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Planetary Herbals Introduces Full Spectrum™ Nopal Cactus

Natural Compound Balances Glucose Levels

Scotts Valley, CA - The nopal or prickly pear cactus has been known to people of the southwest for centuries as a source of food and for its health benefits. Most recently, however, the cactus has been found to be a tremendously important herb for people who wish to maintain balanced glucose levels as part of a healthy diet and lifestyle.

Planetary Herbals introduces **Full Spectrum Nopal Cactus**, a natural way to help the body maintain healthy sugar balance.

Planetary Herbals herbalist Roy Upton says, "Nopal has been used for healthy blood sugar support throughout South America, where it is consumed as food. The nopal's polysaccharides, along with its pectins and mucilages, slow the absorption of sugar from the intestine, which fosters a state of balanced blood sugar. This avoids the sugar spikes that often occur with the typical American diet."

The cactus also contains natural antioxidants. Compounds from the entire plant are used in Planetary's Full Spectrum formulas, optimizing the efficacy and potency of the product.

Upton adds, "Modern research shows that maintaining steady blood sugar levels and avoiding insulin spikes is important for maintaining health in general and for promoting a healthy cardiovascular system."

Planetary Herbals integrates the best of worldwide herbal traditions with modern clinical and pharmacological research. The result is an herbal product line that is unequalled for efficacy, safety, and dependability. For more information or purchase locations, please visit <http://www.planetaryherbals.com>.

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Photos available for this release:

Planetary Herbals Introduces Full Spectrum(TM) Nopal Cactus

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