



Everything Herbal

by Cheryl Jabz

Additional Herbal Support



Berberine

A powerful plant compound that may support blood sugar balance and metabolism.

Note: Consult a healthcare provider before use, especially if taking medications.



Gymnema Sylvestre

Traditionally used to reduce sugar cravings by dulling the taste of sweetness.



Caralluma Fimbriata

May help reduce appetite and support waist circumference management.

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