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Research Topics

Blood Pressure: High
Diabetes Mellitus: Type 2
High Cholesterol

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Below you will find compelling research hard-referenced to peer-reviewed biomedical research sourced from the US National Library of Medicine. For more research on over 6000 validated topics, please visit <http://GreenMedInfo.com/research-dashboard>

Overview of Terms Associated with Your Search Topics

113 Relevant Results for Substances

Substance Name	Cumulative Knowledge	Article Count
Polyphenols	154	34
Flaxseed	105	17
Garlic	93	12
Astaxanthin	37	11
Chokeberry	25	6
Probiotics	299	36
Beta-glucan	183	23
Fiber	182	26
Berberine	172	47
Curcumin	170	56
Nigella sativa (aka Black Seed)	156	25
Vitamin C	142	19
Walnut	139	15
Resveratrol	137	32
Oats	135	16

Ginger	120	22
Pomegranate	107	15
Yoghurt	106	15
Blueberry	93	16
Cinnamon	93	20
Omega-3 Fatty Acids	88	12
Flavonoids	84	30
Psyllium	84	9
Saffron	78	12
Almond	73	8
Turmeric	67	15
Fermented Foods and Beverages	64	18
Arginine	62	12
Olive Oil	54	8
Moringa oleifera	53	15
Anthocyanins	51	14
Green Tea	51	20
Thymoquinone	49	14
Cocoa	48	9
EGCG (Epigallocatechin gallate)	47	12
Lycopene	46	9
Rice Bran	45	7
Royal Jelly	45	7
Soy Protein	44	6
Cranberry	43	5
Peanut	42	5

Oat Bran	41	5
Lactobacillus Acidophilus	40	4
Ubiquinol	40	4
Banana	39	14
Selenium	39	8
Spirulina	39	7
Fish Oil	38	7
Egg	34	5
Onion	34	6
Quercetin	34	17
Vegetables: All	34	6
Apple Cider Vinegar	32	3
Garlic: Aged	32	4
Policosanol	31	3
Lignans	30	3
Piperine	27	6
Barley	26	4
Olive leaf extract	26	5
Rutin	22	9
Green Leafy Vegetables	21	2
Pistachio nut	21	3
Hawthorn	20	7
Pecan	20	2
Persimmon	20	7
Black Currant	19	7
Delphinidin	19	4

Krill	18	5
Water: Deep Sea	18	6
Coconut Oil	17	5
Brazil nut	16	3
Genistein	16	5
Olive	16	5
Propolis: Bee	16	5
Coconut	15	4
Dates	15	5
Dill	15	4
Pterostilbene	15	9
Vinegar	15	4
Goji	14	3
Whey	14	3
Bamboo	13	3
Broccoli	12	2
Isothiocyanates	12	2
Noni	12	2
Tannic Acid	12	2
Cardamom	10	1
Isoflavones	10	6
Ursolic Acid	10	5
Adlay	8	4
Basil	8	5
Vitamin E	8	5
Cordyceps sinensis	6	3

Coriandrum sativum	6	3
Mushrooms: All	6	4
Oyster Mushroom	6	3
Prickly Pear Cactus	6	3
Punicalagin	6	4
Beans: All	5	3
Buckwheat	5	3
Celery	4	2
Daidzein	4	3
Eggplant	4	3
Plum	4	2
Garcinia Mangostana	3	2
Sesame Seeds	3	2
Sprouts	3	2
Tamarind	3	2
Tocotrienols	3	2
Black Pepper	2	2
Cannabis	2	2
Pine Nut	2	2
White Button Mushroom	2	1

6 Relevant Results for Problem Substances

Problem Substance Name	Cumulative Knowledge	Article Count
Statin Drugs	264	28
Insulin	109	19
Simvastatin	70	5

Atorvastatin	66	8
Pravastatin	34	4
Fenofibrates	4	2

6 Relevant Results for Therapeutic Actions

Therapeutic Action Name	Cumulative Knowledge	Article Count
Exercise	231	37
Yoga	205	24
Dietary Modification: Mediterranean Diet	123	15
Meditation	40	4
Thermal Therapy: Far-Infrared	32	4
Dietary Modification: Paleolithic/Stone Age Diet	31	4

**View the Evidence.
969 Research Articles in Total.**

Polyphenols (AC 34) (CK 154)

A polyphenol rich seaweed-based diet could be beneficial on glucose homeostasis

Pubmed Data : Pharm Biol. 2015 Jan 29:1-11. Epub 2015 Jan 29. PMID: [25630358](#)

Article Published Date : Jan 28, 2015

Authors : Amarchand Chordia Murugan, Md Rezaul Karim, Mashitah Binti Mohd Yusoff, Suat Hian Tan, Mohd Fazli Bin Farida Asras, Shah Samiur Rashid

Study Type : Review

Additional Links

Substances : [Polyphenols](#) : CK(1878) : AC(700), [Seaweed: Brown](#) : CK(81) : AC(55)

Diseases : Seaweed: Brown : CK(81) : AC(55), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antihypertensive Agents : CK(4527) : AC(683)

Additional Keywords : Dietary Modification : CK(366) : AC(55)

A review of dietary polyphenols and type 2 diabetes.

Pubmed Data : Crit Rev Food Sci Nutr. 2018 Jul 11:1-19. Epub 2018 Jul 11. PMID: [29993262](#)

Article Published Date : Jul 10, 2018

Authors : Hui Cao, Juanying Ou, Lei Chen, Yanbo Zhang, Tomasz Szkudelski, Dominique Delmas, Maria Daglia, Jianbo Xiao

Study Type : Review

Additional Links

Substances : Anthocyanins : CK(938) : AC(334), Chocolate : CK(1280) : AC(173), Cocoa : CK(1280) : AC(173), Coffee : CK(1460) : AC(180), Grape Seed Extract : CK(746) : AC(243), Polyphenols : CK(1878) : AC(700), Propolis: Bee : CK(138) : AC(50), Propolis: Bee : CK(138) : AC(50)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Administration of Pycnogenol leads in improvement of erectile function in patients with diabetes.

Pubmed Data : Bratisl Lek Listy. 2019 ;120(12):941-944. PMID: [31855055](#)

Article Published Date : Dec 31, 2018

Authors : B Trebaticky, J Muchova, S Ziaran, P Bujdak, J Breza, Z Durackova

Study Type : Human Study

Additional Links

Substances : Polyphenols : CK(1878) : AC(700), Pycnogenol (Pine Bark) : CK(1027) : AC(180)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Erectile Dysfunction : CK(472) : AC(84)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Hypoglycemic Agents : CK(5366) : AC(1338)

An Ayurvedic formulation of Emblica officinalis and Curcuma longa alleviates insulin resistance in diabetic rats.

Pubmed Data : J Ayurveda Integr Med. 2021 Aug 7. Epub 2021 Aug 7. PMID: [34376352](#)

Article Published Date : Aug 06, 2021

Authors : Vandana Panda, Amol Deshmukh, Sneha Singh, Taasin Shah, Lal Hingorani

Study Type : Animal Study

Additional Links

Substances : Amla Fruit : CK(125) : AC(55), Curcuminoids : CK(6042) : AC(2905), Polyphenols : CK(1878) : AC(700), Turmeric : CK(7078) : AC(3169)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Consumption of olive oil polyphenols decreased plasma LDL concentrations and LDL atherogenicity in healthy young men.

Pubmed Data : J Nutr. 2015 Jul 1. Epub 2015 Jul 1. PMID: [26136585](#)

Article Published Date : Jun 30, 2015

Authors : Ñ Ivaro HernÑez, Alan T Remaley, Marta FarrÑs, Sara FernÑndez-Castillejo, Isaac Subirana, Helmut SchrÑder, Mireia FernÑndez-Mampel, Daniel MuÑoz-Aguayo, Maureen Sampson, Rosa SolÑ, MagÑ FarrÑ, Rafael de la Torre, MarÑa-Carmen LÑpez-Sabater, Kristiina NyssÑnen, Hans-Joachim F Zunft, MarÑa-Isabel Covas, Montserrat FitÑ

Study Type : Human Study

Additional Links

Substances : Olive Oil : CK(599) : AC(128), Polyphenols : CK(1878) : AC(700)

Diseases : Atherosclerosis : CK(1390) : AC(487), Cholesterol: Oxidation : CK(599) : AC(140), High Cholesterol : CK(2715) : AC(455), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Antioxidants : CK(21528) : AC(8856)

Additional Keywords : Dietary Modification : CK(366) : AC(55), Risk Reduction : CK(15144) : AC(1708)

Coriandrum sativum seeds have an important antidiabetic, antihyperglycemic, antihyperlipidemic, anti-inflammatory, and antioxidant effects.

Pubmed Data : Molecules. 2021 Jan 18 ;26(2). Epub 2021 Jan 18. PMID: [33477662](#)

Article Published Date : Jan 17, 2021

Authors : Hamza Mechchate, Imane Es-Safi, Amal Amagnouje, Smahane Boukhira, Amal A Alotaibi, Mohammed Al-Zharani, Fahd A Nasr, Omar M Noman, Raffaele Conte, El Hamsas El Youbi Amal, Hicham Bekkari, Dalila Bousta

Study Type : Animal Study

Additional Links

Substances : Coriandrum sativum : CK(84) : AC(46), Polyphenols : CK(1878) : AC(700)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Date palm fruit's polyphenols as potential inhibitors for human amylin fibril formation and toxicity in type 2 diabetes.

Pubmed Data : Int J Biol Macromol. 2020 Aug 11. Epub 2020 Aug 11. PMID: [32795580](#)

Article Published Date : Aug 10, 2020

Authors : Ali Chaari, Basma Abdellatif, Faisal Nabi, Rizwan Hasan Khan

Study Type : In Vitro Study

Additional Links

Substances : Dates : CK(170) : AC(75), Polyphenols : CK(1878) : AC(700)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Effect of Passiflora setacea juice and its phenolic metabolites on insulin resistance markers in overweight individuals.

Pubmed Data : Food Funct. 2022 Jun 20 ;13(12):6498-6509. Epub 2022 Jun 20. PMID: [35621054](#)

Article Published Date : Jun 19, 2022

Authors : Isabella Duarte, Maria Carolina Miranda de Souza, Rafaela Moura Curinga, Henrique Matos Mendonça, Livia de Lacerda de Oliveira, Dragan Milenkovic, Neuza Mariko Aymoto Hassimotto, Ana Maria Costa, Juaci Vitorio Malaquias, Tatiana Karla Dos Santos Borges

Study Type : Human Study

Additional Links

Substances : Passion fruit : CK(96) : AC(23), Polyphenols : CK(1878) : AC(700)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Cardioprotective : CK(5377) : AC(1675), Interleukin-6 Downregulation : CK(5029) : AC(1994)

Effects of red raspberry polyphenols and metabolites on the biomarkers of inflammation and insulin resistance in type 2 diabetes.

Pubmed Data : Food Funct. 2022 May 10 ;13(9):5166-5176. Epub 2022 May 10. PMID: [35421887](#)

Article Published Date : May 09, 2022

Authors : Reynaldo Moreno Uclés, Antonio González-Sarrás, Juan Carlos Espán, Francisco A Tomás-Barberán, Marlene Janes, Henrique Cheng, John Finley, Frank Greenway, Jack N Losso

Study Type : Human Study

Additional Links

Substances : Polyphenols : CK(1878) : AC(700), Raspberry : CK(156) : AC(80)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Inflammation : CK(9572) : AC(3089), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Insulin-releasing : CK(122) : AC(49)

Fish oil increases adiponectin and a combination of fish oil and apple polyphenols decrease cholesterol and oxidative stress.

Pubmed Data : J Nutr Sci Vitaminol (Tokyo). 2017 ;63(1):21-27. PMID: [28367922](#)

Article Published Date : Jan 01, 2017

Authors : Yasue Hosoyamada, Masako Yamada

Study Type : Animal Study

Additional Links

Substances : Fish Oil : CK(879) : AC(152), Polyphenols : CK(1878) : AC(700)

Diseases : Adiponectin: Low Levels : CK(233) : AC(48), High Cholesterol : CK(2715) : AC(455), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Adiponectin upregulation : CK(217) : AC(39), Anticholesteremic Agents : CK(3078) : AC(530), Antioxidants : CK(21528) : AC(8856)

Grape polyphenols' effects in human cardiovascular diseases and diabetes.

Pubmed Data : Molecules. 2017 Jan 1 ;22(1). Epub 2017 Jan 1. PMID: [28045444](#)

Article Published Date : Dec 31, 2016

Authors : Zuriñe Rasines-Perea, Pierre-Louis Teissedre

Study Type : Review

Additional Links

Substances : Grape : CK(4560) : AC(1322), Polyphenols : CK(1878) : AC(700)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Cardioprotective : CK(5377) : AC(1675)

Green tea polyphenols modify the gut microbiome which correlated with a blood glucose lowering effect.

Pubmed Data : Mol Nutr Food Res. 2019 Jan 22:e1801064. Epub 2019 Jan 22. PMID: [30667580](#)

Article Published Date : Jan 21, 2019

Authors : Tingting Chen, Anna B Liu, Shili Sun, Nadim J Ajami, Matthew C Ross, Hong Wang, Le Zhang, Kenneth Reuhl, Koichi Kobayashi, Janet C Onishi, Liping Zhao, Chung S Yang

Study Type : Animal Study

Additional Links

Substances : Green Tea : CK(3450) : AC(1057), Polyphenols : CK(1878) : AC(700)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Hawthorn polyphenol extract could be used as a functional food component in the adjuvant treatment of T2D.

Pubmed Data : Food Res Int. 2021 Apr ;142:110239. Epub 2021 Feb 25. PMID: [33773689](#)

Article Published Date : Mar 31, 2021

Authors : Suwen Liu, Jincheng Yu, Mengfan Fu, Xinfang Wang, Xuedong Chang

Study Type : Animal Study

Additional Links

Substances : Hawthorn : CK(166) : AC(72), Polyphenols : CK(1878) : AC(700)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Hypolipidemic : CK(5358) : AC(1221), Interleukin-6 Downregulation : CK(5029) : AC(1994), NF-kappaB Inhibitor : CK(3536) : AC(2098), SIRT1 Activator : CK(39) : AC(23), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815), Wnt/ β -catenin signaling pathway modulation : CK(208) : AC(149)

Hibiscus sabdariffa exerts effects similar to those of linagliptin, which improves insulin resistance and epithelial to mesenchymal transition.

Pubmed Data : J Agric Food Chem. 2014 Oct 8 ;62(40):9736-43. Epub 2014 Sep 26. PMID: [25226384](#)

Article Published Date : Oct 07, 2014

Authors : Chiung-Huei Peng, Yi-Sun Yang, Kuei-Chuan Chan, Chau-Jong Wang, Mu-Lin Chen, Chien-Ning Huang

Study Type : Animal Study

Additional Links

Substances : Hibiscus sabdariffa : CK(307) : AC(87), Polyphenols : CK(1878) : AC(700)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Nephropathy : CK(707) : AC(277), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

Additional Keywords : Natural Substances Versus Drugs : CK(2375) : AC(479)

Incorporating polyphenol-enriched Oriental plum into a high-cholesterol diet can ameliorate some of the symptoms of neurodegenerative conditions.

Pubmed Data : Br J Nutr. 2015 Apr 13:1-8. Epub 2015 Apr 13. PMID: [25866056](#)

Article Published Date : Apr 12, 2015

Authors : Ping-Hui Kuo, Ching-I Lin, Yue-Hwa Chen, Wan-Chun Chiu, Shyh-Hsiang Lin

Study Type : Animal Study

Additional Links

Substances : Plum : CK(98) : AC(33), Polyphenols : CK(1878) : AC(700)

Diseases : Alzheimer's Disease : CK(3372) : AC(1307), High Cholesterol : CK(2715) : AC(455), Neurodegenerative Diseases : CK(8689) : AC(2653)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221), Neuroprotective Agents : CK(10404) : AC(4396)

Myricitrin ameliorates hyperglycemia, glucose intolerance, hepatic steatosis, and inflammation.

Pubmed Data : Int J Mol Sci. 2020 Mar 9 ;21(5). Epub 2020 Mar 9. PMID: [32182914](#)

Article Published Date : Mar 08, 2020

Authors : Do Yeon Kim, Sang Ryong Kim, Un Ju Jung

Study Type : Animal Study

Additional Links

Substances : Polyphenols : CK(1878) : AC(700)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), High Fat Diet : CK(1267) : AC(602), Hyperglycemia : CK(1494) : AC(453)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Hepatoprotective : CK(5098) : AC(2264)

Nutritional doses of grape polyphenols protects against fructose induced oxidative stress and insulin resistance.

Pubmed Data : Diabetes Care. 2013 Jun ;36(6):1454-61. Epub 2012 Dec 28. PMID: [23275372](#)

Article Published Date : May 31, 2013

Authors : Marie Hokayem, Emilie Blond, Hubert Vidal, Karen Lambert, Emmanuelle Meugnier, Christine Feillet-Coudray, Charles Coudray, Sandra Pesenti, Cedric Luyton, Stéphanie Lambert-Porcheron, Valerie Sauvinet, Christine Fedou, Jean-Frédéric Brun, Jennifer Rieusset, Catherine Bisbal, Ariane Sultan, Jacques Mercier, Joelle Goudable, Anne-Marie Dupuy, Jean-Paul Cristol, Martine Laville, Antoine Avignon

Study Type : Human Study

Additional Links

Substances : Grape : CK(4560) : AC(1322), Polyphenols : CK(1878) : AC(700)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792), Metabolic Diseases : CK(828) : AC(178), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

Additional Keywords : High-fructose Corn Syrup : CK(10) : AC(1)

Olive (*Olea europaea* L.) leaf polyphenols improve insulin sensitivity in middle-aged overweight men.

Article Published Date : Dec 31, 2012

Authors : Martin de Bock, Jos G B Derraik, Christine M Brennan, Janene B Biggs, Philip E Morgan, Steven C Hodgkinson, Paul L Hofman, Wayne S Cutfield

Study Type : Human Study

Additional Links

Substances : Olive leaf extract : CK(262) : AC(112), Polyphenols : CK(1878) : AC(700)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Insulin Sensitizers : CK(1185) : AC(244)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Participants with high intake of chocolate products and cocoa-derived flavanols experience a reduced risk of developing T2D.

Pubmed Data : Eur J Clin Nutr. 2018 May 24. Epub 2018 May 24. PMID: [29795238](#)

Article Published Date : May 23, 2018

Authors : Gertraud Maskarinec, Simone Jacobs, Yurii Shvetsov, Carol J Boushey, Veronica W Setiawan, Laurence N Kolonel, Christopher A Haiman, Loïc Le Marchand

Study Type : Human Study

Additional Links

Substances : Cocoa : CK(1280) : AC(173), Polyphenols : CK(1878) : AC(700)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Phloridzin ameliorates type 2 diabetes-induced depression in mice by mitigating oxidative stress and modulating brain-derived neurotrophic factor.

Pubmed Data : J Diabetes Metab Disord. 2021 Jun ;20(1):341-348. Epub 2021 Feb 5. PMID:

[34178842](#)

Article Published Date : May 31, 2021

Authors : Sandesh P Kamdi, Amit Raval, Kartik T Nakhate

Study Type : Animal Study

Additional Links

Substances : Polyphenols : CK(1878) : AC(700)

Diseases : Depression : CK(6233) : AC(1096), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antidepressive Agents : CK(4882) : AC(874), Antioxidants : CK(21528) : AC(8856), Brain-derived neurotrophic factor modulator : CK(458) : AC(166)

Polyphenols may have therapeutic value in a variety of diseases through modulating AMP-activated protein kinase which reduce fatty acid and cholesterol synthesis and gluconeogenesis.

Pubmed Data : N Biotechnol.2009 Oct 1;26(1-2):17-22. Epub 2009 Apr 2. PMID: [19818314](#)

Article Published Date : Oct 01, 2009

Authors : Jin-Taek Hwang, Dae Young Kwon, Suk Hoo Yoon

Study Type : Commentary

Additional Links

Substances : Berberine : CK(1280) : AC(627), EGCG (Epigallocatechin gallate) : CK(1091) : AC(605), Polyphenols : CK(1878) : AC(700), Quercetin : CK(1179) : AC(590), Resveratrol : CK(2037) : AC(1112)

Diseases : Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypertension : CK(6384) : AC(950), Metabolic Syndrome X : CK(2073) : AC(376), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : AMP-activated protein kinase modulation : CK(6) : AC(4), Gluconeogenesis Inhibitor : CK(21) : AC(15)

Polyphenols on the outcomes of inflammatory factors and oxidative stress in patients with type 2 diabetes mellitus.

Pubmed Data : Rev Cardiovasc Med. 2022 Feb 11 ;23(2):57. PMID: [35229548](#)

Article Published Date : Feb 10, 2022

Authors : Milkica GrabeÅ¾, Ranko Å krbiÄ, MiloÅ¡ P StojiljkoviÄ, Vesna VuÄ iÄ, Vesna RudiÄ GrujiÄ, Vladimir JakovljeviÄ, Dragan M Djuric, Relja SuruÄ iÄ, Katarina Å avikin, Dubravka BigoviÄ, NaÄa VasiljeviÄ

Study Type : Human Study

Additional Links

Substances : Polyphenols : CK(1878) : AC(700), Pomegranate Peel : CK(117) : AC(62)
Diseases : Diabetes: Oxidative Stress : CK(492) : AC(182), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)
Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856)

Raspberries lower postprandial hyperglycemia and inflammation.

Pubmed Data : Ann Nutr Metab. 2019 ;74(2):165-174. Epub 2019 Feb 14. PMID: [30763939](#)

Article Published Date : Jan 01, 2019

Authors : Jace Schell, Nancy M Betts, Timothy J Lyons, Arpita Basu

Study Type : Human Study

Additional Links

Substances : Polyphenols : CK(1878) : AC(700), Raspberry : CK(156) : AC(80)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperglycemia : CK(1494) : AC(453), Inflammation : CK(9572) : AC(3089)

Pharmacological Actions : Inflammation : CK(9572) : AC(3089)

Results indicate a positive impact of regular chokeberry juice consumption on BP and lipid status in pharmacologically untreated hypertensive subjects.

Pubmed Data : J Med Food. 2015 May 14. Epub 2015 May 14. PMID: [25973889](#)

Article Published Date : May 13, 2015

Authors : Nevena Kardum, Branislav Milovanović, Katarina Šavikin, Gordana Zdunić, Slavica Mutavdžić, Tatjana Gligorijević, Slavica Spasić

Study Type : Human Study

Additional Links

Substances : Chokeberry : CK(375) : AC(120), Polyphenols : CK(1878) : AC(700)

Diseases : Blood Pressure: High : CK(6384) : AC(950), Cardiovascular Diseases : CK(12780) : AC(1983), Hypertension : CK(6384) : AC(950), Triglycerides: Elevated : CK(916) : AC(152)

Pharmacological Actions : Antihypertensive Agents : CK(4527) : AC(683), Cardioprotective : CK(5377) : AC(1675), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Dietary Modification : CK(366) : AC(55), Significant Treatment Outcome : CK(3903) : AC(462)

Role of polyphenols in combating Type 2 Diabetes and insulin resistance.

Pubmed Data : Int J Biol Macromol. 2022 Mar 2 ;206:567-579. Epub 2022 Mar 2. PMID: [35247420](#)

Article Published Date : Mar 01, 2022

Authors : Moyad Shahwan, Fahad Alhumaydhi, Ghulam Md Ashraf, Prince M Z Hasan, Anas Shamsi

Study Type : Review

Additional Links

Substances : EGCG (Epigallocatechin gallate) : CK(1091) : AC(605), Polyphenols : CK(1878) : AC(700), Quercetin : CK(1179) : AC(590), Resveratrol : CK(2037) : AC(1112)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110), Alpha-glucosidase inhibitor : CK(274) : AC(201), Enzyme Inhibitors : CK(692) : AC(347), Hypoglycemic Agents : CK(5366) : AC(1338)

Short-term cocoa consumption significantly reduces blood cholesterol.

Pubmed Data : Am J Clin Nutr. 2010 Jul;92(1):218-25. Epub 2010 May 26. PMID: [20504978](#)

Article Published Date : Jul 01, 2010

Authors : Lei Jia, Xuan Liu, Yong Yi Bai, Shao Hua Li, Kai Sun, Chen He, Rutai Hui

Study Type : Human Study

Additional Links

Substances : Flavonoids : CK(2352) : AC(870), Polyphenols : CK(1878) : AC(700)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Sprouting buckwheat triggers a variety of nutritional changes increasing hypocholesterolemic, hypotriglyceridemic, and antioxidative activities.

Pubmed Data : J Agric Food Chem. 2008 Feb 27;56(4):1216-23. Epub 2008 Jan 24. PMID: [18217700](#)

Article Published Date : Feb 27, 2008

Authors : Li-Yun Lin, Chiung-Chi Peng, Ya-Lu Yang, Robert Y Peng

Study Type : In Vitro Study

Additional Links

Substances : Buckwheat : CK(69) : AC(29), Flavonoids : CK(2352) : AC(870), Polyphenols : CK(1878) : AC(700), Quercetin : CK(1179) : AC(590), Rutin : CK(289) : AC(142), Sprouts : CK(88) : AC(39), Vitamin C : CK(4687) : AC(1149)

Diseases : High Cholesterol : CK(2715) : AC(455), Hyperlipidemia : CK(1569) : AC(402), Triglycerides: Elevated : CK(916) : AC(152)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Supplementation with a polyphenol rich blackcurrant extract decreased plasma total cholesterol, glucose, and inhibited liver steatosis in mice.

Pubmed Data : Br J Nutr. 2015 Apr 22:1-7. Epub 2015 Apr 22. PMID: [25899149](#)

Article Published Date : Apr 21, 2015

Authors : Tyler Benn, Bohkyung Kim, Young-Ki Park, Yue Yang, Tho X Pham, Chai Siah Ku, Callie Farruggia, Ellen Harness, Joan A Smyth, Ji-Young Lee

Study Type : Animal Study

Additional Links

Substances : Black Currant : CK(351) : AC(70), Polyphenols : CK(1878) : AC(700)

Diseases : Fatty Liver : CK(2522) : AC(701), High Cholesterol : CK(2715) : AC(455), Metabolic Diseases : CK(828) : AC(178)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

The TOTUM-63 supplement and high-intensity interval training combination limits weight gain, improves glycemic control.

Pubmed Data : Nutrients. 2021 May 7 ;13(5). Epub 2021 May 7. PMID: [34066988](#)

Article Published Date : May 06, 2021

Authors : Marine Dupuit, Vivien Chavanelle, Benoit Chassaing, Fanny Perriere, Monique Etienne, Claire Plissonneau, Audrey Boscaro, Nicolas Barnich, Vincent Pialoux, Thierry Maugard, Florian Le Joubiou, Sbastien Peltier, Pascal Sirvent, Yolanda F Otero, Nathalie Boisseau

Study Type : Animal Study

Additional Links

Substances : Polyphenols : CK(1878) : AC(700)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), High Fat Diet : CK(1267) : AC(602)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

The aim of this review is to report on the available anti-diabetic polyphenols, medicinal plants, fruits and vegetables and their potential in the treatment of diabetes mellitus.

