

Effect and Safety of Replacement Therapy with Insumon in Type 2 Diabetes Mellitus

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This research was concentrated to investigate the effects of Insumon as a newly developed dietary supplement in patients with type 2 diabetes. The average glycosylated hemoglobin level was dropped from $7.0 \pm 1.1\%$ to $6.7 \pm 0.9\%$ after 8 weeks with statistic significance ($p=0.0202$). For patients of HbA1c over 7%, the average HbA1c significantly decreased from $8.1 \pm 0.8\%$ to $7.5 \pm 0.8\%$ ($p=0.0171$). The average fasting blood glucose level was decreased significantly from 9.5 ± 1.2 mmol/L (171.6 ± 22.3 mg/dL) to 8.5 ± 1.5 mmol/L (152.3 ± 26.3 mg/dL) ($p=0.0262$) after 4 weeks and to 8.8 ± 1.5 mmol/L (158.3 ± 24.1 mg/dL) ($p=0.0445$) after 8 weeks in the group of patients of FBG of over 7.8 mmol/L (140 mg/dL). The average HDL cholesterol level was increased significantly after 8 weeks from 1.2 ± 0.2 mmol/L (46.5 ± 8.6 mg/dL) to 1.3 ± 0.3 mmol/L (51.6 ± 10.9 mg/dL) ($p=0.0007$). Thus, these results suggest that patients with type 2 diabetes might benefit by Insumon as a herbal dietary supplement without any serious side effects.

Key Words : Insumon, HbA1c, FBG, herbal supplement

References

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