to scientific research. Bananas have low glycemic index without reducing the ability to control glucose (Lampley, 2019), and the banana peel extracts have even greater effects for healthy blood sugar.

Banana itself has powerful **blood sugar and lipid lowering** activity. In diabetic rats, banana reversed the levels of **fasting blood glucose**, with significant increase in insulin and glycogen concentration and **reduction in cholesterol, triglycerides, VLDL and LDL**, and increased good HDL cholesterol.

Dietary fiber from bananas significantly lowered levels of fasting blood glucose and raised the concentration of liver glycogen, a good stored fuel for exercise and maintaining even blood sugar (Usha, 1989). Banana diet reversed the elevated liver enzymes found in diabetes - aspartate aminotransferase and alanine aminotransferase (Ajiboye, 2017). Flavonoids extracted from unripe bananas are helpful to lower serum cholesterol, and triglycerides. The same pathway as found in statin drugs, HMG CoA reductase activity, was found to be naturally enhanced. Activities of lipoprotein lipase were enhanced. A significant increase in the concentrations of **hepatic and fecal bile acids and fecal neutral sterols** was also observed indicating a higher rate of degradation of cholesterol which were being excreted in the stools (Vijayakumar, 2009).

The peel extract which Draco includes in its whole fruit extract from banana also has **blood sugar**

lowering effects from its rich level of bioactives and nutrients such as vitamin E, octadecenamide, β -sitosterol, and stigmasterol. In a study, banana peel extract helped improve impaired oral glucose tolerance and increased serum insulin and C-peptide levels. The index of insulin resistance and a marker for **insulin sensitivity** were improved as well. Elevated blood triglycerides and inflammatory cytokines (TNF- α , and IL-6 levels) were significantly decreased. In fat tissue, it improved several metabolic pathways (PPAR γ , GLUT4, adiponectin, and insulin receptor) (Abdel-Aziz, 2020).

Unripe bananas may have **male fertility and hormone health benefits besides helping with improving kidney function** in diabetics (Iroaganachi, 2015). In an animal experiment, the unripe fruit of banana had a beneficial influence on testis of the treated groups, showing more rapidly dividing cells and more population of sperm cells compared to the control group (Alabi, 2017). A separate aqueous extract of banana root stimulated the normal functioning of the testes, increased its size, increased testosterone and exhibited both androgenic and anabolic properties. Banana has a folklore background about being beneficial for reproductive dysfunction and now science shows it could be used as a new nutraceutical for boosting testosterone naturally in those with low levels (Yakuba, 2013).

Whole bananas have many other health benefits too for improving quality of life and wellbeing. **1)** Banana peel has antibacterial activity against microorganisms especially periodontal pathogens that cause gum disease. **Antibacterial** activity using minimum inhibitory concentration showed antibacterial activity (Kapadia, 2015). **2)** Banana improves **ulcers** as shown in the improved ulcer index, reduced gastric mucosa inflammatory cytokines (TNF- α and IL-1 β and growth factor, TGF- α) which are affected in both diabetes-related and chronic ulcers. The beneficial phytochemicals of bananas include saponins, flavonoids, glycosides, steroids and alkaloids and eight of those are active anti-ulcer compounds (Kumar, 2013). **3)** Green banana for **digestive health** benefits improves the length of duration of diarrhea, reducing it by 18 hours in hospitalized children (Alvarez-Acosta, 2009). A banana stem extract also protected the liver from toxins by preventing acetaminophen toxicity (Nirmala, 2010).

Draco's Whole Fruit Extraction process pulls the beneficial bioactive compounds out of the entire banana, including stem, peel and inner flesh. We can also manufacture a green banana extract if requested which is higher in starches and bioactive flavonoids. Add Draco Banana Extract into your formulas without worrying about losing any of its significant health benefits!

More Technical Information

BANANA EXTRACT APPLICATIONS

- SUPPLEMENTS
- CUSTOM BEVERAGES
- SKINCARE PRODUCTS





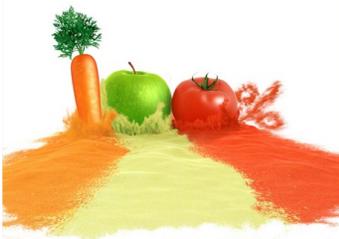
Cosmetic Corner

Inside-Out Banana Extract for Wound Healing and Scars

Banana extract given orally could improve the speed of wound healing and reduce scar tissue. In a study, aqueous extract of banana given orally for a period of 10–21 days was tested for incision and dead space wound healing parameters. They found increased wound breaking strength and levels of hydroxyproline, hexuronic acid, hexosamine, superoxide dismutase, reduced glutathione in the granulation tissue and decreased percentage of wound area, scar area and lipid peroxidation when compared with the control group. The banana extract given orally improved wound healing due to its antioxidant effect and influenced various wound healing biochemical parameters (Argarwal, 2009).

Draco's banana extracts speed up your wound healing process and give you clear skin fast!

More Cosmetics Information



Products



Certificates



Technology



Questions?

Contact us today 1-408-287-7871

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