Pubmed Data : Curr Pharm Des. 2015 Nov 24. Epub 2015 Nov 24. PMID: [26601968](#)

Article Published Date : Nov 23, 2015

Authors : Md Solayman, Yousuf Ali, Fahmida Alam, Md Asiful Islam, Nadia Alam, Md Ibrahim Khalil, Siew Hua Gan

Study Type : Review

Additional Links

Substances : Apricot : CK(17) : AC(10), Blackberries : CK(1) : AC(1), Cocoa : CK(1280) : AC(173), Coffee : CK(1460) : AC(180), Eggplant : CK(30) : AC(16), Grapes : CK(26) : AC(7), Green Tea : CK(3450) : AC(1057), Polyphenols : CK(1878) : AC(700)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Glucose Uptake Optimization : CK(26) : AC(9), Insulin-releasing : CK(122) : AC(49)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

The galloyl moiety enhances the inhibitory activity of catechins and theaflavins against α -glucosidase by increasing the polyphenol-enzyme binding interactions.

Pubmed Data : Food Funct. 2020 Dec 9. Epub 2020 Dec 9. PMID: [33295908](#)

Article Published Date : Dec 08, 2020

Authors : Lijun Sun, Yi Song, Yujie Chen, Yilan Ma, Minghai Fu, Xuebo Liu

Study Type : In Vitro Study

Additional Links

Substances : Catechin : CK(718) : AC(253), Polyphenols : CK(1878) : AC(700), Theaflavins : CK(55) : AC(43)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-glucosidase inhibitor : CK(274) : AC(201), Hypoglycemic Agents : CK(5366) : AC(1338)

The potential of South African herbal teas, Rooibos and Honeybush in the management of type 2 diabetes mellitus.

Pubmed Data : Molecules. 2018 Dec 5 ;23(12). Epub 2018 Dec 5. PMID: [30563087](#)

Article Published Date : Dec 04, 2018

Authors : Olawale R Ajuwon, Ademola O Ayeleso, Gbenga A Adefolaju

Study Type : Review

Additional Links

Substances : Honeybush : CK(17) : AC(11), Polyphenols : CK(1878) : AC(700), Rooibos : CK(143) : AC(62)

Diseases : Diabetes: Oxidative Stress : CK(492) : AC(182), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Herbal Teas : CK(38) : AC(10), Plant Extracts : CK(14140) : AC(5210)

Theabrownin-targeted regulation of intestinal microorganisms to improve glucose and lipid metabolism in Goto-Kakizaki rats.

Pubmed Data : Food Funct. 2022 Feb 21 ;13(4):1921-1940. Epub 2022 Feb 21. PMID: [35088787](#)

Article Published Date : Feb 20, 2022

Authors : Suijuan Yue, Bo Shan, Chunxiu Peng, Chao Tan, Qiuping Wang, Jiashun Gong

Study Type : Animal Study

Additional Links

Substances : Black Tea : CK(745) : AC(176), Polyphenols : CK(1878) : AC(700)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

These results suggest that combined administration of black soybean with fenofibrate enhances the antihyperlipidemic action of fenofibrate.

Pubmed Data : J Med Food. 2015 Jun ;18(6):615-8. Epub 2015 Feb 4. PMID: [25651043](#)

Article Published Date : Jun 01, 2015

Authors : Masataka Kusunoki, Daisuke Sato, Kazuhiko Tsutsumi, Hideyo Tsutsui, Takao Nakamura, Yoshiharu Oshida

Study Type : Human Study

Additional Links

Substances : Polyphenols : CK(1878) : AC(700), Soy : CK(2158) : AC(552)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperlipidemia : CK(1569) : AC(402)

Additional Keywords : Drug Synergy : CK(381) : AC(167), Phytotherapy : CK(3062) : AC(812), Plant Extracts : CK(14140) : AC(5210)

Flaxseed (AC 17) (CK 105)

A flax and pumpkin seed mixture has anti-atherogenic and hepatoprotective effects.

Pubmed Data : Food Chem Toxicol. 2008 Dec;46(12):3714-20. Epub 2008 Oct 1. PMID: [18938206](#)

Article Published Date : Dec 01, 2008

Authors : M Makni, H Fetoui, N K Gargouri, El M Garoui, H Jaber, J Makni, T Boudawara, N Zeghal

Study Type : Animal Study

Additional Links

Substances : Flaxseed : CK(902) : AC(174), Omega-3 Fatty Acids : CK(4672) : AC(633), Pumpkin Seed Oil/Meal : CK(115) : AC(26)

Diseases : Arteriosclerosis : CK(497) : AC(139), High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hepatoprotective : CK(5098) : AC(2264)

A flaxseed-derived lignan supplement has therapeutic value in type 2 diabetics.

Pubmed Data : PLoS One. 2007 Nov 7;2(11):e1148. PMID: [17987126](#)

Article Published Date : Nov 07, 2007

Authors : An Pan, Jianqin Sun, Yanqiu Chen, Xingwang Ye, Huaixing Li, Zhijie Yu, Yanfang Wang, Wenjia Gu, Xinyi Zhang, Xiafei Chen, Wendy Demark-Wahnefried, Yong Liu, Xu Lin

Study Type : Human Study

Additional Links

Substances : Flaxseed : CK(902) : AC(174), Lignans : CK(253) : AC(82)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

A review of dietary flaxseed as a strategy for improving human health.

Pubmed Data : Nutrients. 2019 May 25 ;11(5). Epub 2019 May 25. PMID: [31130604](#)

Article Published Date : May 24, 2019

Authors : Mihir Parikh, Thane G Maddaford, J Alejandro Austria, Michel Aliani, Thomas Netticadan, Grant N Pierce

Study Type : Review

Additional Links

Substances : Flaxseed : CK(902) : AC(174)

Diseases : Cancers: All : CK(28241) : AC(10590), Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Postmenopausal Disorders : CK(527) : AC(66)

Pharmacological Actions : Cardioprotective : CK(5377) : AC(1675), Chemopreventive : CK(5374) : AC(1717), Gastrointestinal Agents : CK(3145) : AC(843)

Addition of flaxseed to yogurt can be effective in the management of type 2 diabetes.

Pubmed Data : Clin Nutr Res. 2019 Oct ;8(4):284-295. Epub 2019 Oct 2. PMID: [31720254](#)

Article Published Date : Sep 30, 2019

Authors : Nazila Hasaniani, Mehran Rahimlou, Amirhossein Ramezani Ahmadi, Alireza Mehdizadeh Khalifani, Mohammad Alizadeh

Study Type : Human Study

Additional Links

Substances : Flaxseed : CK(902) : AC(174), Yoghurt : CK(1014) : AC(135)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Hypoglycemic Agents : CK(5366) : AC(1338)

Both flaxseed and psyllium may decrease constipation symptoms, weight, glycemic and lipid levels, with flaxseed appearing to be superior to psyllium.

Pubmed Data : Clin Nutr ESPEN. 2019 Feb ;29:41-48. Epub 2018 Nov 17. PMID: [30661699](#)

Article Published Date : Jan 31, 2019

Authors : Nouredin Soltanian, Mohsen Janghorbani

Study Type : Human Study

Additional Links

Substances : Flaxseed : CK(902) : AC(174), Psyllium : CK(273) : AC(36)

Diseases : Constipation : CK(645) : AC(88), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221), Laxative : CK(42) : AC(6)

Additional Keywords : Anti-Obesity Agents : CK(2925) : AC(774)

Dietary flaxseed meal is more protective than soy protein concentrate against hypertriglyceridemia and

fatty liver in an animal model of obesity.

Pubmed Data : J Am Coll Nutr. 2003 Apr;22(2):157-64. PMID: [12672712](#)

Article Published Date : Apr 01, 2003

Authors : Sam J Bhathena, Ali A Ali, Christian Haudenschild, Patricia Latham, Tedine Ranich, Ali I Mohamed, Carl T Hansen, Manuel T Velasquez

Study Type : Animal Study

Additional Links

Substances : Flaxseed : CK(902) : AC(174)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Fatty Liver : CK(2522) : AC(701), Obesity : CK(6879) : AC(1686), Triglycerides: Elevated : CK(916) : AC(152)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Hypolipidemic : CK(5358) : AC(1221)

Dietary flaxseed meal reduces proteinuria and ameliorates nephropathy in an animal model of type 2 diabetes mellitus.

Pubmed Data : Kidney Int. 2003 Dec;64(6):2100-7. PMID: [14633132](#)

Article Published Date : Dec 01, 2003

Authors : Manuel T Velasquez, Sam J Bhathena, Tedine Ranich, Arnold M Schwartz, David E Kardon, Ali A Ali, Christian C Haudenschild, Carl T Hansen

Study Type : Animal Study

Additional Links

Substances : Flaxseed : CK(902) : AC(174)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Proteinuria : CK(150) : AC(28)

Dietary flaxseed oil rich in omega-3 suppresses severity of type 2 diabetes mellitus via anti-inflammation and modulating gut microbiota.

Pubmed Data : Lipids Health Dis. 2020 Feb 7 ;19(1):20. Epub 2020 Feb 7. PMID: [32028957](#)

Article Published Date : Feb 06, 2020

Authors : Lili Zhu, Liping Sha, Ke Li, Zhen Wang, Ting Wang, Yiwei Li, Ping Liu, Xiaoying Dong, Youping Dong, Xiaoxia Zhang, Hao Wang

Study Type : Animal Study

Additional Links

Substances : Flaxseed : CK(902) : AC(174)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Gastrointestinal

Agents : CK(3145) : AC(843), Interleukin-1 beta downregulation : CK(3041) : AC(1567), Interleukin-6 Downregulation : CK(5029) : AC(1994), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Flaxseed cookies used as a snack may be a useful tool for decreasing constipation symptoms, weight, glycemic and lipid levels in T2D patients.

Pubmed Data : Nutr Metab (Lond). 2018 ;15:36. Epub 2018 May 9. PMID: [29760761](#)

Article Published Date : Dec 31, 2017

Authors : Nouredin Soltanian, Mohsen Janghorbani

Study Type : Human Study

Additional Links

Substances : Flaxseed : CK(902) : AC(174)

Diseases : Constipation : CK(645) : AC(88), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221), Laxative : CK(42) : AC(6)

Flaxseed for health and disease: review of clinical trials.

Pubmed Data : Comb Chem High Throughput Screen. 2020 May 21. Epub 2020 May 21. PMID: [32436825](#)

Article Published Date : May 20, 2020

Authors : Mersedeh Shayan, Safa Kamalian, Amirhossein Sahebkar, Zahra Tayarani Najaran

Study Type : Review

Additional Links

Substances : Flaxseed : CK(902) : AC(174)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Dyslipidemias : CK(1104) : AC(241), Hypertension : CK(6384) : AC(950), Inflammation : CK(9572) : AC(3089)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antihypertensive Agents : CK(4527) : AC(683), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Flaxseed lignan appears to have potential anti-diabetic properties.

Pubmed Data : Bioorg Med Chem Lett. 2013 May 15 ;23(10):3007-12. Epub 2013 Mar 16. PMID: [23583514](#)

Article Published Date : May 14, 2013

Authors : Christophe Hano, Sullivan Renouard, Roland Molini , Cyrielle Corbin, Esmatullah Barakzoy, Jo l Doussot, Fr d ric Lamblin, Eric Lain 

Study Type : Review

Additional Links

Substances : Flaxseed : CK(902) : AC(174)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Enzyme Inhibitors: Pancreatic Amylase : CK(8) : AC(6)

Flaxseed may reduce circulating total and LDL-cholesterol levels.

Pubmed Data : Am J Clin Nutr. 2009 Aug;90(2):288-97. Epub 2009 Jun 10. PMID: [19515737](#)

Article Published Date : Aug 01, 2009

Authors : An Pan, Danxia Yu, Wendy Demark-Wahnefried, Oscar H Franco, Xu Lin

Study Type : Human Study

Additional Links

Substances : Flaxseed : CK(902) : AC(174), Lignans : CK(253) : AC(82)

Diseases : Cholesterol: LDL/HDL ratio : CK(556) : AC(67), High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Flaxseed reduces plasma cholesterol and atherosclerotic lesion formation in ovariectomized Golden Syrian hamsters.

Pubmed Data : Atherosclerosis. 2004 Apr ;173(2):223-9. PMID: [15064095](#)

Article Published Date : Mar 31, 2004

Authors : Edralin A Lucas, Stanley A Lightfoot, Lisa J Hammond, Latha Devareddy, Dania A Khalil, Bruce P Daggy, Brenda J Smith, Neil Westcott, Veronica Mocanu, Do Yu Soung, Bahram H Arjmandi

Study Type : Animal Study

Additional Links

Substances : Flaxseed : CK(902) : AC(174)

Diseases : Arteriosclerosis : CK(497) : AC(139), Cardiovascular Diseases : CK(12780) : AC(1983), High Cholesterol : CK(2715) : AC(455)

Additional Keywords : Ovariectomy-Induced Changes : CK(299) : AC(126), Phytotherapy : CK(3062) : AC(812), Superiority of Natural Substances versus Drugs : CK(1644) : AC(347)

Lignan content of the flaxseed influences its biological effects in healthy men and women.

Pubmed Data : J Am Coll Nutr. 2013 Jun ;32(3):194-9. PMID: [23885993](#)

Article Published Date : May 31, 2013

Authors : Rogelio U Almario, Sidika E Karakas

Study Type : Human Study

Additional Links

Substances : Flaxseed : CK(902) : AC(174), Lignans : CK(253) : AC(82)

Diseases : Cholesterol: Oxidation : CK(599) : AC(140), High Cholesterol : CK(2715) : AC(455)

Maternal use of flaxseed oil during pregnancy and lactation prevents morphological alterations in pancreas of female offspring from rat dams with experimental diabetes.

Pubmed Data : Int J Exp Pathol. 2015 Mar 25. Epub 2015 Mar 25. PMID: [25808815](#)

Article Published Date : Mar 24, 2015

Authors : Andr  Manoel Correia-Santos, Gabriela C Vicente, Akemi Suzuki, Aline D Pereira, Juliana S Dos Anjos, K tia C Lenzi-Almeida, Gilson T Boaventura

Study Type : Animal Study

Additional Links

Substances : Flaxseed : CK(902) : AC(174)

Diseases : Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 1: Prevention : CK(320) : AC(75), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetes Mellitus: Type 2: Prevention : CK(1075) : AC(148)

Additional Keywords : Beta Cell Protection : CK(61) : AC(25), Transgenerational Epigenetic Modification : CK(229) : AC(89)

Meta-analysis: Flaxseed consumption may reduce blood pressure

Pubmed Data : J Nutr. 2015 Apr ;145(4):758-65. Epub 2015 Mar 4. PMID: [25740909](#)

Article Published Date : Mar 31, 2015

Authors : Saman Khalesi, Christopher Irwin, Matt Schubert

Study Type : Meta Analysis

Additional Links

Substances : Flaxseed : CK(902) : AC(174)

Diseases : Blood Pressure: High : CK(6384) : AC(950), Hypertension : CK(6384) : AC(950)

Pharmacological Actions : Hypotensive : CK(467) : AC(63)

Walnuts and flax may have cardioprotective properties

in subjects with elevated cholesterol.

Pubmed Data : J Am Coll Nutr. 2010 Dec ;29(6):595-603. PMID: [21677123](#)

Article Published Date : Nov 30, 2010

Authors : Sheila G West, Andrea Likos Krick, Laura Cousino Klein, Guixiang Zhao, Todd F Wojtowicz, Matthew McGuiness, Deborah M Bagshaw, Paul Wagner, Rachel M Ceballos, Bruce J Holub, Penny M Kris-Etherton

Study Type : Human Study

Additional Links

Substances : Flaxseed : CK(902) : AC(174), Walnut : CK(589) : AC(137)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), High Cholesterol : CK(2715) : AC(455), Hypertension : CK(6384) : AC(950)

Pharmacological Actions : Cardioprotective : CK(5377) : AC(1675)

Garlic (AC 12) (CK 93)

Black garlic extract was effective, dose-dependently, in improving blood lipid profiles, especially TG, and blood glucose levels in rats fed a high fat diet.

Pubmed Data : Nutr Res Pract. 2015 Feb ;9(1):30-6. Epub 2015 Jan 28. PMID: [25671065](#)

Article Published Date : Jan 31, 2015

Authors : Ae Wha Ha, Tian Ying, Woo Kyoung Kim

Study Type : Animal Study

Additional Links

Substances : Garlic : CK(1529) : AC(508)

Diseases : High Cholesterol : CK(2715) : AC(455), High Fat Diet : CK(1267) : AC(602), Triglycerides: Elevated : CK(916) : AC(152)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Curcumin, capsaicin and garlic attenuate adverse blood changes associated with a cholesterol-enriched diet.

Pubmed Data : Br J Nutr. 2005 Jan;93(1):81-91. PMID: [15705229](#)

Article Published Date : Jan 01, 2005

Authors : Rayavara K Kempaiah, Krishnapura Srinivasan

Study Type : Animal Study

Additional Links

Substances : Capsaicin : CK(174) : AC(70), Curcumin : CK(5598) : AC(2788), Garlic : CK(1529) : AC(508)

Diseases : High Cholesterol : CK(2715) : AC(455)

Curcumin, capsaicin, and garlic have a beneficial effect in the red blood cells and liver of cholesterol fed rats.

Pubmed Data : Acta Pharmacol Sin. 2007 Oct;28(10):1559-65. PMID: [15296079](#)

Article Published Date : Oct 01, 2007

Authors : R K Kempaiah, K Srinivasan

Study Type : Animal Study

Additional Links

Substances : Capsaicin : CK(174) : AC(70), Curcumin : CK(5598) : AC(2788), Garlic : CK(1529) : AC(508)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Cardioprotective : CK(5377) : AC(1675), Hepatoprotective : CK(5098) : AC(2264)

Current data confirms that garlic supplement plays positive rolls in the management of T2DM.

Pubmed Data : Food Nutr Res. 2017 ;61(1):1377571. Epub 2017 Sep 27. PMID: [29056888](#)

Article Published Date : Dec 31, 2016

Authors : Juan Wang, Xiuming Zhang, Haili Lan, Weijia Wang

Study Type : Meta Analysis

Additional Links

Substances : Garlic : CK(1529) : AC(508)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Dietary garlic and especially ginger have anti-diabetic effects.

Pubmed Data : J Med Food. 2008 Mar;11(1):152-9. PMID: [18361751](#)

Article Published Date : Mar 01, 2008

Authors : Md Shahidul Islam, Haymie Choi

Study Type : Animal Study

Additional Links

Substances : [Garlic](#) : CK(1529) : AC(508), [Ginger](#) : CK(1261) : AC(363)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Insulin-releasing](#) : CK(122) : AC(49)

Additional Keywords : [Insulinotropic](#) : CK(2) : AC(1)

Effects of *Allium sativum* (Garlic) on systolic and diastolic blood pressure in patients with essential hypertension.

Pubmed Data : Pak J Pharm Sci. 2013 Sep ;26(5):859-63. PMID: [24035939](#)

Article Published Date : Aug 31, 2013

Authors : Rizwan Ashraf, Rafeeq Alam Khan, Imran Ashraf, Absar A Qureshi

Study Type : Human Study

Additional Links

Substances : [Garlic](#) : CK(1529) : AC(508)

Diseases : [Blood Pressure: High](#) : CK(6384) : AC(950)

Pharmacological Actions : [Antihypertensive Agents](#) : CK(4527) : AC(683)

Additional Keywords : [Superiority of Natural Substances versus Drugs](#) : CK(1644) : AC(347)

Garlic can reduce lipid profile as well as glucose parameters in patients suffering from cardiovascular diseases and diabetes.

Pubmed Data : Prim Care Diabetes. 2019 02 ;13(1):28-42. Epub 2018 Jul 23. PMID: [30049636](#)

Article Published Date : Dec 31, 2018

Authors : Ehsan Shabani, Korosh Sayemiri, Mohammadtaghi Mohammadpour

Study Type : Meta Analysis, Review

Additional Links

Substances : [Garlic](#) : CK(1529) : AC(508)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

Additional Keywords : [Plant Extracts](#) : CK(14140) : AC(5210)

Garlic improves metformin therapy in type 2 diabetics.

Pubmed Data : Pak J Pharm Sci. 2011 Oct ;24(4):565-70. PMID: [21959822](#)

Article Published Date : Oct 01, 2011

Authors : Rizwan Ashraf, Rafeeq Alam Khan, Imran Ashraf

Study Type : Human Study

Additional Links

Substances : Garlic : CK(1529) : AC(508)

Diseases : Diabetes: Lipids/Cholesterol : CK(14) : AC(3), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Drug: Metformin : CK(192) : AC(27), Drug Synergy : CK(381) : AC(167)

Garlic is better at lowering glucose, and improving other blood markers, than glibenclamide.

Pubmed Data : Phytomedicine. 2006 Nov;13(9-10):624-9. Epub 2005 Nov 2. PMID: [17085291](#)

Article Published Date : Nov 01, 2006

Authors : A Eidi, M Eidi, E Esmaeili

Study Type : Animal Study

Additional Links

Substances : Garlic : CK(1529) : AC(508)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Additional Keywords : Superiority of Natural Substances versus Drugs : CK(1644) : AC(347)

Garlic, white onion, and purple onion exert antidiabetes and antihypertensive properties.

Pubmed Data : J Diet Suppl. 2018 Mar 9:1-14. Epub 2018 Mar 9. PMID: [29522359](#)

Article Published Date : Mar 08, 2018

Authors : Ganiyu Oboh, Adedayo O Ademiluyi, Odunayo M Agunloye, Ayokunle Olubode Ademosun, Bolaji Grace Ogunsakin

Study Type : In Vitro Study

Additional Links

Substances : Garlic : CK(1529) : AC(508), Onion : CK(420) : AC(124)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypertension : CK(6384) : AC(950)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110), Alpha-glucosidase inhibitor : CK(274) : AC(201), Antihypertensive Agents : CK(4527) : AC(683)

Raw and boiled garlic enhances plasma antioxidant

activity and improves plasma lipid metabolism in cholesterol-fed rats.

Pubmed Data : Life Sci. 2006 Jan 2;78(6):655-63. Epub 2005 Sep 13. PMID: [16165163](#)

Article Published Date : Jan 02, 2006

Authors : Shela Gorinstein, Hanna Leontowicz, Maria Leontowicz, Jerzy Drzewiecki, Katarzyna Najman, Elena Katrich, Dinorah Barasch, Kazutaka Yamamoto, Simon Trakhtenberg

Study Type : Animal Study

Additional Links

Substances : [Garlic](#) : CK(1529) : AC(508)

Diseases : [High Cholesterol](#) : CK(2715) : AC(455)

Pharmacological Actions : [Antioxidants](#) : CK(21528) : AC(8856)

Additional Keywords : [Plant Extracts](#) : CK(14140) : AC(5210), [Raw versus Cooked](#) : CK(69) : AC(13)

The present review and meta-analysis suggests that garlic is an effective and safe approach for treating hypertension.

Pubmed Data : Phytomedicine. 2015 Mar 15 ;22(3):352-61. Epub 2015 Feb 4. PMID: [25837272](#)

Article Published Date : Mar 14, 2015

Authors : X J Xiong, P Q Wang, S J Li, X K Li, Y Q Zhang, J Wang

Study Type : Meta Analysis, Review

Additional Links

Substances : [Garlic](#) : CK(1529) : AC(508)

Diseases : [Blood Pressure: High](#) : CK(6384) : AC(950)

Pharmacological Actions : [Antihypertensive Agents](#) : CK(4527) : AC(683)

Astaxanthin (AC 11) (CK 37)

Anti-diabetic effects of astaxanthin on an STZ-induced diabetic model in rats.

Pubmed Data : Endocr J. 2020 Dec 2. Epub 2020 Dec 2. PMID: [33268598](#)

Article Published Date : Dec 01, 2020

Authors : Fen Zhuge, Yinhua Ni, Chunyan Wan, Fen Liu, Zhengwei Fu

Study Type : Animal Study

Additional Links

Substances : [Astaxanthin](#) : CK(1010) : AC(437)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338), [Hypolipidemic](#) : CK(5358) : AC(1221)

Astaxanthin improves artery thickness and vascular elastin in hypertension.

Pubmed Data : Biol Pharm Bull. 2006 Apr;29(4):684-8. PMID: [16595899](#)

Article Published Date : Apr 01, 2006

Authors : Ghazi Hussein, Hirozo Goto, Shinobu Oda, Ushio Sankawa, Kinzo Matsumoto, Hiroshi Watanabe

Study Type : Animal Study

Additional Links

Substances : [Astaxanthin](#) : CK(1010) : AC(437)

Diseases : [Arterial Hardening: Elasticity](#) : CK(352) : AC(39), [Blood Pressure: High](#) : CK(6384) : AC(950), [Intima Media Thickening](#) : CK(153) : AC(34), [Oxidative Stress](#) : CK(9437) : AC(3550)

Pharmacological Actions : [Anti-atherogenic](#) : CK(348) : AC(120), [Antihypertensive Agents](#) : CK(4527) : AC(683), [Cardioprotective](#) : CK(5377) : AC(1675)

Astaxanthin improves glucose metabolism and reduces blood pressure in patients with type 2 diabetes mellitus.

Pubmed Data : Asia Pac J Clin Nutr. 2018 ;27(2):341-346. PMID: [29384321](#)

Article Published Date : Dec 31, 2017

Authors : Nafiseh Sokri Mashhadi, Mehrnoosh Zakerkish, Javad Mohammadiasl, Mehdi Zarei, Majid Mohammadshahi, Mohammad Hossein Haghizadeh

Study Type : Human Study

Additional Links

Substances : [Astaxanthin](#) : CK(1010) : AC(437)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Adiponectin upregulation](#) : CK(217) : AC(39), [Antihypertensive Agents](#) : CK(4527) : AC(683), [Hypoglycemic Agents](#) : CK(5366) : AC(1338), [Hypolipidemic](#) : CK(5358) : AC(1221)

Astaxanthin improves serum cytokine expression and

semen quality of diabetes mellitus KKAY mice.

Pubmed Data : Chem Biol Interact. 2020 Oct 24 ;332:109303. Epub 2020 Oct 24. PMID: [33132140](#)

Article Published Date : Oct 23, 2020

Authors : Zhiqiang Hao

Study Type : Animal Study

Additional Links

Substances : Astaxanthin : CK(1010) : AC(437)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Astaxanthin inhibits aldose reductase activity in Psammomys obesus, a model of type 2 diabetes and diabetic retinopathy.

Pubmed Data : Food Sci Nutr. 2019 Dec ;7(12):3979-3985. Epub 2019 Nov 12. PMID: [31890176](#)

Article Published Date : Nov 30, 2019

Authors : Maha Benlarbi-Ben Khedher, Khoulood Hajri, Ahmed Dellaa, Basma Baccouche, Imane Hammoum, Nourhene Boudhrioua-Mihoubi, Wissal Dhifi, Rafika Ben Chaouacha-Chekir

Study Type : Animal Study, In Vitro Study

Additional Links

Substances : Astaxanthin : CK(1010) : AC(437)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Retinopathy : CK(290) : AC(121)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Neuroprotective Agents : CK(10404) : AC(4396)

Astaxanthin may reduce type 2 diabetic associated cognitive decline in rats.

