

The efficacy and safety of the single and long-term intake of the drink containing Kothala Himbutu extract for subjects with fasting glucose levels of high-normal and borderline high and type 2 diabetes patients.

ABSTRACT

Objective

The study aimed to verify the efficacy and safety of the single and long-term intake of the drink containing kothala himbutu extract.

Method

Two trials were conducted with 12 Japanese subjects with fasting glucose levels of high-normal and borderline high and type 2 diabetes patients.

In trial 1, a randomized double-blind placebo-controlled cross-over method was carried out to evaluate the suppressant effect of the single intake of the test drink on postprandial elevation of the glucose level.

In trial 2, a randomized, double-blind, placebo-controlled, parallel method was carried out to evaluate the glycemic status of the 12 weeks intake of the test drink.

Safety was assessed in both trials.

The samples used for this study were included the test sample (containing 150mg of kothala himbutu /package) and the placebo (containing caramel color instead of kothala himbutu).

Subjects consumed one package of the samples post breakfast and dinner, respectively.

Results

The test sample significantly suppressed the postprandial elevation of the glucose and insulin levels compared to the placebo group.

Moreover, the safety parameters did not show significant differences and no adverse events were observed related to the test samples.

Conclusion

The study represents that the drink containing kothala himbutu is effective for the suppression of the postprandial elevation of the glucose level of subjects with fasting glucose levels of high-normal and borderline high and type 2 diabetes patients.

Furthermore, safety in the long-term intake is depicted.