We claim:

1. A botanical extract exhibiting insulin like biological activity, the botanical extract comprising extracts from *Artemisia dracunculus, Cichorium endivia* and *Lactuca sativa*.

2. The botanical extract of claim 1 further comprising a metal.

3. The botanical extract of claim 2 wherein the metal is selected from the group consisting of chromium, iron, manganese, zinc, and copper.

4. The botanical extract of claim 2 wherein the metal is chromium.

5. The botanical extract of any one of claims 1-4 in which the extracts from *Artemisia dracunculus, Cichorium endivia* and *Lactuca sativa* are dried aqueous extracts.

6. A pharmaceutical composition or nutritional supplement comprising:
a dried herbal extract of *Artemisia dracunculus*;
a dried herbal extract of *Cichorium endivia*; and
a dried herbal extract of *Lactuca sativa,*
wherein the pharmaceutical composition or nutritional supplement is in tablet, capsule, or powder form.

7. The pharmaceutical composition or nutritional supplement of claim 6, further comprising chromium.

8. The pharmaceutical composition or nutritional supplement of claim 7 in tablet form comprising:
0.7 mg of a dried herbal extract of *Artemisia dracunculus*;
962.7 mg of a dried herbal extract of *Cichorium endivia*;
16.7 mg of a dried herbal extract of *Lactuca sativa*; and
1.2 mcg chromium.

9. The pharmaceutical composition or nutritional supplement of claim 6 comprising a total of 50 mg to 1,500 mg of:
a dried herbal extract of *Artemisia dracunculus*;
a dried herbal extract of *Cichorium endivia*;
a dried herbal extract of *Lactuca sativa*; and
optionally, chromium.

10. The pharmaceutical composition or nutritional supplement of claim 6 further comprising at least one pharmaceutically acceptable excipient selected from the group consisting of: dicalcium phosphate, microcrystalline cellulose, silicon dioxide, hydroxypropyl cellulose, stearic acid, croscarmellose sodium, and magnesium stearate; and combinations thereof.

11. The pharmaceutical composition or nutritional supplement of claim 10 wherein the at least one pharmaceutically acceptable excipient is present in an amount of 15-25% of the total weight.

12. The pharmaceutical composition or nutritional supplement of claim 6 wherein the extracts of *Artemisia dracunculus, Cichorium endivia* and *Lactuca sativa* are present in a ratio of about 1:1,375:24 (w/w/w).

13. Use of the pharmaceutical composition or nutritional supplement of claim 6 in the manufacture of a medicament for the treatment of diabetes, pre-diabetes, ~~metabolic syndrome,~~ or insulin resistance, ~~or dementia ,~~ wherein an effective amount of the pharmaceutical composition or nutritional supplement is to be administered to a subject in need thereof.

14. The use of claim 13, wherein an antidiabetic agent, insulin, metformin, exenatide, a sulfonylurea, vildagliptin, sitagliptin, a DPP4 inhibitor, meglitinide, exendin-4, liraglutide, a thiazolidinedione, empagliflozin, canagliflozin, dapagliflozin or a GLP1 agonist is to be further administered to the subject.

15. The use of claim 13, wherein the pharmaceutical composition or nutritional supplement is to be administered orally twice per day, 30-60 minutes before meals.

16. Use of an effective amount of the pharmaceutical composition or nutritional supplement of claim 6 in the manufacture of a medicament for the treatment of diabetes, pre-diabetes, or ~~metabolic syndrome,~~ insulin resistance, ~~or dementia~~ in a subject.

17. Use of the botanical extract of claim 1 or the pharmaceutical composition or nutritional supplement of claim 6 in the manufacture of a medicament for the treatment of diabetes, pre-diabetes, or ~~metabolic syndrome,~~ insulin resistance, ~~or dementia,~~ wherein the botanical extract of claim 1 or the pharmaceutical composition or nutritional supplement of claim 6 is to be brought into contact with a cell.