Pubmed Data : Mol Med Rep. 2016 Jan ;13(1):973-9. Epub 2015 Nov 25. PMID: [26648531](#)

Article Published Date : Dec 31, 2015

Authors : Xiaobin Li, Zhonghua Qi, Longshan Zhao, Zhan Yu

Study Type : Animal Study

Additional Links

Substances : Astaxanthin : CK(1010) : AC(437)

Diseases : Diabetes: Cognitive Dysfunction : CK(167) : AC(76), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Neuroprotective Agents :

Astaxanthin prevented hypercholesterolemia-induced protein oxidation and protein oxidation per se.

Pubmed Data : J Clin Biochem Nutr. 2012 Jul ;51(1):42-9. Epub 2012 Jun 8. PMID: [22798712](#)

Article Published Date : Jun 30, 2012

Authors : Paula R Augusti, Andr a Quatrin, Sabrina Somacal, Greicy Mm Conterato, Rocheli Sobieski, Amanda R Ruviaro, Luana H Maurer, Marta Mf Duarte, Miguel Roehrs, Tatiana Emanuelli

Study Type : Animal Study

Additional Links

Substances : Astaxanthin : CK(1010) : AC(437)

Diseases : Cholesterol: Oxidation : CK(599) : AC(140), High Cholesterol : CK(2715) : AC(455), Lipid Peroxidation : CK(1632) : AC(631)

Astaxanthin protects beta-cells against glucose toxicity in diabetic mice.

Pubmed Data : Redox Rep. 2002;7(5):290-3. PMID: [12688512](#)

Article Published Date : Jan 01, 2002

Authors : [No authors listed]

Study Type : Animal Study

Additional Links

Substances : Astaxanthin : CK(1010) : AC(437)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Additional Keywords : Beta Cell Protection : CK(61) : AC(25)

Short-term administration of astaxanthin attenuates retinal changes in diet-induced diabetic psammomys obesus.

Pubmed Data : Curr Eye Res. 2018 Sep ;43(9):1177-1189. Epub 2018 Jul 20. PMID: [30028214](#)

Article Published Date : Aug 31, 2018

Authors : Basma Baccouche, Maha Benlarbi, Alistair J Barber, Rafika Ben Chaouacha-Chekir

Study Type : Animal Study

Additional Links

Substances : Astaxanthin : CK(1010) : AC(437)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Complications : CK(3199) :

AC(1009)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Heme oxygenase-1 up-regulation : CK(624) : AC(373)

The antioxidant and anti-inflammatory effects of astaxanthin supplementation on the expression of miR-146a and miR-126 in patients with type 2 diabetes mellitus.

Pubmed Data : Int J Clin Pract. 2021 Jan 14:e14022. Epub 2021 Jan 14. PMID: [33445213](#)

Article Published Date : Jan 13, 2021

Authors : Nafiseh Shokri-Mashhadi, Maryam Tahmasebi, Javad Mohammadi-Asl, Mehrnoosh Zakerkish, Majid Mohammadshahi

Study Type : Human Study

Additional Links

Substances : Astaxanthin : CK(1010) : AC(437)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), MicroRNA modulator : CK(1023) : AC(618)

This review highlights the protective effects of carotenoids in the development and progression of diabetic microvascular complications.

Pubmed Data : Adv Nutr. 2016 Jan ;7(1):14-24. Epub 2016 Jan 15. PMID: [26773012](#)

Article Published Date : Dec 31, 2015

Authors : Ana Gabriela Murillo, Maria Luz Fernandez

Study Type : Review

Additional Links

Substances : Astaxanthin : CK(1010) : AC(437), Lutein : CK(454) : AC(97), Lycopene : CK(886) : AC(249), Zeaxanthin : CK(273) : AC(49)

Diseases : Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Complications : CK(3199) : AC(1009)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856)

Chokeberry (AC 6) (CK 25)

Administration of 240 mg of anthocyanins a day for 30 days caused a substantial increase of glutathione peroxidase and catalase activities. While decreasing the lead, aluminum and cooper concentrations.

Pubmed Data : Pol Merkur Lekarski. 2005 Nov ;19(113):651-3. PMID: [16498804](#)

Article Published Date : Oct 31, 2005

Authors : Edward Kowalczyk, PaweÅ, FijaÅ,kowski, Marcin Kura, PaweÅ, KrzesiÅ,,ski, Jan BÅ,aszczyk, Jan Kowalski, Janusz Smigielski, Maciej Rutkowski, Maria Kopff

Study Type : Human Study

Additional Links

Substances : Anthocyanins : CK(938) : AC(334), Chokeberry : CK(375) : AC(120)

Diseases : High Cholesterol : CK(2715) : AC(455), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

Additional Keywords : Antioxidants : CK(21528) : AC(8856), Phytotherapy : CK(3062) : AC(812)

Problem Substances : Aluminum : CK(937) : AC(300), Lead : CK(526) : AC(162)

Aronia melanocarpa products and by-products for health and nutrition.

Pubmed Data : Antioxidants (Basel). 2021 Jun 29 ;10(7). Epub 2021 Jun 29. PMID: [34209985](#)

Article Published Date : Jun 28, 2021

Authors : Tomislav JurendiÄ, Mario Å etar

Study Type : Review

Additional Links

Substances : Chokeberry : CK(375) : AC(120)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Escherichia coli Infections : CK(401) : AC(297), Inflammation : CK(9572) : AC(3089), Influenza : CK(1407) : AC(288), Liver Damage : CK(2494) : AC(1121), Obesity : CK(6879) : AC(1686), Oxidative Stress : CK(9437) : AC(3550), Staphylococcus aureus infection : CK(498) : AC(374)

Pharmacological Actions : Anti-Bacterial Agents : CK(2894) : AC(1251), Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Antiviral Agents : CK(1957) : AC(1034), Hepatoprotective : CK(5098) : AC(2264), Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Anti-Obesity Agents : CK(2925) : AC(774)

Beneficial effects of Aronia melanocarpa berry extract

on hepatic insulin resistance in type 2 diabetes mellitus.

Pubmed Data : J Food Sci. 2020 Apr ;85(4):1307-1318. Epub 2020 Apr 6. PMID: [32249934](#)

Article Published Date : Mar 31, 2020

Authors : Jingjing Mu, Guang Xin, Bo Zhang, Yuehua Wang, Chong Ning, Xianjun Meng

Study Type : Animal Study

Additional Links

Substances : Chokeberry : CK(375) : AC(120)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Insulin Sensitizers : CK(1185) : AC(244)

Effects of Aronia melanocarpa on cardiometabolic diseases.

Pubmed Data : Rev Diabet Stud. 2022 06 30 ;18(2):76-92. PMID: [35831939](#)

Article Published Date : Jan 29, 2022

Authors : Christine B Christiansen, Fredrik B Mellbye, Kjeld Hermansen, Per B Jeppesen, Søren Gregersen

Study Type : Review

Additional Links

Substances : Chokeberry : CK(375) : AC(120)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Fruit wines have inhibitory activity against α -glucosidase.

Pubmed Data : Curr Pharm Biotechnol. 2018 Apr 9. Epub 2018 Apr 9. PMID: [29637856](#)

Article Published Date : Apr 08, 2018

Authors : Uros Cakar, Nada Grozdanic, Aleksandar Petrovic, Boris Pejin, Branislav Nastasijevic, Bojan Markovic, Brizita Dordevica

Study Type : In Vitro Study

Additional Links

Substances : Blackberry : CK(100) : AC(53), Blueberry : CK(721) : AC(250), Chokeberry : CK(375) : AC(120), Raspberry : CK(156) : AC(80), Sour Cherry : CK(29) : AC(9)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-glucosidase inhibitor : CK(274) : AC(201)

Additional Keywords : Superiority of Natural Substances versus Drugs : CK(1644) : AC(347)

Results indicate a positive impact of regular chokeberry juice consumption on BP and lipid status in pharmacologically untreated hypertensive subjects.

Pubmed Data : J Med Food. 2015 May 14. Epub 2015 May 14. PMID: [25973889](#)

Article Published Date : May 13, 2015

Authors : Nevena Kardum, Branislav Milovanović, Katarina Šavikin, Gordana Zdunić, Slavica Mutavdžić, Tatjana Gligorijević, Slavica Spasić

Study Type : Human Study

Additional Links

Substances : Chokeberry : CK(375) : AC(120), Polyphenols : CK(1878) : AC(700)

Diseases : Blood Pressure: High : CK(6384) : AC(950), Cardiovascular Diseases : CK(12780) : AC(1983), Hypertension : CK(6384) : AC(950), Triglycerides: Elevated : CK(916) : AC(152)

Pharmacological Actions : Antihypertensive Agents : CK(4527) : AC(683), Cardioprotective : CK(5377) : AC(1675), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Dietary Modification : CK(366) : AC(55), Significant Treatment Outcome : CK(3903) : AC(462)

Probiotics (AC 36) (CK 299)

A multi-strain probiotic supplement significantly improved HOMA-IR and modestly reduced abdominal adiposity among medication naïve T2DM patients.

Pubmed Data : J Transl Med. 2017 Dec 11 ;15(1):249. Epub 2017 Dec 11. PMID: [29228964](#)

Article Published Date : Dec 10, 2017

Authors : Shaun Sabico, Ayah Al-Mashharawi, Nasser M Al-Daghri, Sobhy Yakout, Abdullah M Alnaami, Majed S Alokail, Philip G McTernan

Study Type : Human Study

Additional Links

Substances : Probiotics : CK(7680) : AC(1196)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

A review of probiotics as beneficial agents in the management of diabetes mellitus.

Pubmed Data : Diabetes Metab Res Rev. 2016 Feb ;32(2):143-68. Epub 2015 Jul 1. PMID: [25963407](#)

Article Published Date : Jan 31, 2016

Authors : Elham Razmpoosh, Maryam Javadi, Hanieh-Sadat Ejtahed, Parvin Mirmiran

Study Type : Review

Additional Links

Substances : Probiotics : CK(7680) : AC(1196)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Administration of Iranian Propolis attenuates oxidative stress and blood glucose in type II diabetic patients.

Pubmed Data : Caspian J Intern Med. 2019 ;10(1):48-54. PMID: [30858941](#)

Article Published Date : Dec 31, 2018

Authors : Sepideh Hesami, Sima Hashemipour, Mohammad Reza Shiri-Shahsavari, Yaghub Koushan, Hossein Khadem Haghighian

Study Type : Human Study

Additional Links

Substances : Prebiotics : CK(349) : AC(90), Probiotics : CK(7680) : AC(1196), Propolis: Bee : CK(138) : AC(50)

Diseases : Diabetes: Oxidative Stress : CK(492) : AC(182), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

Effects of milk products fermented by Bifidobacterium longum on blood lipids in rats and healthy adult male volunteers.

Pubmed Data : J Dairy Sci. 2003 Jul ;86(7):2452-61. PMID: [12906063](#)

Article Published Date : Jun 30, 2003

Authors : J Z Xiao, S Kondo, N Takahashi, K Miyaji, K Oshida, A Hiramatsu, K Iwatsuki, S Kokubo, A Hosono

Study Type : Human Study

Additional Links

Substances : Probiotics : CK(7680) : AC(1196), Yoghurt : CK(1014) : AC(135)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Effects of synbiotic food consumption on metabolic status of diabetic patients.

Pubmed Data : Clin Nutr. 2014 Apr ;33(2):198-203. Epub 2013 Jun 7. PMID: [23786900](#)

Article Published Date : Mar 31, 2014

Authors : Zatollah Asemi, Ashraf Khorrami-Rad, Sabihe-Alsadat Alizadeh, Hossein Shakeri, Ahmad Esmailzadeh

Study Type : Human Study

Additional Links

Substances : Prebiotics : CK(349) : AC(90), Probiotics : CK(7680) : AC(1196)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Glutathione Upregulation : CK(299) : AC(96)

L. plantarum DSM 15313 has anti-diabetic properties when fed together with an high fat diet.

Pubmed Data : Benef Microbes. 2010 Jun ;1(2):189-96. PMID: [21840806](#)

Article Published Date : May 31, 2010

Authors : U Andersson, C Brønning, S Ahrn, G Molin, J Alenfall, G Onning, M Nyman, C Holm

Study Type : Animal Study

Additional Links

Substances : Lactobacillus plantarum : CK(674) : AC(194), Probiotics : CK(7680) : AC(1196)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Hypoglycemic Agents : CK(5366) : AC(1338), Hypoglycemic Agents : CK(5366) : AC(1338), Hypoglycemic Agents : CK(5366) : AC(1338), Hypoglycemic Agents : CK(5366) : AC(1338), Hypoglycemic Agents : CK(5366) : AC(1338)

Multi-strain probiotic supplementation over 6 months as a monotherapy significantly decreased HOMA-IR in T2DM patients.

Pubmed Data : Clin Nutr. 2018 Aug 17. Epub 2018 Aug 17. PMID: [30170781](#)

Article Published Date : Aug 16, 2018

Authors : Shaun Sabico, Ayah Al-Mashharawi, Nasser M Al-Daghri, Kaiser Wani, Osama E Amer, Danish S Hussain, Mohammed Ghouse Ahmed Ansari, Mohammad S Masoud, Majed S Alokail, Philip G McTernan

Study Type : Human Study

Additional Links

Substances : Probiotics : CK(7680) : AC(1196)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334)

Native probiotic strains MTCC 5690 and MTCC 5689 appear to have potential against insulin resistance and type 2 diabetes.

Pubmed Data : Eur J Nutr. 2016 Oct 18. Epub 2016 Oct 18. PMID: [27757592](#)

Article Published Date : Oct 17, 2016

Authors : Mahalingam Balakumar, Durai Prabhu, Chandrakumar Sathishkumar, Paramasivam Prabu, Namita Rokana, Ramesh Kumar, Srividhya Raghavan, Avinash Soundarajan, Sunita Grover, Virender Kumar Batish, Viswanathan Mohan, Muthuswamy Balasubramanyam

Study Type : Animal Study

Additional Links

Substances : Lactobacillus fermentum : CK(35) : AC(12), Lactobacillus plantarum : CK(674) : AC(194), Lactobacillus rhamnosus : CK(316) : AC(73), Probiotics : CK(7680) : AC(1196)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Additional Keywords : Insulin Resistance : CK(3522) : AC(792), Insulin Resistance : CK(3522) : AC(792), Insulin Resistance : CK(3522) : AC(792), Insulin Resistance : CK(3522) : AC(792), Insulin Resistance : CK(3522) : AC(792), Insulin Resistance : CK(3522) : AC(792), Risk Reduction : CK(15144) : AC(1708)

Origin of hypoglycemic benefits of probiotic-fermented carrot pulp.

Pubmed Data : J Agric Food Chem. 2019 Jan 23 ;67(3):895-904. Epub 2019 Jan 14. PMID: [30608159](#)

Article Published Date : Jan 22, 2019

Authors : Yu-Jun Wan, Hui-Fang Shi, Rou Xu, Jun-Yi Yin, Shao-Ping Nie, Tao Xiong, Ming-Yong Xie

Study Type : In Vitro Study

Additional Links

Substances : Carrot : CK(177) : AC(50), Fermented Foods and Beverages : CK(2588) : AC(607), Probiotics : CK(7680) : AC(1196)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

Probiotic *Lactobacillus gasseri* SBT2055 improves insulin secretion in a diabetic rat model.

Pubmed Data : J Dairy Sci. 2019 Feb ;102(2):997-1006. Epub 2018 Nov 22. PMID: [30471910](#)

Article Published Date : Jan 31, 2019

Authors : M Niibo, B Shirouchi, M Umegatani, Y Morita, A Ogawa, F Sakai, Y Kadooka, M Sato

Study Type : Animal Study

Additional Links

Substances : *Lactobacillus gasseri* : CK(151) : AC(26), Probiotics : CK(7680) : AC(1196)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Insulin-releasing : CK(122) : AC(49)

Probiotic and synbiotic supplementation may help to improve biomarkers of inflammation and oxidative stress in diabetic patients.

Pubmed Data : Pharmacol Res. 2019 Feb 19. Epub 2019 Feb 19. PMID: [30794924](#)

Article Published Date : Feb 18, 2019

Authors : Hui Juan Zheng, Jing Guo, Jia Qi, Shan Huang Yi, Wei Jun Huang, Wen Ting Zhang, Fan Zhang, Wei Jing Liu, Yao Xian Wang

Study Type : Meta Analysis, Review

Additional Links

Substances : Probiotics : CK(7680) : AC(1196)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856)

Probiotic assisted weight management as a main factor for glycemic control in patients with type 2 diabetes

Pubmed Data : Diabetol Metab Syndr. 2019 ;11:5. Epub 2019 Jan 15. PMID: [30675190](#)

Article Published Date : Dec 31, 2018

Authors : Leila Khalili, Beitullah Alipour, Mohammad Asghari Jafarabadi, Tohid Hassanlilou, Mehran Mesgari Abbasi, Ismail Faraji

Study Type : Human Study

Additional Links

Substances : *Lactobacillus casei* : CK(532) : AC(98), Probiotics : CK(7680) : AC(1196)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Probiotic consumption improved the glycemic control in subjects with type 2 diabetes.

Pubmed Data : Clin Nutr. 2015 Dec 7. Epub 2015 Dec 7. PMID: [26732026](#)

Article Published Date : Dec 06, 2015

Authors : Livia Bordalo Tonucci, Karina Maria Olbrich Dos Santos, Leandro Licursi de Oliveira, Sonia Machado Rocha Ribeiro, Hercia Stampini Duarte Martino

Study Type : Human Study

Additional Links

Substances : Probiotics : CK(7680) : AC(1196)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Probiotic mediated NF- κ B regulation for prospective management of type 2 diabetes.

Pubmed Data : Mol Biol Rep. 2020 Jan 9. Epub 2020 Jan 9. PMID: [31919753](#)

Article Published Date : Jan 08, 2020

Authors : Rabia Bhardwaj, Brij Pal Singh, Nitika Sandhu, Niharika Singh, Ravinder Kaur, Namita Rokana, Kumar Siddharth Singh, Vishu Chaudhary, Harsh Panwar

Study Type : Review

Additional Links

Substances : Probiotics : CK(7680) : AC(1196)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Gastrointestinal Agents : CK(3145) : AC(843), NF-kappaB Inhibitor : CK(3536) : AC(2098)

Probiotic reduced the impact of phthalates and bisphenol A mixture on type 2 diabetes mellitus development.

Pubmed Data : Food Chem Toxicol. 2021 Jun 5 ;154:112325. Epub 2021 Jun 5. PMID: [34097988](#)

Article Published Date : Jun 04, 2021

Authors : Katarina Baralić, Katarina Āivanć, Dragica Jorgovanović, Dragana Javorac, Jelena Radovanović, Tamara Gojković, Aleksandra Buha Djordjevic, Marijana Āturć,

Zoran Mandinić, Zorica Bulat, Biljana Antonijević, Danijela Aukić-Ätosić

Study Type : Animal Study

Additional Links

Substances : Probiotics : CK(7680) : AC(1196)

Diseases : Bisphenol Toxicity : CK(2930) : AC(882), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Pancreato Protective Agents : CK(358) : AC(194)

Problem Substances : Bisphenol A : CK(3250) : AC(951), Phthalates : CK(1031) : AC(187)

Probiotic reduces bacterial translocation in type 2 diabetes mellitus.

Pubmed Data : Sci Rep. 2017 Sep 21 ;7(1):12115. Epub 2017 Sep 21. PMID: [28935921](#)

Article Published Date : Sep 20, 2017

Authors : Junko Sato, Akio Kanazawa, Kosuke Azuma, Fuki Ikeda, Hiromasa Goto, Koji Komiya, Rei Kanno, Yoshifumi Tamura, Takashi Asahara, Takuya Takahashi, Koji Nomoto, Yuichiro Yamashiro, Hirotaka Watada

Study Type : Human Study

Additional Links

Substances : Probiotics : CK(7680) : AC(1196)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Gastrointestinal Agents : CK(3145) : AC(843)

Probiotic strain NL41 prevents HFD/STZ-T2DM by decreasing insulin resistance and oxidative stress status, and protecting beta-cell function.

Pubmed Data : Mol Nutr Food Res. 2019 Nov ;63(22):e1900457. Epub 2019 Sep 12. PMID: [31433912](#)

Article Published Date : Oct 31, 2019

Authors : Zhu Zeng, Qipeng Yuan, Rui Yu, Jinlan Zhang, Huiqin Ma, Shangwu Chen

Study Type : Animal Study

Additional Links

Substances : Lactobacillus paracasei : CK(47) : AC(8), Probiotics : CK(7680) : AC(1196)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Insulin Sensitizers : CK(1185) : AC(244)

Probiotic supplementation could be useful in the

primary prevention of hypercholesterolemia.

Pubmed Data : PLoS One. 2015 ;10(10):e0139795. Epub 2015 Oct 16. PMID: [26473340](#)

Article Published Date : Dec 31, 2014

Authors : Mikiko Shimizu, Masayuki Hashiguchi, Tsuyoshi Shiga, Hiro-omi Tamura, Mayumi Mochizuki

Study Type : Meta Analysis

Additional Links

Substances : Probiotics : CK(7680) : AC(1196)

Diseases : High Cholesterol : CK(2715) : AC(455), Hypercholesterolemia : CK(2333) : AC(408)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Probiotic supplementation in diabetic patients prevented a rise in fasting plasma glucose and resulted in a decrease in serum C-reactive protein and an increase in plasma total GSH.

Pubmed Data : Ann Nutr Metab. 2013 ;63(1-2):1-9. Epub 2013 Jul 5. PMID: [23899653](#)

Article Published Date : Dec 31, 2012

Authors : Zatollah Asemi, Zohreh Zare, Hossein Shakeri, Sima-Sadat Sabihi, Ahmad Esmailzadeh

Study Type : Human Study

Additional Links

Substances : Probiotics : CK(7680) : AC(1196)

Diseases : C-Reactive Protein : CK(3134) : AC(310), Diabetes: Oxidative Stress : CK(492) : AC(182), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Significant Treatment Outcome : CK(3903) : AC(462)

Probiotic therapies modestly improved insulin resistance in patients with type 2 diabetes.

Pubmed Data : Diabetes Metab Syndr. 2018 Sep ;12(5):617-624. Epub 2018 Apr 10. PMID: [29661605](#)

Article Published Date : Aug 31, 2018

Authors : Nazarii Kobylak, Tetyana Falalyeyeva, Galyna Mykhalchyshyn, Dmytro Kyriienko, Iuliia Komissarenko

Study Type : Human Study

Additional Links

Substances : Probiotics : CK(7680) : AC(1196)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Interleukin-1 beta downregulation : CK(3041) : AC(1567), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Probiotic yogurt consumption may be used as an alternative prevention and treatment method to improve dyslipidemia in patients with type 2 diabetes.

Pubmed Data : J Res Med Sci. 2014 Jun ;19(6):531-6. PMID: [25197295](#)

Article Published Date : May 31, 2014

Authors : Majid Mohamadshahi, Masoud Veissi, Fatemeh Haidari, Ahmad Zare Javid, Fatemeh Mohammadi, Esmat Shirbeigi

Study Type : Human Study

Additional Links

Substances : Probiotics : CK(7680) : AC(1196)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Dyslipidemias : CK(1104) : AC(241)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Hypolipidemic : CK(5358) : AC(1221)

Probiotic yogurt improves antioxidant status in type 2 diabetic patients.

Pubmed Data : Nutrition. 2012 May ;28(5):539-43. Epub 2011 Nov 29. PMID: [22129852](#)

Article Published Date : Apr 30, 2012

Authors : Hanie S Ejtahed, Javad Mohtadi-Nia, Aziz Homayouni-Rad, Mitra Niafar, Mohammad Asghari-Jafarabadi, Vahid Mofid

Study Type : Human Study

Additional Links

Substances : Probiotics : CK(7680) : AC(1196), Yoghurt : CK(1014) : AC(135)

Diseases : Diabetes: Oxidative Stress : CK(492) : AC(182), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338), Malondialdehyde Down-regulation : CK(2065) : AC(678), Superoxide Dismutase Up-regulation : CK(1403) : AC(551)

Probiotics could significantly reduce HOMA-IR of T2DM

patients.

Pubmed Data : Med Clin (Barc). 2017 Apr 21 ;148(8):362-370. Epub 2017 Feb 22. PMID: [28237613](#)

Article Published Date : Apr 20, 2017

Authors : Yi-Meng Hu, Feng Zhou, Yin Yuan, Yan-Cheng Xu

Study Type : Meta Analysis

Additional Links

Substances : Probiotics : CK(7680) : AC(1196)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Gastrointestinal Agents : CK(3145) : AC(843), Hypoglycemic Agents : CK(5366) : AC(1338)

Probiotics may decrease the indexes of lipid profile, blood pressure, and FBG in patients with T2DM.

Pubmed Data : Medicine (Baltimore). 2017 Dec ;96(51):e9166. PMID: [29390450](#)

Article Published Date : Nov 30, 2017

Authors : Jun He, Fan Zhang, Yan Han

Study Type : Meta Analysis

Additional Links

Substances : Prebiotics : CK(349) : AC(90), Probiotics : CK(7680) : AC(1196)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypertension : CK(6384) : AC(950)

Pharmacological Actions : Antihypertensive Agents : CK(4527) : AC(683), Hypolipidemic : CK(5358) : AC(1221)

Probiotics modestly improved HbA1c and fasting insulin in people with type 2 diabetes.

Pubmed Data : Eur J Nutr. 2016 Mar 17. Epub 2016 Mar 17. PMID: [26988693](#)

Article Published Date : Mar 16, 2016

Authors : Somayyeh Firouzi, Hazreen Abdul Majid, Amin Ismail, Nor Azmi Kamaruddin, Mohd-Yusof Barakatun-Nisak

Study Type : Human Study

Additional Links

Substances : Probiotics : CK(7680) : AC(1196)

Diseases : C-Reactive Protein : CK(3134) : AC(310), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Additional Keywords : Microbiota : CK(1256) : AC(346)

Probiotics modulate gut microbiota and improve insulin sensitivity.

Pubmed Data : J Nutr Biochem. 2017 12 ;50:16-25. Epub 2017 Aug 26. PMID: [28968517](#)

Article Published Date : Jan 11, 2017

Authors : Renata A Bagarolli, Natália Tobar, Alexandre G Oliveira, Tiago G Araújo, Bruno M Carvalho, Guilherme Z Rocha, Juliana F Vecina, Kelly Calisto, Dioze Guadagnini, Patrícia O Prada, Andrey Santos, Sara T O Saad, Mario J A Saad

Study Type : Animal Study

Additional Links

Substances : Probiotics : CK(7680) : AC(1196)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : Gastrointestinal Agents : CK(3145) : AC(843), Insulin Sensitizers : CK(1185) : AC(244)

Probiotics supplementation was associated with significant improvement in HbA1c and fasting insulin in type 2 diabetes patients.

