

Condemned Labz HumaSLIN: Now Carbs Fear YOU

written by Mike Roberto | September 19, 2017



Many of us walking around struggle with the desire to eat lots of carbs but then have to deal with the unpleasant bloat and fat gain that comes with enjoying them. Some opt for low carb, keto-style diets, while others tread lightly and only eat carbs during their “anabolic window.”

But what if you can have your cake and eat it too?

Thanks to developments in the research field though, those who crave their carbs don't have to be as carb-conscious as they once were thanks to *insulin mimetics* and *glucose disposal agents*. These products enhance nutrient shuttling, protein synthesis, blood sugar regulation and glycogen replenishment, and we've come across a new one on our radar courtesy of **Condemned Labz**.

Everyone lost their minds when we posted about Condemned Labz' CONVICT STIM pre

workout, so can they do for carbs what they did for stimulant-based pre workouts?

HumaSLIN is a fully-loaded GDA designed to maximize the body's insulin response for superior glucose processing and storage.

All of the info is just ahead, but before we get there, take a moment to check the best deal and sign up for alerts from PricePLOW:

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HumaSLIN Ingredients

HumaSLIN was formulated using several of the most proven agents around to reap the benefits of the ultimate anabolic hormone (insulin), making for better nutrient shuttling, glycogen replenishment, and muscle growth.

Take this with carbs!!

Note: Doses listed below are based on 1 full serving (i.e. 2 capsules).

- **Cinnamon Bark (600mg)**

SUPPLEMENT FACTS

Serving Size: 2 Capsules
Servings Per Container: 30

Amount Per Serving	%Daily Value*
Cinnamon Bark	600mg **
Gymnema Extract	400mg **
Fenugreek Extract (standardized to 50 percent saponis)	200mg **
Alpha Lipoic Acid	200mg **
Banaba Corsolic acid	50mg **
Vanadyl Sulfate	20mg **
Chromium Picolinate	500mcg **
Invertase	800su **
Amylase	23,000du **
Pectinase	15 ends PGU **
Alpha Galactosidase	300 GAunits **
Glucoamylase	5000DU **

* Percent Daily Value based on a 2000 calorie diet.

** Daily Value not established.

OTHER INGREDIENTS: Gelatin(capsules), Rice Flour, Magnesium Stearate, Silicon dioxide

HumaSlin is a *complete* that includes a full spectrum of compounds to help you shuttle those carbs into your muscles and away from your fat.

Carb lovers are well acquainted with **cinnamon**. This deliciously pungent spice is a great topper to oatmeal and baked sweet potatoes and frequently used in the mix for cakes, cookies, and various other desserts.

But it does a lot more than add serious pop to treats. Cinnamon also offers some great benefits in the realm of blood sugar regulation. Specifically, cinnamon has been shown to reduce blood glucose levels, burn body fat, and even enhance lean muscle mass.[1]

- **Gymnema Extract (400mg)**

Prevalent in Sri Lanka and India, **Gymnema Sylvestre** is a powerful antidiabetic plant shown to enhance insulin function, helping to decrease blood sugar.[2] Moreover, a comprehensive review of Gymnema Sylvestre notes it also improves plasma glucose, leptin levels, body weight, and BMI.[3]

- **Fenugreek Extract (200mg)**



Now you can have your cupcakes and eat them too with HumaSLin

Often seen in natural testosterone boosters, **Fenugreek** is an herb that also shows blood glucose inhibiting benefits due to its high saponin content,[4] which Condemned Labz has standardized their extract for (50% saponins).

A 2014 meta-analysis of 10 clinical trials concluded that fenugreek is effective at reducing fasting glucose levels, 2-hour post-prandial glucose levels, and HbA1c, a crucial marker in monitoring the progression of Type II Diabetes that provides an “average” of your blood sugar levels over time.[5]

If it lowers HbA1c levels, that means that it has the ability to work over time, which is important to those who want more than a one-time “hit”.

- **Alpha Lipoic Acid (200mg)**

Alpha Lipoic Acid (ALA) is a fatty acid generated by the body and found in the mitochondria of your the vast majority of your cells. It’s heavily involved in energy production, but also operates as a powerful antioxidant in the body. Research has documented ALA is effective at reducing fasting blood sugar and appetite,[6,7] while also increase energy expenditure.[8]

The one problem is, ALA is the less bioavailable form. We’d have preferred to see R-ALA or Na-R-ALA in its place. ALA still works, just not as well.

