I have a sugar imbalance [diabetic] and was using the Pure Herb DB.-8 and the Pure Herb Cedar Berry. I really didn't see a great deal of change in my blood sugar reading. I am insulin dependant and need the body influence of the Pure Herb Hisbiscus Flowers so I decided to try it with the Pure Herb DB.-8. I noticed my blood sugar numbers dropped much more and I went from taking 70 units of insulin per day to 35 units per day. All diabetics please try it. It may help you too! I know it can't hurt. --M.C., Detroit, MI [USA]