Pubmed Data : Med Sci Monit. 2017 Jun 22 ;23:3044-3053. Epub 2017 Jun 22. PMID: [28638006](#)

Article Published Date : Jun 21, 2017

Authors : Kecheng Yao, Linghai Zeng, Qian He, Wei Wang, Jiao Lei, Xiulan Zou

Study Type : Meta Analysis

Additional Links

Substances : Probiotics : CK(7680) : AC(1196)

Diseases : C-Reactive Protein : CK(3134) : AC(310), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Probiotics, prebiotics and amelioration of diseases.

Pubmed Data : J Biomed Sci. 2019 Jan 4 ;26(1):3. Epub 2019 Jan 4. PMID: [30609922](#)

Article Published Date : Jan 03, 2019

Authors : Yu-Ling Tsai, Tzu-Lung Lin, Chih-Jung Chang, Tsung-Ru Wu, Wei-Fan Lai, Chia-Chen Lu, Hsin-Chih Lai

Study Type : Review

Additional Links

Substances : Prebiotics : CK(349) : AC(90), Probiotics : CK(7680) : AC(1196)

Diseases : Colorectal Cancer : CK(3666) : AC(1651), Diabetes Mellitus: Type 2 : CK(8552) :

AC(1714), Inflammation : CK(9572) : AC(3089), Inflammatory Bowel Diseases : CK(1994) : AC(540), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : Gastrointestinal Agents : CK(3145) : AC(843)

Probiotics, prebiotics, and synbiotics added to dairy products: Uses and applications to manage type 2 diabetes.

Pubmed Data : Food Res Int. 2021 Apr ;142:110208. Epub 2021 Feb 10. PMID: [33773683](#)

Article Published Date : Mar 31, 2021

Authors : Andrea Zepeda-Hernández, Luis Eduardo Garcia-Amezquita, Teresa Requena, Tomás García-Cayuela

Study Type : Review

Additional Links

Substances : Prebiotics : CK(349) : AC(90), Probiotics : CK(7680) : AC(1196)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetes Mellitus: Type 2: Prevention : CK(1075) : AC(148)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

The effect of probiotics on the secretory immunity of saliva in patients with type 2 diabetes.

Pubmed Data : Stomatologia (Mosk). 2019 ;98(6):26-29. PMID: [31922506](#)

Article Published Date : Dec 31, 2018

Authors : M E Malyshev, A K Iordanishvili, O V Prisyazhnyuk, A O Bumai

Study Type : Human Study

Additional Links

Substances : Probiotics : CK(7680) : AC(1196)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Immunomodulatory : CK(4048) : AC(1475), Immunostimulatory : CK(633) : AC(192)

The impacts of synbiotic supplementation on periodontal indices and biomarkers of oxidative stress in type 2 diabetes mellitus patients with chronic periodontitis.

Pubmed Data : Diabetes Metab Syndr Obes. 2020 ;13:19-29. Epub 2020 Jan 6. PMID: [32021348](#)

Article Published Date : Dec 31, 2019

Authors : Hadi Bazayr, Leila Maghsoumi-Norouzabad, Mohsen Yarahmadi, Hassan Gholinezhad, Leila Moradi, Parvin Salehi, Mohammad Hosein Haghghi-Zadeh, Ahmad Zare Javid

Study Type : Human Study

Additional Links

Substances : FOS (Fructooligosaccharides) : CK(181) : AC(31), Probiotics : CK(7680) : AC(1196)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Periodontitis : CK(378) : AC(98)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Interleukin-1 beta downregulation : CK(3041) : AC(1567), Malonaldehyde (MDA) Down-Regulation : CK(62) : AC(15)

This review details potential mechanisms linking gut dysbiosis to metabolic dysfunction.

Pubmed Data : J Clin Endocrinol Metab. 2016 Mar 3;jc20154251. Epub 2016 Mar 3. PMID:

[26938201](#)

Article Published Date : Mar 02, 2016

Authors : Kristina M Utzschneider, Mario Kratz, Chris J Damman, Meredith Hullar

Study Type : Review

Additional Links

Substances : Prebiotics : CK(349) : AC(90), Probiotics : CK(7680) : AC(1196)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Dysbiosis : CK(1527) : AC(422), Metabolic Diseases : CK(828) : AC(178)

Additional Keywords : Microbiome : CK(121) : AC(24), Risk Factors : CK(12084) : AC(1737)

This reviews the clinical evidence of probiotics as a coadjuvant strategy for the prevention and treatment of obesity, IRS, T2D and NAFLD.

Pubmed Data : Int J Mol Sci. 2016 ;17(6). Epub 2016 Jun 13. PMID: [27304953](#)

Article Published Date : Dec 31, 2015

Authors : Maria Jose S  nchez-Lara, Candido Robles-Sanchez, Francisco Javier Ruiz-Ojeda, Julio Plaza-Diaz, Angel Gil

Study Type : Review

Additional Links

Substances : Probiotics : CK(7680) : AC(1196)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792), Nonalcoholic fatty liver disease (NAFLD) : CK(1862) : AC(521), Obesity : CK(6879) : AC(1686)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Vitamin D and probiotic co-supplementation after 12 weeks among diabetic people with coronary heart disease had beneficial effects.

Pubmed Data : Prog Neuropsychopharmacol Biol Psychiatry. 2018 Feb 9 ;84(Pt A):50-55. Epub 2018 Feb 9. PMID: [29432877](#)

Article Published Date : Feb 08, 2018

Authors : Fariba Raygan, Vahidreza Ostadmohammadi, Fereshteh Bahmani, Zatollah Asemi

Study Type : Human Study

Additional Links

Substances : Probiotics : CK(7680) : AC(1196), Vitamin D : CK(8897) : AC(1260)

Diseases : Coronary Artery Disease : CK(2089) : AC(226), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

ingestion of probiotic supplements or yogurt was associated with a lower prevalence of obesity and hypertension.

Pubmed Data : Nutrients. 2019 Jun 28 ;11(7). Epub 2019 Jun 28. PMID: [31261830](#)

Article Published Date : Jun 27, 2019

Authors : Eva Lau, Joãõ Sã©rgio Neves, Manuel Ferreira-Magalhã£es, Davide Carvalho, Paula Freitas

Study Type : Human Study

Additional Links

Substances : Probiotics : CK(7680) : AC(1196)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Dysbiosis : CK(1527) : AC(422), Hypertension : CK(6384) : AC(950), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : Antihypertensive Agents : CK(4527) : AC(683), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Anti-Obesity Agents : CK(2925) : AC(774)

probiotic yogurt may be used as an alternative prevention approach and treatment method to control diabetic complications.

Pubmed Data : Bioimpacts. 2014 ;4(2):83-8. Epub 2014 Jun 11. PMID: [25035851](#)

Article Published Date : Dec 31, 2013

Authors : Majid Mohamadshahi, Masoud Veissi, Fatemeh Haidari, Hajieh Shahbazian, Gholam-Abas Kaydani, Fatemeh Mohammadi

Study Type : Human Study

Additional Links

Substances : Probiotics : CK(7680) : AC(1196), Yoghurt : CK(1014) : AC(135)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Complications : CK(3199) : AC(1009)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Statin Drugs (AC 28) (CK 264)

A combination of red yeast rice and olive extract in high-risk hypercholesterolemic patients, without inducing new-onset SAMS.

Pubmed Data : Complement Ther Med. 2017 Dec ;35:140-144. Epub 2017 Nov 9. PMID: [29154060](#)

Article Published Date : Nov 30, 2017

Authors : Christian Tshongo Muhindo, Sylvie A Ahn, Michel F Rousseau, Yvan Dierckxsens, Michel P Hermans

Study Type : Human Study

Additional Links

Substances : Olive leaf extract : CK(262) : AC(112), Red Yeast Rice : CK(262) : AC(45)

Diseases : Dyslipidemias : CK(1104) : AC(241), High Cholesterol : CK(2715) : AC(455), Statin-Induced Pathologies : CK(1848) : AC(368)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Phytotherapy : CK(3062) : AC(812), Plant Extracts : CK(14140) : AC(5210)

Problem Substances : Statin Drugs : CK(4587) : AC(553)

Acute onset and worsening of diabetes concurrent with administration of statins has been reported.

Pubmed Data : Endocr J. 2005 Jun ;52(3):369-72. PMID: [16006732](#)

Article Published Date : Jun 01, 2005

Authors : Chie Ohmura, Hirotaka Watada, Takahisa Hirose, Yasushi Tanaka, Ryuzo Kawamori

Study Type : Human: Case Report

Additional Links

Diseases : A1C : CK(277) : AC(35), Diabetes: Glycation/A1C : CK(210) : AC(33), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Problem Substances : Atorvastatin : CK(551) : AC(106), Pravastatin : CK(251) : AC(42), Statin Drugs : CK(4587) : AC(553)

Adverse Pharmacological Actions : Diabetogenic : CK(328) : AC(56)

Atorvastatin causes insulin resistance and increases ambient glycemia in hypercholesterolemic patients

Pubmed Data : J Am Coll Cardiol. 2010 Mar 23 ;55(12):1209-16. PMID: [20298928](#)

Article Published Date : Mar 23, 2010

Authors : Kwang Kon Koh, Michael J Quon, Seung Hwan Han, Yonghee Lee, Soo Jin Kim, Eak Kyun Shin

Study Type : Human Study

Additional Links

Diseases : High Cholesterol : CK(2715) : AC(455), Hyperglycemia : CK(1494) : AC(453), Insulin Resistance : CK(3522) : AC(792), Statin-Induced Pathologies : CK(1848) : AC(368)

Problem Substances : Atorvastatin : CK(551) : AC(106), Insulin : CK(384) : AC(68), Statin Drugs : CK(4587) : AC(553)

Adverse Pharmacological Actions : Endocrine Disruptor: Insulin Resistance : CK(151) : AC(37)

Atorvastatin increases myocardial indices of oxidative stress in a porcine model of hypercholesterolemia and chronic ischemia.

Pubmed Data : J Card Surg. 2008 Jul-Aug;23(4):312-20. PMID: [18598320](#)

Article Published Date : Jul 01, 2008

Authors : Neel R Sodha, Munir Boodhwani, Basel Ramlawi, Richard T Clements, Shigetoshi Mieno, Jun Feng, Shu-Hua Xu, Cesario Bianchi, Frank W Sellke

Study Type : Animal Study

Additional Links

Diseases : Endothelial Dysfunction : CK(2115) : AC(440), High Cholesterol : CK(2715) : AC(455), Oxidative Stress : CK(9437) : AC(3550)

Problem Substances : Atorvastatin : CK(551) : AC(106), Statin Drugs : CK(4587) : AC(553)

Adverse Pharmacological Actions : Oxidant : CK(595) : AC(235)

Atorvastatin reduces serum coenzyme Q10 levels (reduced and oxidized forms) in patients with high cholesterol.

Pubmed Data : J Atheroscler Thromb. 2005;12(2):111-9. PMID: [15942122](#)

Article Published Date : Jan 01, 2005

Authors : Hiroshi Mabuchi, Toshinori Higashikata, Masaaki Kawashiri, Shoji Katsuda, Mihoko Mizuno, Atsushi Nohara, Akihiro Inazu, Junji Koizumi, Junji Kobayashi

Study Type : Human Study

Additional Links

Diseases : Coenzyme Q10 Deficiency : CK(83) : AC(13), High Cholesterol : CK(2715) : AC(455), Statin-Induced Pathologies : CK(1848) : AC(368)

Problem Substances : Atorvastatin : CK(551) : AC(106), Statin Drugs : CK(4587) : AC(553)

Coenzyme Q10 protects against I^2 -cell toxicity induced by pravastatin treatment of hypercholesterolemia.

Pubmed Data : J Cell Physiol. 2019 Jul ;234(7):11047-11059. Epub 2018 Dec 7. PMID: [30536661](#)

Article Published Date : Jun 30, 2019

Authors : Estela Lorza-Gil, Jane C de Souza, Marta GarcÃa-ArÃvalo, Jean F Vettorazzi, Ana Carolina Marques, Alessandro G Salerno, Jose Roberto Trigo, Helena C F Oliveira

Study Type : Animal Study

Additional Links

Substances : Coenzyme Q10 : CK(1858) : AC(315)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypercholesterolemia : CK(2333) : AC(408), Statin-Induced Pathologies : CK(1848) : AC(368)

Pharmacological Actions : Pancreato Protective Agents : CK(358) : AC(194)

Problem Substances : Statin Drugs : CK(4587) : AC(553)

In a pooled analysis of data from 5 statin trials, intensive-dose statin therapy was associated with an increased risk of new-onset diabetes compared with moderate-dose statin therapy.

Pubmed Data : JAMA. 2011 Jun 22;305(24):2556-64. PMID: [21693744](#)

Article Published Date : Jun 22, 2011

Authors : David Preiss, Sreenivasa Rao Kondapally Seshasai, Paul Welsh, Sabina A Murphy, Jennifer E Ho, David D Waters, David A DeMicco, Philip Barter, Christopher P Cannon, Marc S Sabatine, Eugene Braunwald, John J P Kastelein, James A de Lemos, Michael A Blazing, Terje R

Pedersen, Matti J Tikkanen, Naveed Sattar, Kausik K Ray

Study Type : Meta Analysis

Additional Links

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Statin-Induced Pathologies](#) : CK(1848) : AC(368)

Problem Substances : [Statin Drugs](#) : CK(4587) : AC(553)

Adverse Pharmacological Actions : [Diabetogenic](#) : CK(328) : AC(56)

Lovastatin decreases coenzyme Q levels associated with compromised cardiac function in humans.

Pubmed Data : Proc Natl Acad Sci U S A. 1990 Nov;87(22):8931-4. PMID: [2247468](#)

Article Published Date : Nov 01, 1990

Authors : K Folkers, P Langsjoen, R Willis, P Richardson, L J Xia, C Q Ye, H Tamagawa

Study Type : Human Study

Additional Links

Diseases : [Coronary Artery Disease](#) : CK(2089) : AC(226), [Drug-Induced Nutrient Depletion: Statin Drugs](#) : CK(177) : AC(36), [High Cholesterol](#) : CK(2715) : AC(455), [Statin-Induced Pathologies](#) : CK(1848) : AC(368)

Problem Substances : [Lovastatin](#) : CK(267) : AC(68), [Statin Drugs](#) : CK(4587) : AC(553)

Adverse Pharmacological Actions : [Cardiotoxic](#) : CK(1000) : AC(164)

Lovastatin enhances the susceptibility of LDL cholesterol to oxidation.

Pubmed Data : FEBS Lett. 1997 Jun 30;410(2-3):254-8. PMID: [9237640](#)

Article Published Date : Jun 30, 1997

Authors : A Palomaki, K Malminiemi, T Metsa-Ketela

Study Type : Human Study

Additional Links

Diseases : [Cholesterol: Oxidation](#) : CK(599) : AC(140), [Coronary Artery Disease](#) : CK(2089) : AC(226), [High Cholesterol](#) : CK(2715) : AC(455)

Problem Substances : [Lovastatin](#) : CK(267) : AC(68), [Statin Drugs](#) : CK(4587) : AC(553)

Adverse Pharmacological Actions : [Cardiotoxic](#) : CK(1000) : AC(164), [Oxidant](#) : CK(595) : AC(235)

Several drugs modify the risk of biochemical conversation to T2DM.

Pubmed Data : J Clin Endocrinol Metab. 2019 Jul 31. Epub 2019 Jul 31. PMID: [31365088](#)

Article Published Date : Jul 30, 2019

Authors : Juan Pablo Domecq, Gabriela Prutsky, Tarig Elraiayah, Zhen Wang, Karen F Mauck, Juan Pablo Brito, Chaitanya Undavalli, Vishnu Sundaresh, Larry J Prokop, Victor M Montori, Mohammad H Murad

Study Type : Meta Analysis, Review

Additional Links

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Additional Keywords : [Increased Risk](#) : CK(6996) : AC(896)

Problem Substances : [Statin Drugs](#) : CK(4587) : AC(553)

Severe statin-induced rhabdomyolysis mimicking Guillain-Barré syndrome in four patients with diabetes mellitus treated with fusidic acid has been reported.

Pubmed Data : Diabet Med. 2010 Jun ;27(6):696-700. PMID: [20546290](#)

Article Published Date : Jun 01, 2010

Authors : T A Collidge, S Razvi, C Nolan, M Whittle, C Stirling, A J C Russell, A C Mann, C J Deighan

Study Type : Human: Case Report

Additional Links

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Guillain-Barre Syndrome](#) : CK(159) : AC(30), [Rhabdomyolysis](#) : CK(165) : AC(38), [Statin-Induced Pathologies](#) : CK(1848) : AC(368)

Pharmacological Actions : [Anti-Bacterial Agents](#) : CK(2894) : AC(1251)

Problem Substances : [Antibiotics](#) : CK(703) : AC(132), [Fusidic acid](#) : CK(6) : AC(2), [Statin Drugs](#) : CK(4587) : AC(553)

Adverse Pharmacological Actions : [Neurotoxic](#) : CK(2424) : AC(562)

Statin drugs have been demonstrated to increase the rate of breast cancer, hemorrhagic stroke and mortality from noncardiovascular causes including cancer and infections.

Pubmed Data : Kardiologia. 2007;47(11):75-85. PMID: [18260968](#)

Article Published Date : Jan 01, 2007

Authors : D V Preobrazhenskiĭ, B A Sidorenko, S A Pataraiia, I D Vyshinskaia, O V Borisenko

Study Type : Review

Additional Links

Diseases : [High Cholesterol](#) : CK(2715) : AC(455)

Problem Substances : [Pravastatin](#) : CK(251) : AC(42), [Statin Drugs](#) : CK(4587) : AC(553)

Statin drugs increase the risk of diabetes and cause abnormal liver enzyme elevations.

Pubmed Data : QJM. 2011 Sep 14. Epub 2011 Sep 14. PMID: [21920996](#)

Article Published Date : Sep 14, 2011

Authors : M Alberton, P Wu, E Druyts, M Briel, E J Mills

Study Type : Meta Analysis

Additional Links

Diseases : AST: Elevated : CK(46) : AC(6), Diabetes Insipidus : CK(35) : AC(5), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Elevated: ALT : CK(33) : AC(3), Elevated: Creatinine Kinase : CK(33) : AC(3), GGT : CK(63) : AC(9)

Problem Substances : Atorvastatin : CK(551) : AC(106), Statin Drugs : CK(4587) : AC(553)

Adverse Pharmacological Actions : Hepatotoxic : CK(361) : AC(110)

Statin drugs may induce selenium deficiency which may explain many of its enigmatic side effects.

Pubmed Data : Lancet. 2004 Mar 13;363(9412):892-4. PMID: [15031036](#)

Article Published Date : Mar 13, 2004

Authors : Bernd Moosmann, Christian Behl

Study Type : Review

Additional Links

Diseases : Coronary Artery Disease : CK(2089) : AC(226), Drug-Induced Nutrient Depletion: Statin Drugs : CK(177) : AC(36), High Cholesterol : CK(2715) : AC(455), Mineral Deficiencies: Selenium : CK(164) : AC(24), Statin-Induced Pathologies : CK(1848) : AC(368)

Additional Keywords : Statin-Selenium Deficiency : CK(3) : AC(3)

Problem Substances : Statin Drugs : CK(4587) : AC(553)

Adverse Pharmacological Actions : Myotoxicity : CK(327) : AC(80)

Statin drugs reduce coq10 levels which may result in mitochondrial dysfunction and cellular damage.

Pubmed Data : J Clin Pharmacol. 1993 Mar;33(3):226-9. PMID: [8463436](#)

Article Published Date : Mar 01, 1993

Authors : G Ghirlanda, A Oradei, A Manto, S Lippa, L Uccioli, S Caputo, A V Greco, G P Littarru

Study Type : Human Study

Additional Links

Diseases : Drug-Induced Toxicity : CK(562) : AC(83), High Cholesterol : CK(2715) : AC(455), Myopathies : CK(253) : AC(54)

Additional Keywords : Drug-Nutrient Depletion : CK(53) : AC(8), Statin-Coq10 Depletion : CK(36)

: AC(5)

Problem Substances : Lovastatin : CK(267) : AC(68), Pravastatin : CK(251) : AC(42), Simvastatin : CK(791) : AC(164), Statin Drugs : CK(4587) : AC(553)

Adverse Pharmacological Actions : Cytotoxic : CK(285) : AC(125)

Statin medication use in postmenopausal women is associated with an increased risk for diabetes.

Pubmed Data : Arch Intern Med. 2012 Jan 23 ;172(2):144-52. Epub 2012 Jan 9. PMID: [22231607](#)

Article Published Date : Jan 23, 2012

Authors : Annie L Culver, Ira S Ockene, Raji Balasubramanian, Barbara C Olendzki, Deidre M Sepavich, Jean Wactawski-Wende, Joann E Manson, Yongxia Qiao, Simin Liu, Philip A Merriam, Catherine Rahilly-Tierny, Fridtjof Thomas, Jeffrey S Berger, Judith K Ockene, J David Curb, Yunsheng Ma

Study Type : Human Study

Additional Links

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Problem Substances : [Statin Drugs](#) : CK(4587) : AC(553)

Adverse Pharmacological Actions : [Diabetogenic](#) : CK(328) : AC(56)

Statin therapy and risk of incident diabetes mellitus in adults With cardiovascular risk factors.

Pubmed Data : Am J Cardiol. 2019 Nov 19. Epub 2019 Nov 19. PMID: [31848029](#)

Article Published Date : Nov 18, 2019

Authors : Alan S Go, Andrew P Ambrosy, Kevin Kheder, Dongjie Fan, Sue Hee Sung, Alda I Inveiss, Victoria Romo-LeTourneau, Sheila M Thomas, Andrew Koren, Joan C Lo,

Study Type : Human Study

Additional Links

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Statin-Induced Pathologies](#) : CK(1848) : AC(368)

Additional Keywords : [Increased Risk](#) : CK(6996) : AC(896)

Problem Substances : [Statin Drugs](#) : CK(4587) : AC(553)

Adverse Pharmacological Actions : [Diabetogenic](#) : CK(328) : AC(56)

Statin therapy contributes to low testosterone and hypogonadism in men with erectile dysfunction

Pubmed Data : J Sex Med. 2010 Apr;7(4 Pt 1):1547-56. Epub 2010 Feb 5. PMID: [20141585](#)

Article Published Date : Apr 01, 2010

Authors : Giovanni Corona, Valentina Boddi, Giancarlo Balercia, Giulia Rastrelli, Giulia De Vita, Alessandra Sforza, Gianni Forti, Edoardo Mannucci, Mario Maggi

Study Type : Human Study

Additional Links

Diseases : Erectile Dysfunction : CK(472) : AC(84), High Cholesterol : CK(2715) : AC(455), Hypogonadism : CK(36) : AC(9), Statin-Induced Pathologies : CK(1848) : AC(368), Testosterone: Too Low : CK(528) : AC(96)

Problem Substances : Statin Drugs : CK(4587) : AC(553)

Adverse Pharmacological Actions : Endocrine Disruptor : CK(527) : AC(105)

Statin therapy is associated with 14% increased risk of type 2 diabetes.

Pubmed Data : Diabetes Care. 2012 Dec 17. Epub 2012 Dec 17. PMID: [23248196](#)

Article Published Date : Dec 16, 2012

Authors : Goodarz Danaei, Luis A Garc a Rodr guez, Oscar Fernandez Cantero, Miguel A Hern n

Study Type : Human Study

Additional Links

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetes Mellitus: Type 2: Prevention : CK(1075) : AC(148)

Problem Substances : Atorvastatin : CK(551) : AC(106), Simvastatin : CK(791) : AC(164), Statin Drugs : CK(4587) : AC(553)

Adverse Pharmacological Actions : Diabetogenic : CK(328) : AC(56)

Statin treatment increased the risk of type 2 diabetes by 46%.

Pubmed Data : Diabetologia. 2015 May ;58(5):1109-17. Epub 2015 Mar 10. PMID: [25754552](#)

Article Published Date : Apr 30, 2015

Authors : Henna Cederberg, Alena Stan kov i, Nagendra Yaluri, Shalem Modi, Johanna Kuusisto, Markku Laakso

Study Type : Human Study

Additional Links

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Additional Keywords : Increased Risk : CK(6996) : AC(896)

Problem Substances : Statin Drugs : CK(4587) : AC(553)

Adverse Pharmacological Actions : Diabetogenic : CK(328) : AC(56)

Statin use was associated with an increased likelihood of

developing T2DM in children without dyslipidemia.

Pubmed Data : Acad Pediatr. 2017 Feb 20. Epub 2017 Feb 20. PMID: [28232259](#)

Article Published Date : Feb 19, 2017

Authors : Nina Joyce, Justin P Zachariah, Charles B Eaton, Amal N Trivedi, Gregory A Wellenius

Study Type : Human Study

Additional Links

Diseases : [Diabetes Mellitus: Type 2 : CK\(8552\) : AC\(1714\)](#), [Statin-Induced Pathologies : CK\(1848\) : AC\(368\)](#)

Additional Keywords : [Increased Risk : CK\(6996\) : AC\(896\)](#)

Problem Substances : [Statin Drugs : CK\(4587\) : AC\(553\)](#)

Statins and fenofibrates may exert their wide range of adverse side effects through interfering with selenoprotein expression.

Pubmed Data : Trends Cardiovasc Med. 2004 Oct;14(7):273-81. PMID: [15542379](#)

Article Published Date : Oct 01, 2004

Authors : Bernd Moosmann, Christian Behl

Study Type : Review

Additional Links

Diseases : [Drug-Induced Nutrient Depletion: Statin Drugs : CK\(177\) : AC\(36\)](#), [High Cholesterol : CK\(2715\) : AC\(455\)](#), [Mineral Deficiencies: Selenium : CK\(164\) : AC\(24\)](#), [Statin-Induced Pathologies : CK\(1848\) : AC\(368\)](#)

Additional Keywords : [Drug-Nutrient Depletion : CK\(53\) : AC\(8\)](#), [Statin-Selenium Deficiency : CK\(3\) : AC\(3\)](#)

Problem Substances : [Fenofibrates : CK\(133\) : AC\(19\)](#), [Statin Drugs : CK\(4587\) : AC\(553\)](#)

Statins increase the risk of developing type 2 diabetes.

Pubmed Data : Lancet. 2010 Feb 27;375(9716):735-42. Epub 2010 Feb 16. PMID: [20167359](#)

Article Published Date : Feb 27, 2010

Authors : Naveed Sattar, David Preiss, Heather M Murray, Paul Welsh, Brendan M Buckley, Anton J M de Craen, Sreenivasa Rao Kondapally Seshasai, John J McMurray, Dilys J Freeman, J Wouter Jukema, Peter W Macfarlane, Chris J Packard, David J Stott, Rudi G Westendorp, James Shepherd, Barry R Davis, Sara L Pressel, Roberto Marchioli, Rosa Maria Marfisi, Aldo P Maggioni, Luigi Tavazzi, Gianni Tognoni, John Kjekshus, Terje R Pedersen, Thomas J Cook, Antonio M Gotto, Michael B Clearfield, John R Downs, Haruo Nakamura, Yasuo Ohashi, Kyoichi Mizuno, Kausik K Ray, Ian Ford

Study Type : Human Study

Additional Links

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Cholesterol: High : CK(1592) : AC(244), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Problem Substances : Statin Drugs : CK(4587) : AC(553)

The addition of POMx to simvastatin therapy in hypercholesterolemic patients improved oxidative stress and lipid status in the patient's serum and in their HMDM.