- **Banaba Corosolic Acid (50mg)**



Bottle in hand, it's time to hit the carb up!

Also known as *Lagerstroemia*, **Banaba** is an increasingly popular GDA ingredient due to its strong glucose lowering effects. Banaba is rich in corosolic acid, which is the principal compound responsible for the plant's glucose-transporting properties.[9] Additional research on corosolic acid notes it can also enhance insulin sensitivity, providing for improved glucose utilization.[10,11,12]

- **Vanadyl Sulfate (20mg)**

Vanadyl sulfate is an inorganic form of the trace mineral vanadium, which has been used by athletes for its insulin-mimicking properties. The compound helps shuttle more protein and carbs into your muscles and has been shown to lower fasting plasma glucose and hepatic glucose output (HGO).[13]

- **Chromium Picolinate (500mcg)**

Chromium is an essential mineral required for a number of processes in the body, but the ones we're most interested in are in regards to insulin sensitivity and glucose metabolism. In short, chromium aids glucose disposal[14], and helps maintain stable blood sugar levels, which prevents those typical energy crashes after a carb-heavy meal.[15]

Despite it being lower down on the list, this is a pretty strong dose – we normally see 200mcg in formulas like this. At higher doses than this, it may even cause appetite suppression, but since you'd be taking HumaSlin with carbs, you shouldn't need to worry.

- **Digestive Enzyme Blend**



The ultimate pre workout stack for better carb utilization, strength, and pumps.

Here's a new one for those of you looking for a little something extra in your GDA supplement – a complex of digestive enzymes. Condemed Labz actually includes **5 different enzymes** which consist of:

- **Invertase (800su)**

Enzyme produced by yeast that starts the breakdown of sucrose. It also has been shown to be an immune booster, an antioxidant, and antiseptic.[16]

- **Amylase (23,000du)**

Enzyme that helps begin digesting starches into simpler sugars.

- **Pectinase (15 ends PGU)**

Enzyme that breaks down pectin, a complex sugar (polysaccharide) typically found in plants

- **Alpha Galactosidase (300GA Units)**

Key enzyme required for the body to hydrolyze (“breakdown”) complex carbohydrates. Supplementing with this enzyme has been shown to help reduce gas, bloating, and stomach aches following high carb meals.[17]

- **Gluco Amylase (5000du)**

Our final starch-digesting enzyme, glucoamylase works to cleave both α -1,4 and α -1,6 bonds to help more fully digest assorted types of dietary carbs.[18]

The addition of the digestive enzymes is a great idea – we're eating high

amounts of food when we take GDAs, and sometimes those carbs aren't the most friendly on the gut. Great idea by Condemned Labz including them here.

Dosing



HumaSLIN
INSULIN OPTIMIZING/GLUCOSE SUPPORT
F O R M U L A

TIME TO PART WITH INCOMPLETE PARTITIONING AGENTS

ELITE SERIES

- ANABOLIC NUTRIENT SHUTTLING
- GLUCOSE STABILIZATION
- PROTEIN SYNTHESIS
- DIGESTIVE AID

SUPPLEMENT FACTS	
Serving Size 2 Capsules Dietary Supplement	
Amount Per Serving	% Daily Value*
Chromium Picolinate	6000% **
Chromium Polynicotinate	4000% **
Propionyl-L-Carnitine L-Tartrate	2000% **
Alpha Lipoic Acid	2000% **
Berberine HCL	1000% **
Hydroxy Citrus	1000% **
Chromium Picolinate	1000% **
Acetyl-L-Carnitine	1000% **
Phytol	1000% **
Alpha Lipoic Acid	1000% **
Chromium Polynicotinate	1000% **
Propionyl-L-Carnitine	1000% **

www.condemnedlabz.com

Stop fearing carbs and start putting them to use with HumaSlin.

Consume 2 capsules with a meal containing at least 50g of carbohydrates.

Takeaway

Don't *condemn* yourself to a lifelong fear of carbs! Now they fear *you!*

We've said it before and we'll say it again, carbs aren't the enemy for athletes – they're incredibly valuable for performance, and they're really tasty. If you're not a genetic elite who processes and stores carbs like a champ, that doesn't mean you have to avoid carbs altogether, you just have to be smart with your supplementation and consider a quality GDA like HumaSlin.

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