Pubmed Data : Atherosclerosis. 2014 Jan ;232(1):204-10. Epub 2013 Nov 19. PMID: [24401239](#)

Article Published Date : Dec 31, 2013

Authors : Shadi Hamoud, Tony Hayek, Nina Volkova, Judith Attias, Danit Moscoviz, Mira Rosenblat, Michael Aviram

Study Type : Human Study

Additional Links

Substances : Pomegranate : CK(1222) : AC(405)

Diseases : Atherosclerosis : CK(1390) : AC(487), High Cholesterol : CK(2715) : AC(455), Oxidative Stress : CK(9437) : AC(3550), Triglycerides: Elevated : CK(916) : AC(152)

Pharmacological Actions : Anti-atherogenic : CK(348) : AC(120), Antioxidants : CK(21528) : AC(8856), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Natural Substance/Drug Synergy : CK(957) : AC(485), Plant Extracts : CK(14140) : AC(5210)

Problem Substances : Simvastatin : CK(791) : AC(164), Statin Drugs : CK(4587) : AC(553)

The dose-response for statins on new onset of diabetes suggests elderly women should not be exposed to higher doses of statins.

Pubmed Data : Drugs Aging. 2017 Mar ;34(3):203-209. PMID: [28138911](#)

Article Published Date : Feb 28, 2017

Authors : Mark Jones, Susan Tett, Geeske M E E Peeters, Gita D Mishra, Annette Dobson

Study Type : Human Study

Additional Links

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Statin-Induced Pathologies : CK(1848) : AC(368)

Additional Keywords : Increased Risk : CK(6996) : AC(896)

Problem Substances : Statin Drugs : CK(4587) : AC(553)

The present review aimed to describe the relationship

between statin treatment and the presence of diabetes.

Pubmed Data : Clin Investig Arterioscler. 2019 Feb 5. Epub 2019 Feb 5. PMID: [30737072](#)

Article Published Date : Feb 04, 2019

Authors : Elisenda Climent, David Benaiges, Juan Pedro-Botet

Study Type : Review

Additional Links

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Additional Keywords : Increased Risk : CK(6996) : AC(896)

Problem Substances : Statin Drugs : CK(4587) : AC(553)

The use of statins for LDL suppression is associated with increased risk for cancer.

Pubmed Data : J Am Coll Cardiol. 2007 Jul 31 ;50(5):409-18. Epub 2007 Jul 16. PMID: [17662392](#)

Article Published Date : Jul 31, 2007

Authors : Alawi A Alsheikh-Ali, Prasad V Maddukuri, Hui Han, Richard H Karas

Study Type : Meta Analysis

Additional Links

Diseases : Cancers: All : CK(28241) : AC(10590), Chemically-Induced Liver Damage : CK(1565) : AC(721), High Cholesterol : CK(2715) : AC(455), Statin-Induced Pathologies : CK(1848) : AC(368)

Problem Substances : Lovastatin : CK(267) : AC(68), Pravastatin : CK(251) : AC(42), Simvastatin : CK(791) : AC(164), Statin Drugs : CK(4587) : AC(553)

Adverse Pharmacological Actions : Carcinogenic : CK(1048) : AC(155)

There are 17 randomized trials on statin treatment showing an increased incidence of diabetes.

Pubmed Data : QJM. 2010 Oct 7. Epub 2010 Oct 7. PMID: [20934984](#)

Article Published Date : Oct 07, 2010

Authors : E J Mills, P Wu, G Chong, I Ghement, S Singh, E A Akl, O Eyawo, G Guyatt, O Berwanger, M Briel

Study Type : Meta Analysis

Additional Links

Diseases : Blood Sugar Problems : CK(15344) : AC(3066), Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Problem Substances : Statin Drugs : CK(4587) : AC(553)

Adverse Pharmacological Actions : Diabetogenic : CK(328) : AC(56)

Exercise (AC 37) (CK 231)

4 weeks of moderate exercise improves memory dysfunction in type 2 diabetes.

Pubmed Data : Diabetologia. 2016 Dec 8. Epub 2016 Dec 8. PMID: [27928614](#)

Article Published Date : Dec 07, 2016

Authors : Takeru Shima, Takashi Matsui, Subrina Jesmin, Masahiro Okamoto, Mariko Soya, Koshiro Inoue, Yu-Fan Liu, Ignacio Torres-Aleman, Bruce S McEwen, Hideaki Soya

Study Type : Animal Study

Additional Links

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Memory Disorders](#) : CK(1067) : AC(339)

Therapeutic Actions : [Exercise](#) : CK(4855) : AC(736)

Pharmacological Actions : [Neuroprotective Agents](#) : CK(10404) : AC(4396)

A review of the effect of exercise on the quality of life in type 2 diabetes mellitus.

Pubmed Data : . PMID: [27990609](#)

Article Published Date : Jan 18, 2038

Study Type : Review

Additional Links

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Therapeutic Actions : [Exercise](#) : CK(4855) : AC(736), [Exercise: Aerobic](#) : CK(663) : AC(92), [Exercise: Resistance Training](#) : CK(547) : AC(63), [Yoga](#) : CK(3023) : AC(340)

Additional Keywords : [Yoga](#) : CK(3023) : AC(340), [Yoga](#) : CK(3023) : AC(340), [Yoga](#) : CK(3023) : AC(340), [Yoga](#) : CK(3023) : AC(340)

Anti-inflammatory effect of exercise mediated by toll-like receptor regulation in innate immune cells.

Pubmed Data : Int Rev Immunol. 2019 Nov 4:1-14. Epub 2019 Nov 4. PMID: [31682154](#)

Article Published Date : Nov 03, 2019

Authors : Nicolas Collao, Isabel Rada, Marc Francaux, Louise Deldicque, Hermann Zbinden-Foncea

Study Type : Animal Study

Additional Links

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Inflammation : CK(9572) : AC(3089), Obesity : CK(6879) : AC(1686), Sitting Sickness : CK(482) : AC(54)

Therapeutic Actions : Exercise : CK(4855) : AC(736)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Immunomodulatory : CK(4048) : AC(1475)

Associations of physical activity and sedentary behavior with cardiometabolic biomarkers in prediabetes and type 2 diabetes

Pubmed Data : Phys Sportsmed. 2019 Oct 30. Epub 2019 Oct 30. PMID: [31663410](#)

Article Published Date : Oct 29, 2019

Authors : Jenny Rossen, Philip von Rosen, Unn-Britt Johansson, Kerstin Brismar, Maria Hagstr m

Study Type : Human Study

Additional Links

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Prediabetes : CK(192) : AC(23), Sitting Sickness : CK(482) : AC(54)

Therapeutic Actions : Exercise : CK(4855) : AC(736)

Additional Keywords : Increased Risk : CK(6996) : AC(896), Physical Activity : CK(41) : AC(4), Risk Reduction : CK(15144) : AC(1708)

Chronic running exercise alleviates early progression of nephropathy.

Pubmed Data : PLoS One. 2015 ;10(9):e0138037. Epub 2015 Sep 17. PMID: [26379244](#)

Article Published Date : Dec 31, 2014

Authors : Daisuke Ito, Pengyu Cao, Takaaki Kakihana, Emiko Sato, Chihiro Suda, Yoshikazu Muroya, Yoshiko Ogawa, Gaizun Hu, Tadashi Ishii, Osamu Ito, Masahiro Kohzuki, Hideyasu Kiyomoto

Study Type : Animal Study

Additional Links

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Nephropathy : CK(707) : AC(277), Obesity : CK(6879) : AC(1686)

Therapeutic Actions : Exercise : CK(4855) : AC(736), Exercise: Running : CK(342) : AC(43)

Pharmacological Actions : Renoprotective : CK(2404) : AC(1075)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Crocin and voluntary exercise promote heart

angiogenesis through Akt and ERK1/2 signalling in type 2 diabetic rats.

Pubmed Data : Bratisl Lek Listy. 2018 ;119(12):757-761. PMID: [30686014](#)

Article Published Date : Dec 31, 2017

Authors : H Dariushnejad, M Mohammadi, V Ghorbanzadeh

Study Type : Animal Study

Additional Links

Substances : Crocin : CK(391) : AC(184)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Therapeutic Actions : Exercise : CK(4855) : AC(736)

Pharmacological Actions : Angiogenesis Inducing Agents : CK(88) : AC(45)

Crocin combined with voluntary exercise improved insulin resistance and reduced glucose levels in diabetic rats.

Pubmed Data : J Endocrinol Invest. 2016 Apr 19. Epub 2016 Apr 19. PMID: [27094045](#)

Article Published Date : Apr 18, 2016

Authors : V Ghorbanzadeh, M Mohammadi, H Dariushnejad, L Chodari, G Mohaddes

Study Type : Animal Study

Additional Links

Substances : Crocin : CK(391) : AC(184)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperglycemia : CK(1494) : AC(453), Insulin Resistance : CK(3522) : AC(792)

Therapeutic Actions : Exercise : CK(4855) : AC(736), Integrative Medicine : CK(501) : AC(69)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Vascular Endothelial Growth Factor A Enhancer : CK(4) : AC(2)

Daily mechanical horseback riding on insulin sensitivity and resting metabolism in middle-aged type 2 diabetes mellitus patients.

Pubmed Data : Nagoya J Med Sci. 2010 Aug;72(3-4):129-37. PMID: [20942267](#)

Article Published Date : Aug 01, 2010

Authors : Yoshiyuki Hosaka, Masaru Nagasaki, Gustavo Bajotto, Youichi Shinomiya, Takahisa Ozawa, Yuzo Sato

Study Type : Human Study

Additional Links

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Therapeutic Actions : Exercise : CK(4855) : AC(736)

Effect of yoga and exercise on glycemic control and psychosocial parameters in type 2 diabetes mellitus.

Pubmed Data : Int J Yoga. 2020 May-Aug;13(2):144-151. Epub 2020 May 1. PMID: [32669769](#)

Article Published Date : Apr 30, 2020

Authors : Vijay Pratap Singh, Bidita Khandelwal

Study Type : Human Study

Additional Links

Diseases : , Depression : CK(6233) : AC(1096), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Therapeutic Actions : Exercise : CK(4855) : AC(736), Yoga : CK(3023) : AC(340)

Pharmacological Actions : Anti-Anxiety Agents : CK(2913) : AC(487), Antidepressive Agents : CK(4882) : AC(874), Hypoglycemic Agents : CK(5366) : AC(1338)

Effects of baduanjin exercise on blood glucose, depression and anxiety among patients with type II diabetes and emotional disorders.

Pubmed Data : Complement Ther Clin Pract. 2022 Nov 8 ;50:101702. Epub 2022 Nov 8. PMID: [36423358](#)

Article Published Date : Nov 07, 2022

Authors : Xiwen Luo, Mengxian Zhao, Yulong Zhang, Yanjie Zhang

Study Type : Human Study

Additional Links

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Therapeutic Actions : Exercise : CK(4855) : AC(736)

Pharmacological Actions : Anti-Anxiety Agents : CK(2913) : AC(487), Antidepressive Agents : CK(4882) : AC(874), Hypoglycemic Agents : CK(5366) : AC(1338)

Exercise and puerarin intervention can really play a role in the prevention and treatment of diabetes.

Pubmed Data : Pak J Pharm Sci. 2017 Sep ;30(5(Special)):1899-1903. PMID: [29084664](#)

Article Published Date : Aug 31, 2017

Authors : Qinyuan Yu, Wenzhong Han, Yixi Zhu, Hua Zhai

Study Type : Animal Study

Additional Links

Substances : Puerarin : CK(547) : AC(270)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Insulin Resistance](#) : CK(3522) : AC(792)

Therapeutic Actions : [Exercise](#) : CK(4855) : AC(736)

Additional Keywords : [Medication Reduction](#) : CK(52) : AC(6)

Exercise can decrease several risk factors associated with type 2 diabetes.

Pubmed Data : [Physiol Rep. 2018 Jul ;6\(13\):e13783. PMID: 29981201](#)

Article Published Date : Jun 30, 2018

Authors : Brittany K Gorres-Martens, Tyler J Field, Emma R Schmidt, Karen A Munger

Study Type : Animal Study

Additional Links

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Therapeutic Actions : [Exercise](#) : CK(4855) : AC(736)

Additional Keywords : [Ovariectomy-Induced Changes](#) : CK(299) : AC(126), [Risk Reduction](#) : CK(15144) : AC(1708)

Exercise controls diabetes by also modifying intestinal microbiota composition and gut barrier function.

Pubmed Data : [Minerva Med. 2019 Feb ;110\(1\):3-11. PMID: 30667205](#)

Article Published Date : Jan 31, 2019

Authors : Evasio Pasini, Giovanni Corsetti, Deodato Assanelli, Cristian Testa, Claudia Romano, Francesco S Dioguardi, Roberto Aquilani

Study Type : Human Study

Additional Links

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Inflammation](#) : CK(9572) : AC(3089)

Therapeutic Actions : [Exercise](#) : CK(4855) : AC(736)

Pharmacological Actions : [Gastrointestinal Agents](#) : CK(3145) : AC(843)

Additional Keywords : [Microbiota](#) : CK(1256) : AC(346)

Exercise has a therapeutic effect on improving HDL/LDL balance and cholesterol levels in men and women.

Pubmed Data : [N Engl J Med. 1998 Jul 2;339\(1\):12-20. PMID: 9647874](#)

Article Published Date : Jul 02, 1998

Authors : M L Stefanick, S Mackey, M Sheehan, N Ellsworth, W L Haskell, P D Wood

Study Type : Human Study

Additional Links

Diseases : [Cholesterol: LDL/HDL ratio](#) : CK(556) : AC(67), [HDL: Low](#) : CK(305) : AC(50), [High](#)

Cholesterol : CK(2715) : AC(455)

Therapeutic Actions : Exercise : CK(4855) : AC(736)

Exercise is an efficacious first-line therapy for type 2 diabetes that improves insulin action.

Pubmed Data : Adv Exp Med Biol. 2019 ;1134:271-294. PMID: [30919343](#)

Article Published Date : Dec 31, 2018

Authors : Emily M Heiston, Steven K Malin

Study Type : Review

Additional Links

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Therapeutic Actions : Exercise : CK(4855) : AC(736)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334)

Exercise training can improve both conduit and microvascular endothelial function and health in adolescents with type 2 diabetes.

Pubmed Data : Physiol Rep. 2016 Feb ;4(4). PMID: [26887327](#)

Article Published Date : Jan 31, 2016

Authors : Louise H Naylor, Elizabeth A Davis, Rachelle J Kalic, Niru Paramalingam, Mary B Abraham, Timothy W Jones, Daniel J Green

Study Type : Human Study

Additional Links

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Endothelial Dysfunction : CK(2115) : AC(440)

Therapeutic Actions : Exercise : CK(4855) : AC(736)

Exercise training is associated with reduced pains from the musculoskeletal system in patients with type 2 diabetes.

Pubmed Data : Diabetes Res Clin Pract. 2019 Jul 9. Epub 2019 Jul 9. PMID: [31299196](#)

Article Published Date : Jul 08, 2019

Authors : Trine Munk Jensen, Sofie Bjerre Milling Eriksen, Jane Sedum Larsen, Mette Aadahl, Signe SÃ¸tre Rasmussen, Louise Bockhoff Olesen, Thomas Rehling, Stig MÃ¸lsted

Study Type : Human Study

Additional Links

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Pain: Musculoskeletal : CK(83) : AC(11)

Therapeutic Actions : Exercise : CK(4855) : AC(736)

Pharmacological Actions : Analgesics : CK(3498) : AC(646)

Exercise was beneficial to obese patients with type 2 diabetes.

Pubmed Data : Prim Care Diabetes. 2015 Nov 6. Epub 2015 Nov 6. PMID: [26553963](#)

Article Published Date : Nov 05, 2015

Authors : Zhichun Zou, Wei Cai, Min Cai, Mouyuan Xiao, Zhijie Wang

Study Type : Meta Analysis

Additional Links

Diseases : C-Reactive Protein : CK(3134) : AC(310), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Obesity : CK(6879) : AC(1686), Triglycerides: Elevated : CK(916) : AC(152)

Therapeutic Actions : Exercise : CK(4855) : AC(736)

Pharmacological Actions : Antihypertensive Agents : CK(4527) : AC(683), Hypolipidemic : CK(5358) : AC(1221)

Exosomes are the novel players involved in the beneficial effects of exercise on type 2 diabetes.

Pubmed Data : J Cell Physiol. 2019 Feb 12. Epub 2019 Feb 12. PMID: [30756380](#)

Article Published Date : Feb 11, 2019

Authors : Gaohua Li, Hua Liu, Chunlian Ma, Yanfang Chen, Jinju Wang, Yi Yang

Study Type : Review

Additional Links

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Therapeutic Actions : Exercise : CK(4855) : AC(736)

Additional Keywords : Exosomes : CK(312) : AC(199)

Habitual physical activity can reduce the risk of diabetes regardless of the levels of PM2.5 exposure.

Pubmed Data : Diabetologia. 2021 Mar 4. Epub 2021 Mar 4. PMID: [33660006](#)

Article Published Date : Mar 03, 2021

Authors : Cui Guo, Hsiao Ting Yang, Ly-Yun Chang, Yacong Bo, Changqing Lin, Yiqian Zeng, Tony Tam, Alexis K H Lau, Gerard Hoek, Xiang Qian Lao

Study Type : Human Study

Additional Links

Diseases : Air Pollution Linked Toxicity : CK(2859) : AC(425), Diabetes Mellitus: Type 2 : CK(8552)

: AC(1714)

Therapeutic Actions : Exercise : CK(4855) : AC(736)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Impacts of exercise interventions on different diseases and organ functions in mice.

Pubmed Data : J Sport Health Sci. 2020 Jan ;9(1):53-73. Epub 2019 Jul 13. PMID: [31921481](#)

Article Published Date : Dec 31, 2019

Authors : Shanshan Guo, Yiru Huang, Yan Zhang, He Huang, Shangyu Hong, Tiemin Liu

Study Type : Review

Additional Links

Diseases : Alzheimer's Disease : CK(3372) : AC(1307), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Nonalcoholic fatty liver disease (NAFLD) : CK(1862) : AC(521), Obesity : CK(6879) : AC(1686), Osteoporosis : CK(2025) : AC(512), Parkinson's Disease : CK(1838) : AC(659), Prediabetes : CK(192) : AC(23), Sarcopenia : CK(176) : AC(35)

Therapeutic Actions : Exercise : CK(4855) : AC(736)

Pharmacological Actions : Neuroprotective Agents : CK(10404) : AC(4396), Osteoprotective : CK(971) : AC(351)

Additional Keywords : Anti-Obesity Agents : CK(2925) : AC(774), Risk Reduction : CK(15144) : AC(1708)

It is concluded that the uptake of exercise for the brain has great potential to improve quality of life and provide significant cost savings.

Pubmed Data : J Alzheimers Dis. 2017 Jun 6. Epub 2017 Jun 6. PMID: [28598841](#)

Article Published Date : Jun 05, 2017

Authors : Michele Callisaya, Kazunori Nosaka

Study Type : Review

Additional Links

Diseases : Cognitive Decline/Dysfunction : CK(3236) : AC(654), Dementia : CK(1689) : AC(279), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Complications : CK(3199) : AC(1009)

Therapeutic Actions : Exercise : CK(4855) : AC(736)

Light-emitting diode therapy in combination with moderate exercise acutely decreased the glucose levels in men with T2DM.

Pubmed Data : Complement Ther Med. 2019 Feb ;42:178-183. Epub 2018 Nov 15. PMID: [30670240](#)

Article Published Date : Jan 31, 2019

Authors : Cristina de Oliveira Francisco, Thomas Beltrame, Richard L Hughson, Juliana Cristina Milan-Mattos, Amanda Magdalena Ferroli-Fabricio, Benedito Galvão Benze, Cleber Ferraresi, Nivaldo Antônio Parizotto, Vanderlei Salvador Bagnato, Audrey Borghi-Silva, Alberto Porta, Aparecida Maria Catai

Study Type : Human Study

Additional Links

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Therapeutic Actions : [Exercise](#) : CK(4855) : AC(736), [Light-Emitting Diodes \(LEDs\) Therapy](#) : CK(275) : AC(78)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

Mechanical horseback riding improves insulin sensitivity in elder diabetic patients.

Pubmed Data : Diabetes Res Clin Pract. 2006 Feb;71(2):124-30. Epub 2005 Aug 18. PMID: [16105705](#)

Article Published Date : Feb 01, 2006

Authors : Masakazu Kubota, Masaru Nagasaki, Mizuho Tokudome, Youichi Shinomiya, Takahisa Ozawa, Yuzo Sato

Study Type : Human Study

Additional Links

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Insulin Resistance](#) : CK(3522) : AC(792)

Therapeutic Actions : [Exercise](#) : CK(4855) : AC(736)

Additional Keywords : [Mad Science](#) : CK(101) : AC(45)

Moderate swimming exercise may be beneficial in improving serum vitamin D and its receptors.

Pubmed Data : J Adv Res. 2016 Sep ;7(5):671-9. Epub 2016 Jul 15. PMID: [27504197](#)

Article Published Date : Aug 31, 2016

Authors : Yosria E Aly, Azza S Abdou, Mona M Rashad, Menatallah M Nassef

Study Type : Animal Study

Additional Links

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Inflammation](#) : CK(9572) : AC(3089), [Sitting Sickness](#) : CK(482) : AC(54), [Vitamin D Deficiency](#) : CK(5643) : AC(661)

Therapeutic Actions : [Exercise](#) : CK(4855) : AC(736), [Exercise: Swimming](#) : CK(8) : AC(4)

People who engaged in active commuting had a significantly reduced risk of all-cause mortality, cardiovascular disease incidence and diabetes.

Pubmed Data : Sports Med. 2019 Mar ;49(3):437-452. PMID: [30446905](#)

Article Published Date : Feb 28, 2019

Authors : Monica Dinu, Giuditta Pagliai, Claudio Macchi, Francesco Sofi

Study Type : Meta Analysis, Review

Additional Links

Diseases : , Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Therapeutic Actions : Exercise : CK(4855) : AC(736), Exercise: Cycling : CK(769) : AC(79)

Pharmacological Actions : Cardioprotective : CK(5377) : AC(1675)

Protective effect of crocin and voluntary exercise against oxidative stress in the heart of high-fat diet-induced type 2 diabetic rats.

Pubmed Data : Physiol Int. 2016 Dec ;103(4):459-468. PMID: [28229629](#)

Article Published Date : Nov 30, 2016

Authors : V Ghorbanzadeh, M Mohammadi, G Mohaddes, H Dariushnejad, L Chodari, S Mohammadi

Study Type : Animal Study

Additional Links

Substances : Crocin : CK(391) : AC(184)

Diseases : Diabetes: Oxidative Stress : CK(492) : AC(182), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), High Fat Diet : CK(1267) : AC(602)

Therapeutic Actions : Exercise : CK(4855) : AC(736)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Cardioprotective : CK(5377) : AC(1675)

Regular physical exercise reinforces antioxidative capacity, reduces oxidative stress, and has anti-inflammatory effects

Pubmed Data : Endocrine. 2016 May 9. Epub 2016 May 9. PMID: [27160819](#)

Article Published Date : May 08, 2016

Authors : Sebastian Bertram, Klara Brixius, Christian Brinkmann

Study Type : Review

Additional Links

Diseases : Alzheimer's Disease : CK(3372) : AC(1307), Diabetes: Oxidative Stress : CK(492) : AC(182), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Dyslipidemias : CK(1104) : AC(241), Inflammation : CK(9572) : AC(3089)

Therapeutic Actions : Exercise : CK(4855) : AC(736)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Remission of new-onset type 2 diabetes mellitus in an adolescent using an integrative medicine approach.

Pubmed Data : J Integr Med. 2020 Oct 22. Epub 2020 Oct 22. PMID: [33162376](#)

Article Published Date : Oct 21, 2020

Authors : Baoyi Shao, Saiying Hou, Yuenyan Chan, Changchun Shao, Lixing Lao

Study Type : Human: Case Report

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Therapeutic Actions : Exercise : CK(4855) : AC(736)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

The anti-inflammatory effect of exercise: its role in diabetes and cardiovascular disease control.

Pubmed Data : Essays Biochem. 2006 ;42:105-17. PMID: [17144883](#)

Article Published Date : Dec 31, 2005

Authors : Bente Klarlund Pedersen

Study Type : Review

Additional Links

Diseases : Atherosclerosis : CK(1390) : AC(487), Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Inflammation : CK(9572) : AC(3089), Insulin Resistance : CK(3522) : AC(792)

Therapeutic Actions : Exercise : CK(4855) : AC(736)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Interleukin-6 Downregulation : CK(5029) : AC(1994), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

The anti-inflammatory effects of exercise training in

patients with type 2 diabetes mellitus.

Pubmed Data : Eur J Cardiovasc Prev Rehabil. 2007 Dec ;14(6):837-43. PMID: [18043308](#)

Article Published Date : Nov 30, 2007

Authors : Nikolaos P E Kadoglou, Fotios Iliadis, Nikoleta Angelopoulou, Despina Perrea, George Ampatzidis, Christos D Liapis, Miltiadis Alevizos

Study Type : Human Study

Additional Links

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Inflammation](#) : CK(9572) : AC(3089)

Therapeutic Actions : [Exercise](#) : CK(4855) : AC(736)

Pharmacological Actions : [Anti-Inflammatory Agents](#) : CK(20859) : AC(8334)

The effects of saffron in conjunction with concurrent training on body composition, glycaemic status, and inflammatory markers.

Pubmed Data : Br J Clin Pharmacol. 2022 Jan 9. Epub 2022 Jan 9. PMID: [35001410](#)

Article Published Date : Jan 08, 2022

Authors : Babak Hooshmand Moghadam, Amir Rashidlamir, Seyyed Reza Attarzadeh Hosseini, Abbas Ali Gaeini, Mojtaba Kaviani

Study Type : Human Study

Additional Links

Substances : [Saffron](#) : CK(864) : AC(189)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Therapeutic Actions : [Exercise](#) : CK(4855) : AC(736)

Pharmacological Actions : [Anti-Inflammatory Agents](#) : CK(20859) : AC(8334), [Interleukin-10 upregulation](#) : CK(105) : AC(24), [Interleukin-1 beta downregulation](#) : CK(3041) : AC(1567), [Interleukin-6 Downregulation](#) : CK(5029) : AC(1994), [Tumor Necrosis Factor \(TNF\) Alpha Inhibitor](#) : CK(6736) : AC(2815)

The onset and progression of diabetes in nonobese diabetic rats were effectively inhibited by running longer distances.

Pubmed Data : Physiol Res. 2020 Feb 19 ;69(1):73-84. Epub 2019 Dec 19. PMID: [31852198](#)

Article Published Date : Feb 18, 2020

Authors : I Nakamoto, A Ishihara

Study Type : Animal Study

Additional Links

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Therapeutic Actions : Exercise : CK(4855) : AC(736), Exercise: Running : CK(342) : AC(43)
Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

The role of exercise-induced myokines in muscle homeostasis and the defense against chronic diseases.

Pubmed Data : J Biomed Biotechnol. 2010 ;2010:520258. Epub 2010 Mar 9. PMID: [20224659](#)

Article Published Date : Dec 31, 2009

Authors : Claus Brandt, Bente K Pedersen

Study Type : Review

Additional Links

Diseases : Breast Cancer : CK(6327) : AC(2272), Cardiovascular Diseases : CK(12780) : AC(1983), Chronic Disease : CK(84) : AC(10), Colon Cancer : CK(1493) : AC(954), Dementia : CK(1689) : AC(279), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Therapeutic Actions : Exercise : CK(4855) : AC(736)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334)

These data suggest that commuting by bicycle to work is an important strategy for primordial prevention of clinical cardiovascular risk factors.

Pubmed Data : J Am Heart Assoc. 2016 10 31 ;5(11). Epub 2016 Oct 31. PMID: [27799235](#)

Article Published Date : Jan 30, 2016

Authors : Anders Grønntved, Robert W Koivula, Ingegerd Johansson, Patrik Wennberg, Lars Åstergaard, Gøran Hallmans, Frida Renström, Paul W Franks

Study Type : Human Study

Additional Links

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypertension : CK(6384) : AC(950), Obesity : CK(6879) : AC(1686)

Therapeutic Actions : Exercise : CK(4855) : AC(736)

Pharmacological Actions : Cardioprotective : CK(5377) : AC(1675)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Type 2 diabetic patients instructed to walk 10,000 steps per day increased HDL-C and resting energy expenditure and reduced plasminogen-activator inhibitor 1.

Pubmed Data : Metabolism. 2006 Oct ;55(10):1382-7. PMID: [16979410](#)

Article Published Date : Oct 01, 2006

Authors : Paul Araiza, Hilary Hewes, Carrie Gashetewa, Chantal A Vella, Mark R Burge

Study Type : Human Study

Additional Links

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Oxidative Stress : CK(9437) : AC(3550)

Therapeutic Actions : Exercise : CK(4855) : AC(736)

Vitamin C supplementation improves blood pressure and oxidative stress after acute exercise in patients with poorly controlled type 2 diabetes mellitus.

Pubmed Data : Chin J Physiol. 2021 Jan-Feb;64(1):16-23. PMID: [33642340](#)

Article Published Date : Dec 31, 2020

Authors : Chongchira Boonthongkaew, Terdthai Tong-Un, Yupaporn Kanpetta, Nisa Chaungchot, Chanvit Leelayuwat, Naruemon Leelayuwat

Study Type : Human Study

Additional Links

Substances : Vitamin C : CK(4687) : AC(1149)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypertension : CK(6384) : AC(950), Oxidative Stress : CK(9437) : AC(3550)

Therapeutic Actions : Exercise : CK(4855) : AC(736)

Pharmacological Actions : Antihypertensive Agents : CK(4527) : AC(683), Antioxidants : CK(21528) : AC(8856)

Yoga (AC 24) (CK 205)

A review of the effect of exercise on the quality of life in type 2 diabetes mellitus.

Pubmed Data : . PMID: [27990609](#)

Article Published Date : Jan 18, 2038

Study Type : Review

Additional Links

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Therapeutic Actions : Exercise : CK(4855) : AC(736), Exercise: Aerobic : CK(663) : AC(92), Exercise: Resistance Training : CK(547) : AC(63), Yoga : CK(3023) : AC(340)

Additional Keywords : Yoga : CK(3023) : AC(340), Yoga : CK(3023) : AC(340), Yoga : CK(3023) : AC(340), Yoga : CK(3023) : AC(340), Yoga : CK(3023) : AC(340), Yoga : CK(3023) : AC(340)

Adherence to yoga has an effect on the blood glucose parameters in diabetes.

Pubmed Data : Int J Yoga. 2017 Jan-Apr;10(1):29-36. PMID: [28149065](#)

Article Published Date : Dec 31, 2016

Authors : Praveen Angadi, Aarti Jagannathan, Arun Thulasi, Vinod Kumar, K Umamaheshwar, Nagarathna Raghuram

Study Type : Human Study

Additional Links

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Therapeutic Actions : [Yoga](#) : CK(3023) : AC(340)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

Additional Keywords : [Hypoglycemic Agents](#) : CK(5366) : AC(1338), [Hypoglycemic Agents](#) : CK(5366) : AC(1338), [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

Cardiac autonomic functions improved in patients with diabetes on standard treatment who followed the comprehensive yogic breathing program.

Pubmed Data : Indian J Endocrinol Metab. 2013 May ;17(3):480-5. PMID: [23869306](#)

Article Published Date : Apr 30, 2013

Authors : Viveka P Jyotsna, Smita Ambekar, Rajiv Singla, Ansumali Joshi, Anju Dhawan, Neeta Kumar, K K Deepak, V Sreenivas

Study Type : Human Study

Additional Links

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Therapeutic Actions : [Yoga](#) : CK(3023) : AC(340), [Yogic Technique: Sudarshan kriya](#) : CK(245) : AC(29)

Effect of yoga and exercise on glycemic control and psychosocial parameters in type 2 diabetes mellitus.

Pubmed Data : Int J Yoga. 2020 May-Aug;13(2):144-151. Epub 2020 May 1. PMID: [32669769](#)

Article Published Date : Apr 30, 2020

Authors : Vijay Pratap Singh, Bidita Khandelwal

Study Type : Human Study

Additional Links

Diseases : , Depression : CK(6233) : AC(1096), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Therapeutic Actions : Exercise : CK(4855) : AC(736), Yoga : CK(3023) : AC(340)

Pharmacological Actions : Anti-Anxiety Agents : CK(2913) : AC(487), Antidepressive Agents : CK(4882) : AC(874), Hypoglycemic Agents : CK(5366) : AC(1338)

Effectiveness of yoga as the public health intervention module in the management of diabetes and diabetes associated dementia.

Pubmed Data : Neuroepidemiology. 2020 Feb 19:1-17. Epub 2020 Feb 19. PMID: [32074622](#)

Article Published Date : Feb 18, 2020

Authors : Parul Bali, Navneet Kaur, Abha Tiwari, Sridhar Bammidi, Vivek Podder, Chandra Devi, Saurabh Kumar, Madhava Sai Sivapuram, Abdul Ghani, Shweta Modgil, Neeru Malik, Akshay Anand

Study Type : Review

Additional Links

Diseases : Diabetes: Cognitive Dysfunction : CK(167) : AC(76), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Therapeutic Actions : Yoga : CK(3023) : AC(340)

Pharmacological Actions : Neuroprotective Agents : CK(10404) : AC(4396)

Peer support and yoga improved perceptions of quality of life in patients with type 2 diabetes.

Pubmed Data : Indian J Endocrinol Metab. 2017 Jul-Aug;21(4):524-530. PMID: [28670534](#)

Article Published Date : Jun 30, 2017

Authors : Aswathy Sreedevi, Ambika Gopalakrishnan Unnikrishnan, Sundaram Ramaiyer Karimassery, Kuttikattu Soman Deepak

Study Type : Human Study

Additional Links

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Therapeutic Actions : Yoga : CK(3023) : AC(340)

Pranayama (therapeutic breathing) and yoga postures have a therapeutic effect on cognitive brain functions in type 2 diabetes patients.

Pubmed Data : Indian J Med Res. 2010 May;131:636-40. PMID: [20516534](#)

Article Published Date : May 01, 2010

Authors : Tenzin Kyizom, Savita Singh, K P Singh, O P Tandon, Rahul Kumar

Study Type : Human Study

Additional Links

Diseases : Diabetes: Cognitive Dysfunction : CK(167) : AC(76), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Therapeutic Actions : Therapeutic Breathing : CK(446) : AC(47), Yoga : CK(3023) : AC(340)

Raja yoga meditation lowered serum cholesterol and low-density lipoprotein-cholesterol in post-menopausal women thus reducing the risk of coronary artery disease in them.

Pubmed Data : Indian J Physiol Pharmacol. 2008 Oct-Dec;52(4):420-4. PMID: [19585761](#)

Article Published Date : Oct 01, 2008

Authors : Rashmi Vyas, Kanti V Raval, Nirupama Dikshit

Study Type : Human Study

Additional Links

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), High Cholesterol : CK(2715) : AC(455)

Therapeutic Actions : Meditation : CK(1288) : AC(146), Yoga : CK(3023) : AC(340)

Regular practice of yogasanas improved glycaemic control, oxidative stress, inflammatory response and sleep quality among subjects with type 2 diabetes.

Pubmed Data : Diabetes Res Clin Pract. 2020 Dec 25 ;172:108644. Epub 2020 Dec 25. PMID: [33359750](#)

Article Published Date : Dec 24, 2020

Authors : Vijay Viswanathan, Sumathi Sivakumar, A Sai Prathiba, Arutselvi Devarajan, Leema George, Satyavani Kumpatla

Study Type : Human Study

Additional Links

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Therapeutic Actions : Yoga : CK(3023) : AC(340)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338), Interleukin-6 Downregulation : CK(5029) : AC(1994), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Subjects with type 2 diabetes in yoga practice reduced body mass index, improved well-being, and reduced anxiety.

Pubmed Data : Metab Syndr Relat Disord. 2009 Dec;7(6):515-7. PMID: [19900155](#)

Article Published Date : Dec 01, 2009

Authors : Madhu Kosuri, Gumpeny R Sridhar

Study Type : Animal Study

Additional Links

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Therapeutic Actions : [Yoga](#) : CK(3023) : AC(340)

Sudarshan Kriya Yoga practice led to significant improvement in quality of life in patients with type 2 diabetes.

Pubmed Data : Indian J Endocrinol Metab. 2012 May ;16(3):423-8. PMID: [22629512](#)

Article Published Date : Apr 30, 2012

Authors : Viveka P Jyotsna, Ansumali Joshi, Smita Ambekar, Neeta Kumar, Anju Dhawan, Vishnubhatla Sreenivas

Study Type : Human Study

Additional Links

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Therapeutic Actions : [Yoga](#) : CK(3023) : AC(340), [Yogic Technique: Sudarshan kriya](#) : CK(245) : AC(29)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

The effect of yoga and peer support on glycaemic outcomes was incremental.

Pubmed Data : BMC Complement Altern Med. 2017 Feb 7 ;17(1):100. Epub 2017 Feb 7. PMID: [28173786](#)

Article Published Date : Feb 06, 2017

Authors : Aswathy Sreedevi, Unnikrishnan Ambika Gopalakrishnan, Sundaram Karimassery Ramaiyer, Leelamoni Kamalamma

Study Type : Human Study

Additional Links

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Hypertension](#) : CK(6384) : AC(950)

Therapeutic Actions : [Yoga](#) : CK(3023) : AC(340)

Pharmacological Actions : Antihypertensive Agents : CK(4527) : AC(683), Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Hypoglycemic Agents : CK(5366) : AC(1338), Hypoglycemic Agents : CK(5366) : AC(1338), Hypoglycemic Agents : CK(5366) : AC(1338), Hypoglycemic Agents : CK(5366) : AC(1338), Hypoglycemic Agents : CK(5366) : AC(1338)

The practice of Yoga-nidra improves treatment outcomes in type 2 diabetic patients on oral hypoglycemics.

Pubmed Data : Indian J Physiol Pharmacol. 2009 Jan-Mar;53(1):97-101. PMID: [19810584](#)

Article Published Date : Jan 01, 2009

Authors : S Amita, S Prabhakar, I Manoj, S Harminder, T Pavan

Study Type : Human Study

Additional Links

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Therapeutic Actions : Yoga : CK(3023) : AC(340)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

This trial points towards the beneficial effect of yogic breathing program in preventing progression of cardiac neuropathy.

Pubmed Data : Indian J Endocrinol Metab. 2014 Jul ;18(4):582-4. PMID: [25143922](#)

Article Published Date : Jun 30, 2014

Authors : V P Jyotsna, Anju Dhawan, V Sreenivas, K K Deepak, Rajiv Singla

Study Type : Human Study

Additional Links

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Neuropathy : CK(244) : AC(65)

Therapeutic Actions : Yoga : CK(3023) : AC(340), Yogic Technique: Sudarshan kriya : CK(245) : AC(29)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Yoga could play a vital role as an adjuvant in the management of risk factors, disease progression and the complications of the T2DM.

Pubmed Data : Diabetes Metab Syndr. 2017 Mar 6. Epub 2017 Mar 6. PMID: [28283397](#)

Article Published Date : Mar 05, 2017

Authors : A Mooventhan

Study Type : Review

Additional Links

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Therapeutic Actions : [Yoga](#) : CK(3023) : AC(340)

Yoga exercise is more effective in improving the sleep quality in comparison with the same course of aerobic exercise in women suffering from diabetes Type 2.

Pubmed Data : Sleep Sci. 2017 Apr-Jun;10(2):68-72. PMID: [28966742](#)

Article Published Date : Mar 31, 2017

Authors : Mohsen Ebrahimi, Tayebe Nazari Guilan-Nejad, Abbas Foroughi Pordanjani

Study Type : Human Study

Additional Links

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Sleep Disorders](#) : CK(1209) : AC(158)

Therapeutic Actions : [Exercise: Aerobic](#) : CK(663) : AC(92), [Yoga](#) : CK(3023) : AC(340)

Yoga has a positive role in modifying certain cardiovascular functions in type 2 diabetic patients.

Pubmed Data : Prog Neuropsychopharmacol Biol Psychiatry. 2002 Jun;26(5):855-60. PMID: [15636309](#)

Article Published Date : Jun 01, 2002

Authors : Savita Singh, V Malhotra, K P Singh, S V Madhu, O P Tandon

Study Type : Human Study

Additional Links

Diseases : [Diabetes: Cardiovascular Illness](#) : CK(707) : AC(111), [Diabetes: Glycation/A1C](#) : CK(210) : AC(33), [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Therapeutic Actions : [Yoga](#) : CK(3023) : AC(340)

Yoga improves quality of life and fall risk-factors in a sample of people with chronic pain and type 2 diabetes.

Pubmed Data : Complement Ther Clin Pract. 2018 Feb 15. Epub 2018 Feb 15. PMID: [29526474](#)

Article Published Date : Feb 14, 2018

Authors : Arlene A Schmid, Karen E Adler, Matthew P Malcolm, Laura A Grimm, Tara C Klinedinst, David R Marchant, Tasha P Marchant, Jennifer Dickman Portz

Study Type : Human Study

Additional Links

Diseases : [Chronic Pain](#) : CK(206) : AC(33), [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Therapeutic Actions : [Yoga](#) : CK(3023) : AC(340)

Yoga offers a promising lifestyle intervention for decreasing weight related type 2 diabetes risk factors and potentially increasing psychological well-being.

Pubmed Data : BMC Complement Altern Med. 2014 ;14:212. Epub 2014 Jul 1. PMID: [24980650](#)

Article Published Date : Dec 31, 2013

Authors : Kelly A McDermott, Mohan Raghavendra Rao, Raghuram Nagarathna, Elizabeth J Murphy, Adam Burke, Ramarao Hongasandra Nagendra, Frederick M Hecht

Study Type : Human Study

Additional Links

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Diabetes Mellitus: Type 2: Prevention](#) : CK(1075) : AC(148), [Hypertension](#) : CK(6384) : AC(950), [Prediabetes](#) : CK(192) : AC(23)

Therapeutic Actions : [Yoga](#) : CK(3023) : AC(340)

Additional Keywords : [Risk Reduction](#) : CK(15144) : AC(1708), [Significant Treatment Outcome](#) : CK(3903) : AC(462)

Yoga participants had significantly greater improvement in reduced glutathione compared to controls.

Pubmed Data : Int J Yoga Therap. 2019 Jul 8. Epub 2019 Jul 8. PMID: [31283365](#)

Article Published Date : Jul 07, 2019

Authors : Shreelaxmi V Hegde, Prabha Adhikari, Shashidhar M Kotian, Rajeshwari Shastry

Study Type : Human Study

Additional Links

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Therapeutic Actions : [Yoga](#) : CK(3023) : AC(340)

Pharmacological Actions : [Antioxidants](#) : CK(21528) : AC(8856), [Glutathione Upregulation](#) : CK(299) : AC(96)

Yoga reduces oxidative stress in type 2 diabetics.

Pubmed Data : Diabetes Care. 2011 Aug 11. Epub 2011 Aug 11. PMID: [21836105](#)

Article Published Date : Aug 11, 2011

Authors : Shreelaxmi V Hegde, Prabha Adhikari, Shashidhar Kotian, Veena J Pinto, Sydney D'Souza, Vivian D'Souza

Study Type : Human Study

Additional Links

Diseases : [Diabetes: Oxidative Stress : CK\(492\) : AC\(182\)](#), [Diabetes Mellitus: Type 2 : CK\(8552\) : AC\(1714\)](#)

Therapeutic Actions : [Yoga : CK\(3023\) : AC\(340\)](#)

Pharmacological Actions : [Antioxidants : CK\(21528\) : AC\(8856\)](#)

Yoga therapy reduces hyperglycemia and the quantities of oral hypoglycemic drugs in patients with type 2 diabetes.

Pubmed Data : Vopr Kurortol Fizioter Lech Fiz Kult. 1993 Jul-Aug(4):7-9. PMID: [8236936](#)

Article Published Date : Jul 01, 1993

Authors : V V Bulavin, V M Kliuzhev, L M Kliachkin, Lakshmankumar, N D Zuikhin, T N Vlasova

Study Type : Human Study

Additional Links

Diseases : [Diabetes Mellitus: Type 2 : CK\(8552\) : AC\(1714\)](#)

Therapeutic Actions : [Yoga : CK\(3023\) : AC\(340\)](#)

Additional Keywords : [Drug Sparing : CK\(451\) : AC\(50\)](#)

Yoga-based lifestyle treatment and composite treatment goals in Type 2 Diabetes in a rural South Indian setup- a retrospective study.

Pubmed Data : Sci Rep. 2020 Apr 14 ;10(1):6402. Epub 2020 Apr 14. PMID: [32286379](#)

Article Published Date : Apr 13, 2020

Authors : Geetharani Arumugam, Raghuram Nagarathna, Vijaya Majumdar, Mandeep Singh, Rambabu Srinivasalu, Rajagopal Sanjival, Venkat S Ram, Hongasandra Ramarao Nagendra

Study Type : Human Study

Additional Links

Diseases : [Diabetes Mellitus: Type 2 : CK\(8552\) : AC\(1714\)](#)

Therapeutic Actions : [Yoga : CK\(3023\) : AC\(340\)](#)

Additional Keywords : [Risk Reduction : CK\(15144\) : AC\(1708\)](#)

Yogic intervention may have the beneficial effects on blood sugar and lipid profile in elderly women with T2DM.

Pubmed Data : Int J Yoga. 2018 May-Aug;11(2):129-138. PMID: [29755222](#)

Article Published Date : Apr 30, 2018

Authors : Santwana Mondal, Brajanath Kundu, Sukanta Saha

Study Type : Human Study

Additional Links

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Therapeutic Actions : [Yoga](#) : CK(3023) : AC(340)

Pharmacological Actions : [Anticholesteremic Agents](#) : CK(3078) : AC(530), [Hypoglycemic Agents](#) : CK(5366) : AC(1338), [Hypolipidemic](#) : CK(5358) : AC(1221)

Beta-glucan (AC 23) (CK 183)

Barley and beta-glucan isolated from barley lower total and LDL cholesterol.

Pubmed Data : Eur J Clin Nutr. 2010 Dec ;64(12):1472-80. Epub 2010 Oct 6. PMID: [20924392](#)

Article Published Date : Dec 01, 2010

Authors : S S AbuMweis, S Jew, N P Ames

Study Type : Meta Analysis

Additional Links

Substances : [Barley](#) : CK(77) : AC(19), [Beta-glucan](#) : CK(583) : AC(93)

Diseases : [High Cholesterol](#) : CK(2715) : AC(455)

Pharmacological Actions : [Anticholesteremic Agents](#) : CK(3078) : AC(530)

Additional Keywords : [Phytotherapy](#) : CK(3062) : AC(812), [Randomized Controlled Trials As Topic](#) : CK(275) : AC(21)

Barley beta-glucan lowers cholesterol and increases fecal bile acid and short chain fatty acid secretion in mildly hypercholesteremic individuals.

Pubmed Data : Food Funct. 2018 Jun 20 ;9(6):3092-3096. PMID: [29872803](#)

Article Published Date : Jun 20, 2018

Authors : Sijo J Thandapilly, Saymore P Ndou, Yanan Wang, Charles M Nyachoti, Nancy P Ames

Study Type : Human Study

Additional Links

Substances : [Beta-glucan](#) : CK(583) : AC(93)

Diseases : [High Cholesterol](#) : CK(2715) : AC(455)

Pharmacological Actions : [Anticholesteremic Agents](#) : CK(3078) : AC(530)

Barley β -glucan reduces blood cholesterol levels via interrupting bile acid metabolism.

Pubmed Data : Br J Nutr. 2017 Nov ;118(10):822-829. Epub 2017 Nov 8. PMID: [29115200](#)

Article Published Date : Oct 31, 2017

Authors : Yanan Wang, Scott V Harding, Sijo J Thandapilly, Susan M Tosh, Peter J H Jones, Nancy P Ames

Study Type : Animal Study

Additional Links

Substances : [Barley](#) : CK(77) : AC(19), [Beta-glucan](#) : CK(583) : AC(93)

Diseases : [High Cholesterol](#) : CK(2715) : AC(455), [Hypercholesterolemia](#) : CK(2333) : AC(408)

Pharmacological Actions : [Anticholesteremic Agents](#) : CK(3078) : AC(530)

Additional Keywords : [Plant Extracts](#) : CK(14140) : AC(5210)

Beta glucan increases serum nitric oxide in hypercholesteremic patients.

Pubmed Data : Biomed Res Int. 2014 ;2014:481904. Epub 2014 Jun 12. PMID: [25025057](#)

Article Published Date : Jan 01, 2014

Authors : Faezeh Tabesh, Hamid Sanei, Mansour Jahangiri, Amir Momenizadeh, Elham Tabesh, Kiana Pourmohammadi, Masoumeh Sadeghi

Study Type : Human Study

Additional Links

Substances : [Beta-glucan](#) : CK(583) : AC(93), [Fiber](#) : CK(1411) : AC(184)

Diseases : [High Cholesterol](#) : CK(2715) : AC(455), [Obesity](#) : CK(6879) : AC(1686)

Pharmacological Actions : [Nitric Oxide Enhancer](#) : CK(261) : AC(76)

Beta-glucan-rich oat products reduce total cholesterol and LDL-C in mildly hypercholesteremic overweight adults.

Pubmed Data : Br J Nutr. 2012 Apr ;107(7):1037-47. Epub 2011 Aug 3. PMID: [21810288](#)

Article Published Date : Apr 01, 2012

Authors : Karen E Charlton, Linda C Tapsell, Marijka J Batterham, Jane O'Shea, Rebecca Thorne, Eleanor Beck, Susan M Tosh

Study Type : Human Study

Additional Links

Substances : [Beta-glucan](#) : CK(583) : AC(93), [Fiber](#) : CK(1411) : AC(184)

Diseases : [High Cholesterol](#) : CK(2715) : AC(455)

Pharmacological Actions : [Anticholesteremic Agents](#) : CK(3078) : AC(530)

Beta-glucans interact with lipids and biliary salts in the bowel to consequently reduce cholesterol levels.

Pubmed Data : [Int J Mol Med](#). 2018 Apr ;41(4):1799-1808. Epub 2018 Jan 22. PMID: [29393350](#)

Article Published Date : Apr 01, 2018

Authors : Petr Sima, Luca Vannucci, Vaclav Vetvicka

Study Type : Review

Additional Links

Substances : [Beta-glucan](#) : CK(583) : AC(93), [Fiber](#) : CK(1411) : AC(184)

Diseases : [High Cholesterol](#) : CK(2715) : AC(455)

Pharmacological Actions : [Anticholesteremic Agents](#) : CK(3078) : AC(530)

Bioactive oat β^2 -glucan reduces LDL cholesterol in Caucasians and non-Caucasians.

Pubmed Data : [Nutr J](#). 2011 Nov 25 ;10:130. Epub 2011 Nov 25. PMID: [22118569](#)

Article Published Date : Nov 25, 2011

Authors : Thomas M S Wolever, Alison L Gibbs, Jennie Brand-Miller, Alison M Duncan, Valerie Hart, Benoît Lamarche, Susan M Tosh, Ruedi Duss

Study Type : Human Study

Additional Links

Substances : [Beta-glucan](#) : CK(583) : AC(93), [Fiber](#) : CK(1411) : AC(184)

Diseases : [Dyslipidemias](#) : CK(1104) : AC(241), [High Cholesterol](#) : CK(2715) : AC(455)

Pharmacological Actions : [Anticholesteremic Agents](#) : CK(3078) : AC(530)

Concentrated oat beta-glucan, a fermentable fiber, lowers serum cholesterol in hypercholesterolemic adults.

Pubmed Data : [Nutr J](#). 2007;6:6. Epub 2007 Mar 26. PMID: [17386092](#)

Article Published Date : Jan 01, 2007

Authors : Katie M Queenan, Maria L Stewart, Kristen N Smith, William Thomas, R Gary Fulcher, Joanne L Slavin

Study Type : Human Study

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Fiber : CK(1411) : AC(184), Oats : CK(451) : AC(76)

Diseases : Cholesterol: LDL/HDL ratio : CK(556) : AC(67), High Cholesterol : CK(2715) : AC(455), Hypercholesterolemia : CK(2333) : AC(408), Hypertension : CK(6384) : AC(950)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

High molecular weight beta glucan reduces total cholesterol in mildly hypercholesterolemic adults, the effect of which may be influenced by CYP7A1 genetic status.

Pubmed Data : J Nutr. 2016 04 ;146(4):720-7. Epub 2016 Mar 2. PMID: [26936139](#)

Article Published Date : Jan 01, 2016

Authors : Yanan Wang, Scott V Harding, Peter Eck, Sijo J Thandapilly, Tamer H Gamel, El-Sayed M Abdel-Aal, Gary H Crow, Susan M Tosh, Peter Jh Jones, Nancy P Ames

Study Type : Human Study

Additional Links

Substances : Beta-glucan : CK(583) : AC(93)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Hull-less barley beta-glucan reduces the concentration of plasma LDL cholesterol by promoting the excretion of fecal lipids, and regulating the activities of HMG-CoA reductase and CYP7A1 in hypercholesterolemic hamsters.

Pubmed Data : Food Chem. 2015 Feb 15 ;169:344-9. Epub 2014 Aug 10. PMID: [25236236](#)

Article Published Date : Feb 15, 2015

Authors : Li-Tao Tong, Kui Zhong, Liya Liu, Xianrong Zhou, Ju Qiu, Sumei Zhou

Study Type : Animal Study

Additional Links

Substances : Beta-glucan : CK(583) : AC(93)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Increase in postprandial plasma glucose and insulin

levels is suppressed by mixing high-Î²-glucan barley with a white rice meal in type 2 diabetic patients.

Pubmed Data : Clin Nutr Res. 2020 Jan ;9(1):43-51. Epub 2020 Jan 28. PMID: [32095447](#)

Article Published Date : Jan 01, 2020

Authors : Yukie Fuse, Mariko Higa, Naoko Miyashita, Asami Fujitani, Kaoru Yamashita, Takamasa Ichijo, Seiichiro Aoe, Takahisa Hirose

Study Type : Human Study

Additional Links

Substances : Beta-glucan : CK(583) : AC(93)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Insulin Sensitizers : CK(1185) : AC(244)

Lard functionalized with anticholesterolemic mushroom extracts lowers cholesterol in hypercholesterolemic mice.

Pubmed Data : J Agric Food Chem. 2016 Mar 2 ;64(8):1686-94. Epub 2016 Feb 22. PMID: [26900983](#)

Article Published Date : Mar 02, 2016

Authors : VÃctor Caz, Alicia Gil-RamÃrez, MÃnica SantamarÃa, MarÃa Tabernero, Cristina Soler-Rivas, Roberto MartÃn-HernÃndez, Francisco R MarÃn, Guillermo Reglero, Carlota Largo

Study Type : Animal Study

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Mushrooms: All : CK(1716) : AC(798)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Oat beta-glucan has a lowering effect on LDL-C, non HDL-C, and apolipoprotein B.

Pubmed Data : Br J Nutr. 2016 Oct ;116(8):1369-1382. Epub 2016 Oct 11. PMID: [27724985](#)

Article Published Date : Oct 01, 2016

Authors : Hoang V T Ho, John L Sievenpiper, Andreea Zurbau, Sonia Blanco Mejia, Elena Jovanovski, Fei Au-Yeung, Alexandra L Jenkins, Vladimir Vuksan

Study Type : Meta Analysis

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Fiber : CK(1411) : AC(184)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Oat bran flour high in beta-glucan had a low glycemic response and acted as an active ingredient decreasing postprandial glycemic response of an oral glucose load in subjects with type 2 diabetes.

Pubmed Data : Nutr Metab Cardiovasc Dis. 2005 Aug;15(4):255-61. PMID: [16054549](#)

Article Published Date : Aug 01, 2005

Authors : N Tapola, H Karvonen, L Niskanen, M Mikola, E Sarkkinen

Study Type : Human Study

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Fiber : CK(1411) : AC(184), Oat Bran : CK(83) : AC(16), Oats : CK(451) : AC(76)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Oat proteins and beta-glucan have a synergistic anticholesterolemic effect.

Pubmed Data : J Sci Food Agric. 2016 Mar 15 ;96(4):1396-401. Epub 2015 May 21. PMID: [25913820](#)

Article Published Date : Mar 15, 2016

Authors : Li-Tao Tong, Lina Guo, Xianrong Zhou, Ju Qiu, Liya Liu, Kui Zhong, Sumei Zhou

Study Type : Animal Study

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Oats : CK(451) : AC(76)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Additional Keywords : Phytotherapy : CK(3062) : AC(812)

Oat-containing cereal lowers total cholesterol in Hispanic americans.

Pubmed Data : J Am Diet Assoc. 2005 Jun;105(6):967-70. PMID: [15942550](#)

Article Published Date : Jun 01, 2005

Authors : Wahida Karmally, Maria G Montez, Walter Palmas, Wendy Martinez, Anita Branstetter, Rajasekhar Ramakrishnan, Steve F Holleran, Steven M Haffner, Henry N Ginsberg

Study Type : Human Study

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Oats : CK(451) : AC(76)

Diseases : Cholesterol: LDL/HDL ratio : CK(556) : AC(67), High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Oat-derived beta-glucan significantly improves HDLC and diminishes LDLC and non-HDL cholesterol in overweight individuals with mild hypercholesterolemia.

Pubmed Data : Am J Ther. 2007 Mar-Apr;14(2):203-12. PMID: [17414591](#)

Article Published Date : Mar 01, 2007

Authors : Nadia Reyna-Villasmil, Valmore Berm dez-Pirela, Edgardo Mengual-Moreno, Nelly Arias, Cl maco Cano-Ponce, Elliuz Leal-Gonzalez, Aida Souki, George E Inglett, Zafar H Israili, Rafael Hern ndez-Hern ndez, Manuel Valasco, Naikt Arraiz

Study Type : Human Study

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Oats : CK(451) : AC(76)

Diseases : HDL: Low : CK(305) : AC(50), High Cholesterol : CK(2715) : AC(455), Hypercholesterolemia : CK(2333) : AC(408), Hypertension : CK(6384) : AC(950)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Oatmeal reduced serum total cholesterol and LDL-cholesterol levels in hypercholesterolemic Thai adults.

Pubmed Data : J Med Assoc Thai. 2013 Dec ;96 Suppl 5:S25-32. PMID: [24851570](#)

Article Published Date : Dec 01, 2013

Authors : Pimonphan Thongoun, Patcharanee Pavadhgul, Akkarach Bumrungpert, Pratana Satitvipawee, Yashna Harjani, Anne Kurilich

Study Type : Human Study

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Oats : CK(451) : AC(76)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Oats are unique among the cereal grains in respect to its many therapeutic properties.

Pubmed Data : Eur J Nutr. 2008 Mar;47(2):68-79. Epub 2008 Feb 26. PMID: [18301937](#)

Article Published Date : Mar 01, 2008

Authors : Masood Sadiq Butt, Muhammad Tahir-Nadeem, Muhammad Kashif Iqbal Khan, Rabia

Shabir, Mehmood S Butt

Study Type : Review

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Fiber : CK(1411) : AC(184), Oats : CK(451) : AC(76)

Diseases : Celiac Disease : CK(1641) : AC(240), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), High Cholesterol : CK(2715) : AC(455)

Studies show that, on average, oat consumption is associated with 5% and 7% reductions in total and LDL cholesterol, respectively.

Pubmed Data : Nutr Rev. 2011 Jun ;69(6):299-309. PMID: [21631511](#)

Article Published Date : Jun 01, 2011

Authors : Rgia A Othman, Mohammed H Moghadasian, Peter Jh Jones

Study Type : Review

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Fiber : CK(1411) : AC(184)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

The LDL-cholesterol lowering effect of oat beta-glucan depends on molecular weight (size).

Pubmed Data : Am J Clin Nutr. 2010 Oct;92(4):723-32. Epub 2010 Jul 21. PMID: [20660224](#)

Article Published Date : Oct 01, 2010

Authors : Thomas M S Wolever, Susan M Tosh, Alison L Gibbs, Jennie Brand-Miller, Alison M Duncan, Valerie Hart, Benoît Lamarche, Barbara A Thomson, Ruedi Duss, Peter J Wood

Study Type : Human Study

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Fiber : CK(1411) : AC(184), Oats : CK(451) : AC(76)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

These results show that chronic consumption of β -glucans can improve glucose control and decrease fatty liver in a model of diabetes with obesity.

Pubmed Data : Eur J Nutr. 2013 Oct ;52(7):1743-53. Epub 2012 Dec 11. PMID: [23229409](#)

Article Published Date : Oct 01, 2013

Authors : David A Brockman, Xiaoli Chen, Daniel D Gallaher

Study Type : Animal Study

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Fiber : CK(1411) : AC(184)

Diseases : Adiponectin: Low Levels : CK(233) : AC(48), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Fatty Liver : CK(2522) : AC(701), Insulin Resistance : CK(3522) : AC(792), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : Adiponectin upregulation : CK(217) : AC(39), Adiponectin upregulation : CK(217) : AC(39)

Problem Substances : Insulin : CK(384) : AC(68)

Î²-glucans reduce LDL cholesterol in patients with myasthenia gravis.

Pubmed Data : Eur J Clin Nutr. 2013 Feb ;67(2):226-7. Epub 2012 Nov 28. PMID: [23187951](#)

Article Published Date : Feb 01, 2013

Authors : L Haggård, M Andersson, A R Punga

Study Type : Human Study

Additional Links

Substances : Beta-glucan : CK(583) : AC(93)

Diseases : High Cholesterol : CK(2715) : AC(455), Myasthenia Gravis : CK(82) : AC(14)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Fiber (AC 26) (CK 182)

A diet high in plant sterols, vegetable proteins, viscous fibers and almonds is as effective as the statin drug lovastatin in managing hypercholesterolemia.

Pubmed Data : JAMA. 2003 Jul 23;290(4):502-10. PMID: [12876093](#)

Article Published Date : Jul 23, 2003

Authors : David J A Jenkins, Cyril W C Kendall, Augustine Marchie, Dorothea A Faulkner, Julia M W Wong, Russell de Souza, Azadeh Emam, Tina L Parker, Edward Vidgen, Karen G Lapsley, Elke A Trautwein, Robert G Josse, Lawrence A Leiter, Philip W Connelly

Study Type : Human Study

Additional Links

Substances : Almond : CK(421) : AC(59), Fiber : CK(1411) : AC(184), Vegetables: All : CK(2009) : AC(209)

Diseases : C-Reactive Protein : CK(3134) : AC(310), High Cholesterol : CK(2715) : AC(455), Hyperlipidemia : CK(1569) : AC(402)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Additional Keywords : Natural Substances Versus Drugs : CK(2375) : AC(479)

A higher content of fiber in the diet reduces HbA1c and triglycerides, while improving HDL-c levels.

Pubmed Data : J Diabetes Res. 2016 ;2016:2980406. Epub 2016 Apr 10. PMID: [27144178](#)

Article Published Date : Dec 31, 2015

Authors : Lubia Velázquez-López, Abril Violeta Muñoz-Torres, Carmen García-Peña, Mardia López-Alarcón, Sergio Islas-Andrade, Jorge Escobedo-de la Peña

Study Type : Human Study

Additional Links

Substances : Fiber : CK(1411) : AC(184)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Beta glucan increases serum nitric oxide in hypercholesteremic patients.

Pubmed Data : Biomed Res Int. 2014 ;2014:481904. Epub 2014 Jun 12. PMID: [25025057](#)

Article Published Date : Jan 01, 2014

Authors : Faezeh Tabesh, Hamid Sanei, Mansour Jahangiri, Amir Momenizadeh, Elham Tabesh, Kiana Pourmohammadi, Masoumeh Sadeghi

Study Type : Human Study

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Fiber : CK(1411) : AC(184)

Diseases : High Cholesterol : CK(2715) : AC(455), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : Nitric Oxide Enhancer : CK(261) : AC(76)

Beta-glucan-rich oat products reduce total cholesterol and LDL-C in mildly hypercholesteremic overweight adults.

Pubmed Data : Br J Nutr. 2012 Apr ;107(7):1037-47. Epub 2011 Aug 3. PMID: [21810288](#)

Article Published Date : Apr 01, 2012

Authors : Karen E Charlton, Linda C Tapsell, Marijka J Batterham, Jane O'Shea, Rebecca Thorne, Eleanor Beck, Susan M Tosh

Study Type : Human Study

Additional Links

Substances : [Beta-glucan](#) : CK(583) : AC(93), [Fiber](#) : CK(1411) : AC(184)

Diseases : [High Cholesterol](#) : CK(2715) : AC(455)

Pharmacological Actions : [Anticholesteremic Agents](#) : CK(3078) : AC(530)

Beta-glucans interact with lipids and biliary salts in the bowel to consequently reduce cholesterol levels.

Pubmed Data : Int J Mol Med. 2018 Apr ;41(4):1799-1808. Epub 2018 Jan 22. PMID: [29393350](#)

Article Published Date : Apr 01, 2018

Authors : Petr Sima, Luca Vannucci, Vaclav Vetvicka

Study Type : Review

Additional Links

Substances : [Beta-glucan](#) : CK(583) : AC(93), [Fiber](#) : CK(1411) : AC(184)

Diseases : [High Cholesterol](#) : CK(2715) : AC(455)

Pharmacological Actions : [Anticholesteremic Agents](#) : CK(3078) : AC(530)

Bioactive oat β -glucan reduces LDL cholesterol in Caucasians and non-Caucasians.

Pubmed Data : Nutr J. 2011 Nov 25 ;10:130. Epub 2011 Nov 25. PMID: [22118569](#)

Article Published Date : Nov 25, 2011

Authors : Thomas M S Wolever, Alison L Gibbs, Jennie Brand-Miller, Alison M Duncan, Valerie Hart, Benoît Lamarche, Susan M Tosh, Ruedi Duss

Study Type : Human Study

Additional Links

Substances : [Beta-glucan](#) : CK(583) : AC(93), [Fiber](#) : CK(1411) : AC(184)

Diseases : [Dyslipidemias](#) : CK(1104) : AC(241), [High Cholesterol](#) : CK(2715) : AC(455)

Pharmacological Actions : [Anticholesteremic Agents](#) : CK(3078) : AC(530)

Concentrated oat beta-glucan, a fermentable fiber, lowers serum cholesterol in hypercholesterolemic adults.

Pubmed Data : Nutr J. 2007;6:6. Epub 2007 Mar 26. PMID: [17386092](#)

Article Published Date : Jan 01, 2007

Authors : Katie M Queenan, Maria L Stewart, Kristen N Smith, William Thomas, R Gary Fulcher, Joanne L Slavin

Study Type : Human Study

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Fiber : CK(1411) : AC(184), Oats : CK(451) : AC(76)

Diseases : Cholesterol: LDL/HDL ratio : CK(556) : AC(67), High Cholesterol : CK(2715) : AC(455), Hypercholesterolemia : CK(2333) : AC(408), Hypertension : CK(6384) : AC(950)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Cookies enriched with psyllium or oat bran lower plasma LDL cholesterol in normal and hypercholesterolemic men.

Pubmed Data : J Pharmacol Sci. 2007 Aug;104(4):355-65. Epub 2007 Aug 10. PMID: [9853540](#)

Article Published Date : Aug 01, 2007

Authors : A L Romero, J E Romero, S Galaviz, M L Fernandez

Study Type : Human Study

Additional Links

Substances : Fiber : CK(1411) : AC(184), Oats : CK(451) : AC(76), Psyllium : CK(273) : AC(36)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Daily consumption of 40g of oat bran decreases insulin resistance parameters.

Pubmed Data : Nutr Hosp. 2016 02 16 ;33(1):123-130. Epub 2016 Feb 16. PMID: [27019267](#)

Article Published Date : Jan 16, 2016

Authors : Simone Raimondi de Souza, Gláucia Maria Moraes de Oliveira, Ronir Raggio Luiz, Glorimar Rosa

Study Type : Human Study

Additional Links

Substances : Fiber : CK(1411) : AC(184), Oat Bran : CK(83) : AC(16)

Diseases : High Cholesterol : CK(2715) : AC(455), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Insulin Sensitizers : CK(1185) : AC(244)

Eggplant phenolics may inhibit key enzymes associated with the pathogenesis of type 2 diabetes and hypertension.

Pubmed Data : Bioresour Technol. 2008 May;99(8):2981-8. Epub 2007 Aug 13. PMID: [17706416](#)

Article Published Date : May 01, 2008

Authors : Y-I Kwon, E Apostolidis, K Shetty

Study Type : Commentary

Additional Links

Substances : Eggplant : CK(30) : AC(16), Fiber : CK(1411) : AC(184)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypertension : CK(6384) : AC(950)

Pharmacological Actions : Alpha-glucosidase inhibitor : CK(274) : AC(201), Angiotensin-Converting Enzyme Inhibitors : CK(99) : AC(54), Enzyme Inhibitors : CK(692) : AC(347)

High doses of dietary fiber were able to improve numerous metabolic indicators in patients with DM2.

Pubmed Data : Exp Ther Med. 2016 Aug ;12(2):1232-1242. Epub 2016 May 20. PMID: [27446349](#)

Article Published Date : Jul 31, 2016

Authors : Chunye Chen, Yuan Zeng, Jing Xu, Hongting Zheng, Jun Liu, Rong Fan, Wenyi Zhu, Lijia Yuan, Yu Qin, Shihui Chen, Yong Zhou, Ying Wu, Jing Wan, Mantian Mi, Jian Wang

Study Type : Human Study

Additional Links

Substances : Fiber : CK(1411) : AC(184)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Increased consumption of vegetables, whole grains, and soluble and insoluble fiber is associated with improved glucose metabolism.

Pubmed Data : Endocr Pract. 2011 Jan-Feb;17(1):132-42. PMID: [20713332](#)

Article Published Date : Dec 31, 2010

Authors : Taylor Wolfram, Faramarz Ismail-Beigi

Study Type : Review

Additional Links

Substances : Fiber : CK(1411) : AC(184), Vegetables: All : CK(2009) : AC(209)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Instant oatmeal consumed daily for 6 weeks significantly

increased fiber intake and decreased major risk factors for CVD in Chinese adults with hypercholesterolemia.

Pubmed Data : Nutr J. 2012 Aug 6 ;11:54. Epub 2012 Aug 6. PMID: [22866937](#)

Article Published Date : Aug 06, 2012

Authors : Jian Zhang, Lixiang Li, Pengkun Song, Chunrong Wang, Qingqing Man, Liping Meng, Jenny Cai, Anne Kurilich

Study Type : Human Study

Additional Links

Substances : Fiber : CK(1411) : AC(184), Oats : CK(451) : AC(76)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Low whole fruit intake represents a potentially more serious global population health threat than previously recognized.

Pubmed Data : Nutrients. 2018 Nov 28 ;10(12). Epub 2018 Nov 28. PMID: [30487459](#)

Article Published Date : Nov 27, 2018

Authors : Mark L Dreher

Study Type : Review

Additional Links

Substances : Fiber : CK(1411) : AC(184), Fruit: All : CK(7227) : AC(1679)

Diseases : Aging : CK(3728) : AC(933), Asthma : CK(2488) : AC(486), Autism Spectrum Disorders : CK(3347) : AC(486), Cancers: All : CK(28241) : AC(10590), Cardiovascular Diseases : CK(12780) : AC(1983), Chronic Obstructive Pulmonary Disease : CK(1007) : AC(158), Constipation : CK(645) : AC(88), Dermatitis : CK(2121) : AC(305), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diverticular Disease : CK(123) : AC(15), Inflammatory Bowel Diseases : CK(1994) : AC(540), Irritable Bowel Syndrome : CK(1106) : AC(164), Metabolic Syndrome X : CK(2073) : AC(376)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Oat beta-glucan has a lowering effect on LDL-C, non HDL-C, and apolipoprotein B.

Pubmed Data : Br J Nutr. 2016 Oct ;116(8):1369-1382. Epub 2016 Oct 11. PMID: [27724985](#)

Article Published Date : Oct 01, 2016

Authors : Hoang V T Ho, John L Sievenpiper, Andreea Zurbau, Sonia Blanco Mejia, Elena Jovanovski, Fei Au-Yeung, Alexandra L Jenkins, Vladimir Vuksan

Study Type : Meta Analysis

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Fiber : CK(1411) : AC(184)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Oat bran flour high in beta-glucan had a low glycemic response and acted as an active ingredient decreasing postprandial glycemic response of an oral glucose load in subjects with type 2 diabetes.

Pubmed Data : Nutr Metab Cardiovasc Dis. 2005 Aug;15(4):255-61. PMID: [16054549](#)

Article Published Date : Aug 01, 2005

Authors : N Tapola, H Karvonen, L Niskanen, M Mikola, E Sarkkinen

Study Type : Human Study

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Fiber : CK(1411) : AC(184), Oat Bran : CK(83) : AC(16), Oats : CK(451) : AC(76)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Oats are unique among the cereal grains in respect to its many therapeutic properties.

Pubmed Data : Eur J Nutr. 2008 Mar;47(2):68-79. Epub 2008 Feb 26. PMID: [18301937](#)

Article Published Date : Mar 01, 2008

Authors : Masood Sadiq Butt, Muhammad Tahir-Nadeem, Muhammad Kashif Iqbal Khan, Rabia Shabir, Mehmood S Butt

Study Type : Review

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Fiber : CK(1411) : AC(184), Oats : CK(451) : AC(76)

Diseases : Celiac Disease : CK(1641) : AC(240), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), High Cholesterol : CK(2715) : AC(455)

Persimmon fruit tannin-rich fiber reduces cholesterol levels in humans.

Pubmed Data : Ann Nutr Metab. 2013 ;62(1):1-6. Epub 2012 Nov 17. PMID: [23171573](#)

Article Published Date : Dec 31, 2012

Authors : Nobuki Gato, Akio Kadowaki, Natsumi Hashimoto, Shin-ichiro Yokoyama, Kenji Matsumoto

Study Type : Human Study

Additional Links

Substances : Fiber : CK(1411) : AC(184), Persimmon : CK(138) : AC(77), Tannic Acid : CK(75) : AC(42)

Diseases : High Cholesterol : CK(2715) : AC(455), Hypercholesterolemia : CK(2333) : AC(408)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Steam cooking significantly improves in vitro bile acid binding of collard greens, kale, mustard greens, broccoli, green bell pepper, and cabbage.

Pubmed Data : Nutr Res. 2008 Jun;28(6):351-7. PMID: [19083431](#)

Article Published Date : Jun 01, 2008

Authors : Talwinder Singh Kahlon, Mei-Chen M Chiu, Mary H Chapman

Study Type : In Vitro Study

Additional Links

Substances : Fiber : CK(1411) : AC(184), Green Leafy Vegetables : CK(511) : AC(119)

Diseases : Cholestasis : CK(146) : AC(43), High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Additional Keywords : Raw versus Cooked : CK(69) : AC(13)

Studies show that, on average, oat consumption is associated with 5% and 7% reductions in total and LDL cholesterol, respectively.

Pubmed Data : Nutr Rev. 2011 Jun ;69(6):299-309. PMID: [21631511](#)

Article Published Date : Jun 01, 2011

Authors : Rgia A Othman, Mohammed H Moghadasian, Peter Jh Jones

Study Type : Review

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Fiber : CK(1411) : AC(184)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

The LDL-cholesterol lowering effect of oat beta-glucan depends on molecular weight (size).

Pubmed Data : Am J Clin Nutr. 2010 Oct;92(4):723-32. Epub 2010 Jul 21. PMID: [20660224](#)

Article Published Date : Oct 01, 2010

Authors : Thomas M S Wolever, Susan M Tosh, Alison L Gibbs, Jennie Brand-Miller, Alison M Duncan, Valerie Hart, Benoît Lamarche, Barbara A Thomson, Ruedi Duss, Peter J Wood

Study Type : Human Study

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Fiber : CK(1411) : AC(184), Oats : CK(451) : AC(76)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

The fiber samples exhibited antioxidant activity and showed good results for glucose adsorption, amylase activity inhibition.

Pubmed Data : J Food Sci Technol. 2016 Mar ;53(3):1496-504. Epub 2015 Dec 3. PMID: [27570274](#)

Article Published Date : Feb 29, 2016

Authors : Sangeeta Saikia, Charu Lata Mahanta

Study Type : In Vitro Study

Additional Links

Substances : Banana : CK(351) : AC(119), Fiber : CK(1411) : AC(184), Grapes : CK(26) : AC(7), Orange: Mandarin : CK(53) : AC(26), Pineapple : CK(315) : AC(100), Star Fruit : CK(13) : AC(3), Watermelon : CK(187) : AC(38)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110), Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

These results show that chronic consumption of β -glucans can improve glucose control and decrease fatty liver in a model of diabetes with obesity.

Pubmed Data : Eur J Nutr. 2013 Oct ;52(7):1743-53. Epub 2012 Dec 11. PMID: [23229409](#)

Article Published Date : Oct 01, 2013

Authors : David A Brockman, Xiaoli Chen, Daniel D Gallaher

Study Type : Animal Study

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Fiber : CK(1411) : AC(184)

Diseases : Adiponectin: Low Levels : CK(233) : AC(48), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Fatty Liver : CK(2522) : AC(701), Insulin Resistance : CK(3522) : AC(792), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : Adiponectin upregulation : CK(217) : AC(39), Adiponectin upregulation : CK(217) : AC(39)

Problem Substances : Insulin : CK(384) : AC(68)

This review describes the accepted physiologic functions of dietary fiber and explores their new potential immune-based actions.

Pubmed Data : Metabolism. 2012 Aug ;61(8):1058-66. Epub 2012 Mar 7. PMID: [22401879](#)

Article Published Date : Jul 31, 2012

Authors : Melissa M Kaczmarczyk, Michael J Miller, Gregory G Freund

Study Type : Review

Additional Links

Substances : Fiber : CK(1411) : AC(184)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Colon Cancer : CK(1493) : AC(954), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Dyslipidemias : CK(1104) : AC(241), Inflammation : CK(9572) : AC(3089), Lipid Peroxidation : CK(1632) : AC(631), Obesity : CK(6879) : AC(1686)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

This review suggests that those consuming the highest amounts of dietary fiber may benefit from a reduction in the incidence of type 2 diabetes.

Pubmed Data : J Chiropr Med. 2018 Mar ;17(1):44-53. Epub 2018 Mar 1. PMID: [29628808](#)

Article Published Date : Feb 28, 2018

Authors : Marc P McRae

Study Type : Review

Additional Links

Substances : Fiber : CK(1411) : AC(184)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Whole grain and cereal fiber intake are inversely associated with the risk of type 2 diabetes.

Pubmed Data : Int J Mol Epidemiol Genet. 2019 ;10(3):38-46. Epub 2019 Jun 15. PMID: [31333812](#)

Article Published Date : Dec 31, 2018

Authors : Yanqiu Wang, Ying Duan, Lijun Zhu, Zhengmei Fang, Lianping He, Dong Ai, Yuelong Jin

Study Type : Meta Analysis

Additional Links

Substances : Fiber : CK(1411) : AC(184), Grains: All : CK(3) : AC(2)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Berberine (AC 47) (CK 172)

A new berberine preparation protects pancreatic islet cells from apoptosis.

Pubmed Data : Bull Exp Biol Med. 2022 Jul ;173(3):346-353. Epub 2022 Jul 19. PMID: [35852692](#)

Article Published Date : Jun 30, 2022

Authors : X J Bi, Y Q Lv, X H Yang, Y Ge, H Han, J S Feng, M Zhang, L Chen, M Z Xu, F Y Guan

Study Type : In Vitro Study

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Apoptotic : CK(2905) : AC(1672), Pancreato Protective Agents : CK(358) : AC(194)

A nutraceutical combination has shown to be an effective product for the improvement of the lipid profile.

Pubmed Data : Clin Investig Arterioscler. 2016 Apr 27. Epub 2016 Apr 27. PMID: [27131395](#)

Article Published Date : Apr 26, 2016

Authors : Jesus Millán, Arrigo F G Cicero, Francisco Torres, Anna Anguera

Study Type : Meta Analysis

Additional Links

Substances : Berberine : CK(1280) : AC(627), Policosanol : CK(280) : AC(40), Red Yeast Rice : CK(262) : AC(45)

Diseases : High Cholesterol : CK(2715) : AC(455), Hyperlipidemia : CK(1569) : AC(402), Triglycerides: Elevated : CK(916) : AC(152)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Hypolipidemic : CK(5358) : AC(1221)

Berberine ameliorates high glucose-induced

cardiomyocyte injury.

Pubmed Data : Front Pharmacol. 2018 ;9:1121. Epub 2018 Oct 3. PMID: [30337876](#)

Article Published Date : Dec 31, 2017

Authors : Weijian Hang, Benhong He, Jiehui Chen, Liangtao Xia, Bing Wen, Tao Liang, Xu Wang, Qianying Zhang, Yue Wu, Qingjie Chen, Juan Chen

Study Type : In Vitro Study

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Cardioprotective : CK(5377) : AC(1675)

Berberine ameliorates rats model of combined Alzheimer's disease and type 2 diabetes mellitus via the suppression of endoplasmic reticulum stress.

Pubmed Data : 3 Biotech. 2020 Aug ;10(8):359. Epub 2020 Jul 29. PMID: [32832321](#)

Article Published Date : Jul 31, 2020

Authors : Wei-Ting Xuan, Han Wang, Peng Zhou, Ting Ye, Hua-Wu Gao, Shu Ye, Jing-Hui Wang, Meng-Lian Chen, Hang Song, Yan Wang, Biao Cai

Study Type : Animal Study

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Alzheimer's Disease : CK(3372) : AC(1307), Diabetes: Cognitive Dysfunction : CK(167) : AC(76), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Neuroprotective Agents : CK(10404) : AC(4396)

Berberine ameliorates diabetic microendothelial injury associated with high blood sugar and glycation.

Pubmed Data : Eur J Pharmacol. 2011 Jan 13. Epub 2011 Jan 13. PMID: [21236251](#)

Article Published Date : Jan 13, 2011

Authors : Min Hao, Shu-yuan Li, Chang-kai Sun, Jingyu-Xu, Yuan Lin, Ke-xin Liu, Li Wang, Chuan-xun Li, Qin Zhou, Jian-ling Du, Hua Li

Study Type : In Vitro Study

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Advanced Glycation End products (AGE) : CK(440) : AC(176), Diabetes: Glycation/A1C : CK(210) : AC(33), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

Berberine can combat oxidative stress and inflammation diabetes mellitus.

Pubmed Data : Front Pharmacol. 2018 ;9:782. Epub 2018 Jul 27. PMID: [30100874](#)

Article Published Date : Dec 31, 2017

Authors : Xueling Ma, Zhongjun Chen, Le Wang, Gesheng Wang, Zihui Wang, XiaoBo Dong, Binyu Wen, Zhichen Zhang

Study Type : Review

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes: Oxidative Stress : CK(492) : AC(182), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Nrf2 activation : CK(1584) : AC(916)

Berberine could enhance glucose uptake, and relieve insulin resistance and inflammation in HepG2 cells.

Pubmed Data : J Huazhong Univ Sci Technolog Med Sci. 2016 Feb ;36(1):64-9. Epub 2016 Feb 3. PMID: [26838742](#)

Article Published Date : Jan 31, 2016

Authors : Fen Li, Yun-Bin Zhao, Ding-Kun Wang, Xin Zou, Ke Fang, Kai-Fu Wang

Study Type : In Vitro Study

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Insulin Sensitizers : CK(1185) : AC(244), Interleukin-6 Downregulation : CK(5029) : AC(1994), NF-kappaB Inhibitor : CK(3536) : AC(2098)

Berberine decreased serum levels of glycosylated hemoglobin, total cholesterol and triglyceride and increase the secretion of insulin.

Pubmed Data : Phytother Res. 2016 Feb 16. Epub 2016 Feb 16. PMID: [26888689](#)

Article Published Date : Feb 15, 2016

Authors : Yu Dong, Yi-Tao Chen, Yuan-Xiao Yang, Xiao-Jie Zhou, Shi-Jie Dai, Jun-Feng Tong, Dan Shou, Changyu Li

Study Type : Animal Study

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Hypolipidemic : CK(5358) : AC(1221)

Berberine decreases intestinal GLUT2 translocation and reduces intestinal glucose absorption.

Pubmed Data : Int J Mol Sci. 2021 Dec 28 ;23(1). Epub 2021 Dec 28. PMID: [35008753](#)

Article Published Date : Dec 27, 2021

Authors : Min Zhang, Hongyan Yang, Erwan Yang, Jia Li, Ling Dong

Study Type : Animal Study

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Berberine has a substantial effect in improving metabolic parameters and modulating the gut microbiota composition in T2DM.

Pubmed Data : World J Gastroenterol. 2021 Feb 28 ;27(8):708-724. PMID: [33716449](#)

Article Published Date : Feb 27, 2021

Authors : Jin-Dong Zhao, Yan Li, Min Sun, Chan-Juan Yu, Jia-Yun Li, Si-Hai Wang, Di Yang, Cheng-Lin Guo, Xue Du, Wen-Jin Zhang, Ruo-Dong Cheng, Xiao-Chuan Diao, Zhao-Hui Fang

Study Type : Animal Study

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Gastrointestinal Agents : CK(3145) : AC(843), Hypoglycemic Agents : CK(5366) : AC(1338)

Berberine has protective effects against macrovascular complications induced by diabetes mellitus.

Pubmed Data : Endocr Metab Immune Disord Drug Targets. 2020 Sep 4. Epub 2020 Sep 4. PMID: [32888284](#)

Article Published Date : Sep 03, 2020

Authors : Zhigui Wu, Li Gu, Yuankai Si, Wenxian Yin, Meng Zhao, Ting Zhang, Meijuan Chen

Study Type : Animal Study

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Cytoprotective : CK(659) : AC(326), Interleukin-1 beta downregulation : CK(3041) : AC(1567), Interleukin-6 Downregulation : CK(5029) : AC(1994), Transforming growth factor beta (TGF- β) inhibitor : CK(203) : AC(106), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Berberine improves inflammatory responses of diabetes mellitus.

Pubmed Data : J Immunol Res. 2020 ;2020:2141508. Epub 2020 Aug 18. PMID: [32908938](#)

Article Published Date : Dec 31, 2019

Authors : Yang Sheng Wu, Zhe Ming Li, Yi Tao Chen, Shi Jie Dai, Xiao Jie Zhou, Yuan Xiao Yang, Jian Shu Lou, Li Ting Ji, Yu Ting Bao, Ling Xuan, Lu Ning Lin, Chang Yu Li

Study Type : Animal Study

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Hepatoprotective : CK(5098) : AC(2264), Interleukin-1 beta downregulation : CK(3041) : AC(1567), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Berberine in the treatment of diabetes mellitus: a review.

Pubmed Data : Endocr Metab Immune Disord Drug Targets. 2020 Oct 22. Epub 2020 Oct 22. PMID: [33092516](#)

Article Published Date : Oct 21, 2020

Authors : Aleksandra Baska, Kamil Leis, Przemysław Gałczyński

Study Type : Review

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-glucosidase inhibitor : CK(274) : AC(201), Gastrointestinal Agents : CK(3145) : AC(843)

Berberine is a potent oral hypoglycemic agent with

beneficial effects on lipid metabolism, comparable in efficacy to metformin.

Pubmed Data : Metabolism. 2008 May;57(5):712-7. PMID: [18442638](#)

Article Published Date : May 01, 2008

Authors : Jun Yin, Huili Xing, Jianping Ye

Study Type : Human Study

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Additional Keywords : Drug: Metformin : CK(192) : AC(27), Metformin Alternatives : CK(19) : AC(6), Natural Substances Versus Drugs : CK(2375) : AC(479)

Berberine lowers blood glucose in type 2 diabetes mellitus patients through increasing insulin receptor expression.

Pubmed Data : Evid Based Complement Alternat Med. 2009 Oct 6; PMID: [19800084](#)

Article Published Date : Oct 06, 2009

Authors : Hao Zhang, Jing Wei, Rong Xue, Jin-Dan Wu, Wei Zhao, Zi-Zheng Wang, Shu-Kui Wang, Zheng-Xian Zhou, Dan-Qing Song, Yue-Ming Wang, Huai-Ning Pan, Wei-Jia Kong, Jian-Dong Jiang

Study Type : Human Study

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Drug: Metformin : CK(192) : AC(27), Drug: Rosiglitazone : CK(17) : AC(5), Insulin Receptor Upregulation : CK(12) : AC(2), Natural Substances Versus Drugs : CK(2375) : AC(479)

Berberine may ameliorate glucose metabolism by activating the alpha7 nicotinic acetylcholine receptor-mediated cholinergic anti-inflammatory pathway.

Pubmed Data : Planta Med. 2021 Mar 5. Epub 2021 Mar 5. PMID: [33682914](#)

Article Published Date : Mar 04, 2021

Authors : Dingkun Wang, Yanlin Ren, Wei Sun, Jing Gong, Xin Zou, Hui Dong, Lijun Xu, Kaifu Wang, Fuer Lu

Study Type : In Vitro Study

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Acetylcholinesterase Inhibitor : CK(170) : AC(95), Anti-Inflammatory Agents : CK(20859) : AC(8334), Interleukin-1 beta downregulation : CK(3041) : AC(1567), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Berberine may have therapeutic value in those with high homocysteine by regulating liver cholesterol synthesis.

Pubmed Data : Am J Physiol Regul Integr Comp Physiol. 2010 Dec 22. Epub 2010 Dec 22. PMID: [21178122](#)

Article Published Date : Dec 22, 2010

Authors : Nan Wu, Lindsei K Sarna, Yaw L Siow, Karmin O

Study Type : Animal Study

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : High Cholesterol : CK(2715) : AC(455), High Homocysteine : CK(706) : AC(105)

Berberine mitigates hepatic insulin resistance by enhancing mitochondrial architecture via the SIRT1/Opa1 signalling pathway.

Pubmed Data : Acta Biochim Biophys Sin (Shanghai). 2022 Jan 25. Epub 2022 Jan 25. PMID: [36269134](#)

Article Published Date : Jan 24, 2022

Authors : Jia Xu, Yining Zhang, Zhiyi Yu, Yueqi Guan, Yuqian Lv, Meishuang Zhang, Ming Zhang, Li Chen, Xiaoyan Lv, Fengying Guan

Study Type : Animal Study

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hepatoprotective : CK(5098) : AC(2264), SIRT1 Activator : CK(39) : AC(23)

Berberine potentiates insulin secretion and prevents β -cell dysfunction through the miR-204/SIRT1 signaling pathway.

Pubmed Data : Front Pharmacol. 2021 ;12:720866. Epub 2021 Sep 22. PMID: [34630099](#)

Article Published Date : Dec 31, 2020

Authors : Xiaoyan Lv, Yali Zhao, Xuehan Yang, Hao Han, Yue Ge, Meishuang Zhang, Hansi Zhang, Ming Zhang, Li Chen

Study Type : In Vitro Study

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Insulin-releasing : CK(122) : AC(49), MicroRNA modulator : CK(1023) : AC(618), Pancreato Protective Agents : CK(358) : AC(194)

Berberine produced myocardial salvaging effects in the setting of diabetes challenged with ISP induced myocardial necrosis.

Pubmed Data : J Clin Diagn Res. 2016 Mar ;10(3):FF13-8. Epub 2016 Mar 1. PMID: [27134894](#)

Article Published Date : Feb 29, 2016

Authors : Rajesh Kumar Suman, Manjusha K Borde, Ipseeta Ray Mohanty, Ujwala Maheshwari, Y A Deshmukh

Study Type : Animal Study

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Complications : CK(3199) : AC(1009), Heart Failure : CK(1240) : AC(183)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Cardioprotective : CK(5377) : AC(1675)

Berberine promotes glucagon-like peptide-1 (7-36) amide secretion in streptozotocin-induced diabetic rats.

Pubmed Data : J Endocrinol. 2009 Feb;200(2):159-65. Epub 2008 Nov 7. PMID: [18996945](#)

Article Published Date : Feb 01, 2009

Authors : Shou-Si Lu, Yun-Li Yu, Hao-Jie Zhu, Xiao-Dong Liu, Li Liu, Yao-Wu Liu, Ping Wang, Lin Xie, Guang-Ji Wang

Study Type : Animal Study

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Glucagon Like peptide 1 (GLP-1) Up-regulation : CK(129) : AC(35), Hypoglycemic Agents : CK(5366) : AC(1338)

Berberine promotes glucose uptake and inhibits gluconeogenesis by inhibiting deacetylase SIRT3.

Pubmed Data : Endocrine. 2018 Aug 16. Epub 2018 Aug 16. PMID: [30117113](#)

Article Published Date : Aug 15, 2018

Authors : Bingjie Zhang, Yida Pan, Lei Xu, Dehua Tang, Robert Gregory Dorfman, Qian Zhou, Yuyao Yin, Yang Li, Lixing Zhou, Shimin Zhao, Xiaoping Zou, Lei Wang, Mingming Zhang

Study Type : Animal Study, In Vitro Study

Additional Links

Substances : [Berberine](#) : CK(1280) : AC(627)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

Berberine reduces insulin resistance through upregulation of insulin receptor expression.

Pubmed Data : Metabolism. 2009 Jan;58(1):109-19. PMID: [19059538](#)

Article Published Date : Jan 01, 2009

Authors : Wei-Jia Kong, Hao Zhang, Dan-Qing Song, Rong Xue, Wei Zhao, Jing Wei, Yue-Ming Wang, Ning Shan, Zhen-Xian Zhou, Peng Yang, Xue-Fu You, Zhuo-Rong Li, Shu-Yi Si, Li-Xun Zhao, Huai-Ning Pan, Jian-Dong Jiang

Study Type : Animal Study

Additional Links

Substances : [Berberine](#) : CK(1280) : AC(627)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Insulin Resistance](#) : CK(3522) : AC(792)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

Additional Keywords : [Insulin Receptor Upregulation](#) : CK(12) : AC(2)

Berberine regulates type 2 diabetes mellitus related with insulin resistance.

Pubmed Data : Zhongguo Zhong Yao Za Zhi. 2017 Jun ;42(12):2254-2260. PMID: [28822177](#)

Article Published Date : May 31, 2017

Authors : Cheng Li, Jin-Zhi He, Xue-Dong Zhou, Xin Xu

Study Type : Review

Additional Links

Substances : [Berberine](#) : CK(1280) : AC(627)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

Changes of gut microbiota and metabolites are associated with berberine improving glucose and lipid metabolism disturbances.

Pubmed Data : Front Pharmacol. 2022 ;13:870407. Epub 2022 Jun 3. PMID: [35721198](#)

Article Published Date : Dec 31, 2021

Authors : Xinyi Fang, Haoran Wu, Xinmiao Wang, Fengmei Lian, Min Li, Runyu Miao, Jiahua Wei, Jiaying Tian

Study Type : Animal Study

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperlipidemia : CK(1569) : AC(402), Nonalcoholic fatty liver disease (NAFLD) : CK(1862) : AC(521)

Pharmacological Actions : Gastrointestinal Agents : CK(3145) : AC(843), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Cinnamaldehyde and berberine have greater anti-diabetic efficacy than metformin.

Pubmed Data : Chin Med J (Engl). 2008 Nov 5;121(21):2124-8. PMID: [19080170](#)

Article Published Date : Nov 05, 2008

Authors : Wei Zhang, Yan-cheng Xu, Fang-jian Guo, Ye Meng, Ming-li Li

Study Type : Animal Study

Additional Links

Substances : Berberine : CK(1280) : AC(627), Cinnamaldehyde : CK(118) : AC(78), Cinnamon : CK(406) : AC(150)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Additional Keywords : Drug: Metformin : CK(192) : AC(27), Metformin Alternatives : CK(19) : AC(6), Superiority of Natural Substances versus Drugs : CK(1644) : AC(347)

Combined berberine and probiotic treatment as an effective regimen for improving postprandial hyperlipidemia in type 2 diabetes patients.

Pubmed Data : Gut Microbes. 2022 Jan-Dec;14(1):2003176. PMID: [34923903](#)

Article Published Date : Dec 31, 2021

Authors : Shujie Wang, Huahui Ren, Huanzi Zhong, Xinjie Zhao, Changkun Li, Jing Ma, Xuejiang Gu, Yaoming Xue, Shan Huang, Jialin Yang, Li Chen, Gang Chen, Shen Qu, Jun Liang, Li Qin, Qin Huang, Yongde Peng, Qi Li, Xiaolin Wang, Yuanqiang Zou, Zhun Shi, Xuelin Li, Tingting Li,

Huanming Yang, Shenghan Lai, Guowang Xu, Junhua Li, Yifei Zhang, Yanyun Gu, Weiqing Wang

Study Type : Human Study

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Gastrointestinal Agents : CK(3145) : AC(843), Hypolipidemic : CK(5358) : AC(1221)

Curcumin, berberine, catechin, quercetin and rutin had binding ability towards alpha-amylase and alpha-glucosidase.

Pubmed Data : Biofactors. 2015 Jul 7. Epub 2015 Jul 7. PMID: [26154585](#)

Article Published Date : Jul 06, 2015

Authors : Chien-Hung Jhong, Jirawat Riyaphan, Shih-Hung Lin, Yi-Chen Chia, Ching-Feng Weng

Study Type : In Vitro Study

Additional Links

Substances : Berberine : CK(1280) : AC(627), Catechin : CK(718) : AC(253), Curcumin : CK(5598) : AC(2788), Quercetin : CK(1179) : AC(590), Rutin : CK(289) : AC(142)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperglycemia : CK(1494) : AC(453)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110), Alpha-glucosidase inhibitor : CK(274) : AC(201)

Additional Keywords : Natural Substances Versus Drugs : CK(2375) : AC(479)

Effect of berberine on the HPA-axis pathway and skeletal muscle GLUT4 in type 2 diabetes mellitus rats.

Pubmed Data : Diabetes Metab Syndr Obes. 2019 ;12:1717-1725. Epub 2019 Sep 3. PMID: [31564939](#)

Article Published Date : Dec 31, 2018

Authors : Jia Mi, Wenda He, Jiawei Lv, Kai Zhuang, Heqing Huang, Shijian Quan

Study Type : Animal Study

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Enhancement of berberine hypoglycemic activity by

oligomeric proanthocyanidins.

Pubmed Data : Molecules. 2018 Dec 14 ;23(12). Epub 2018 Dec 14. PMID: [30558158](#)

Article Published Date : Dec 13, 2018

Authors : Haoyue Zhang, Xueping Wang, Ting Wang, Kaixian Chen, Heyao Wang, Qi Jia, Yiming Li

Study Type : Animal Study

Additional Links

Substances : [Berberine](#) : CK(1280) : AC(627)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

Additional Keywords : [Proanthocyanidins](#) : CK(374) : AC(121)

Glucose-lowering effect of berberine on type 2 diabetes.

Pubmed Data : Front Pharmacol. 2022 ;13:1015045. Epub 2022 Nov 16. PMID: [36467075](#)

Article Published Date : Dec 31, 2021

Authors : Wenting Xie, Fugui Su, Guizhong Wang, Zichong Peng, Yaomin Xu, Yi Zhang, Ningning Xu, Kaijian Hou, Zhuping Hu, Yan Chen, Rongping Chen

Study Type : Meta Analysis, Review

Additional Links

Substances : [Berberine](#) : CK(1280) : AC(627)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

Gut microbiome-related effects of berberine and probiotics on type 2 diabetes.

Pubmed Data : Nat Commun. 2020 10 6 ;11(1):5015. Epub 2020 Oct 6. PMID: [33024120](#)

Article Published Date : Jan 05, 2020

Authors : Yifei Zhang, Yanyun Gu, Huahui Ren, Shujie Wang, Huanzi Zhong, Xinjie Zhao, Jing Ma, Xuejiang Gu, Yaoming Xue, Shan Huang, Jialin Yang, Li Chen, Gang Chen, Shen Qu, Jun Liang, Li Qin, Qin Huang, Yongde Peng, Qi Li, Xiaolin Wang, Ping Kong, Guixue Hou, Mengyu Gao, Zhun Shi, Xuelin Li, Yixuan Qiu, Yuanqiang Zou, Huanming Yang, Jian Wang, Guowang Xu, Shenghan Lai, Junhua Li, Guang Ning, Weiqing Wang

Study Type : Animal Study

Additional Links

Substances : [Berberine](#) : CK(1280) : AC(627)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Gastrointestinal Agents](#) : CK(3145) : AC(843), [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

In this review, we systematically summarize the scientific evidence about BBR's antidiabetic mechanisms, its clinical effectiveness, and safety in the treatment of T2DM.

Pubmed Data : Int J Endocrinol. 2015 ;2015:905749. Epub 2015 Mar 11. PMID: [25861268](#)

Article Published Date : Dec 31, 2014

Authors : Bing Pang, Lin-Hua Zhao, Qiang Zhou, Tian-Yu Zhao, Han Wang, Cheng-Juan Gu, Xiao-Lin Tong

Study Type : Review

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetes Mellitus: Type 2: Prevention : CK(1075) : AC(148)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Natural Substances Versus Drugs : CK(2375) : AC(479), Traditional Chinese Medicine : CK(49) : AC(14)

In-vitro synergistic effect of metformin and berberine on high glucose-induced lipogenesis.

Pubmed Data : Iran J Pharm Res. 2019 ;18(4):1921-1930. PMID: [32184858](#)

Article Published Date : Dec 31, 2018

Authors : Reyhaneh Babaei Khorzoughi, Fatemeh Namvarjah, Maryam Teimouri, Hossein Hosseini, Reza Meshkani

Study Type : In Vitro Study

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Influence of quercetin, naringenin and berberine on glucose transporters and insulin signalling molecules in brain of streptozotocin-induced diabetic rats.

Pubmed Data : Biomed Pharmacother. 2017 Oct ;94:605-611. Epub 2017 Aug 4. PMID: [28783583](#)

Article Published Date : Sep 30, 2017

Authors : Sandeep M S, Nandini C D

Study Type : Animal Study

Additional Links

Substances : Berberine : CK(1280) : AC(627), Naringenin : CK(358) : AC(212), Quercetin : CK(1179) : AC(590)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Inhibitory effects of berberine on proinflammatory M1 macrophage polarization through interfering with the interaction between TLR4 and MyD88.

Pubmed Data : BMC Complement Altern Med. 2019 Nov 19 ;19(1):314. Epub 2019 Nov 19.

PMID: [31744490](#)

Article Published Date : Nov 18, 2019

Authors : Jing Gong, Jingbin Li, Hui Dong, Guang Chen, Xin Qin, Meilin Hu, Fen Yuan, Ke Fang, Dingkun Wang, Shujun Jiang, Yan Zhao, Wenya Huang, Zhaoyi Huang, Fuer Lu

Study Type : In Vitro Study

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Inflammation : CK(9572) : AC(3089), Lipopolysaccharide-Induced Toxicity : CK(1764) : AC(1073)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334)

Multi-target regulation of intestinal microbiota by berberine to improve type 2 diabetes mellitus.

Pubmed Data : Front Endocrinol (Lausanne). 2022 ;13:1074348. Epub 2022 Nov 18. PMID:

[36465656](#)

Article Published Date : Dec 31, 2021

Authors : Qiongyao He, Hui Dong, Yujin Guo, Minmin Gong, Qingsong Xia, Fuer Lu, Dingkun Wang

Study Type : Review

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Gastrointestinal Agents : CK(3145) : AC(843)

Polyphenols may have therapeutic value in a variety of diseases through modulating AMP-activated protein kinase which reduce fatty acid and cholesterol synthesis

and gluconeogenesis.

Pubmed Data : N Biotechnol.2009 Oct 1;26(1-2):17-22. Epub 2009 Apr 2. PMID: [19818314](#)

Article Published Date : Oct 01, 2009

Authors : Jin-Taek Hwang, Dae Young Kwon, Suk Hoo Yoon

Study Type : Commentary

Additional Links

Substances : Berberine : CK(1280) : AC(627), EGCG (Epigallocatechin gallate) : CK(1091) : AC(605), Polyphenols : CK(1878) : AC(700), Quercetin : CK(1179) : AC(590), Resveratrol : CK(2037) : AC(1112)

Diseases : Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypertension : CK(6384) : AC(950), Metabolic Syndrome X : CK(2073) : AC(376), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : AMP-activated protein kinase modulation : CK(6) : AC(4), Gluconeogenesis Inhibitor : CK(21) : AC(15)

Regulatory effects of berberine on microRNome in cancer and other conditions.

Pubmed Data : Crit Rev Oncol Hematol. 2017 Aug ;116:147-158. Epub 2017 Jun 13. PMID: [28693796](#)

Article Published Date : Jul 31, 2017

Authors : Seyed Hasan Ayati, Badrieh Fazeli, Amir Abbas Momtazi-Borojeni, Arrigo F G Cicero, Matteo Pirro, Amirhossein Sahebkar

Study Type : Review

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Colorectal Cancer : CK(3666) : AC(1651), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Gastric Cancer : CK(1165) : AC(504), Glioblastoma : CK(545) : AC(272), Liver Cancer : CK(2460) : AC(1189), Multiple Myeloma : CK(330) : AC(129), Ovarian Cancer : CK(827) : AC(371)

Pharmacological Actions : Antiproliferative : CK(6801) : AC(5032), Apoptotic : CK(6986) : AC(5304), MicroRNA modulator : CK(1023) : AC(618)

Remission of new-onset type 2 diabetes mellitus in an adolescent using an integrative medicine approach.

Pubmed Data : J Integr Med. 2020 Oct 22. Epub 2020 Oct 22. PMID: [33162376](#)

Article Published Date : Oct 21, 2020

Authors : Baoyi Shao, Saiying Hou, Yuenyan Chan, Changchun Shao, Lixing Lao

Study Type : Human: Case Report

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Therapeutic Actions : Exercise : CK(4855) : AC(736)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

The combined application of berberine in patients with metabolic syndrome can effectively regulate blood glucose and blood lipid of patients.

Pubmed Data : Exp Ther Med. 2019 Apr ;17(4):3009-3014. Epub 2019 Feb 22. PMID: [30936971](#)

Article Published Date : Mar 31, 2019

Authors : Changfu Cao, Meiqing Su

Study Type : Human Study

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792), Metabolic Diseases : CK(828) : AC(178)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221), Interleukin-6 Downregulation : CK(5029) : AC(1994), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

The effect of berberine and fenugreek seed co-supplementation on inflammatory factor, lipid and glycemic profile in patients with type 2 diabetes mellitus.

Pubmed Data : Diabetol Metab Syndr. 2022 Aug 23 ;14(1):120. Epub 2022 Aug 23. PMID: [35999562](#)

Article Published Date : Aug 22, 2022

Authors : Shima Nematollahi, Gholam Reza Pishdad, Mehrnoosh Zakerkish, Foroogh Namjoyan, Kambiz Ahmadi Angali, Fatemeh Borazjani

Study Type : Human Study

Additional Links

Substances : Berberine : CK(1280) : AC(627), Fenugreek : CK(452) : AC(115)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Hypolipidemic : CK(5358) : AC(1221)

The effect of berberine on metabolic profiles in type 2

diabetic patients.

Pubmed Data : Oxid Med Cell Longev. 2021 ;2021:2074610. Epub 2021 Dec 15. PMID: [34956436](#)

Article Published Date : Dec 31, 2020

Authors : Jing Guo, Hongdong Chen, Xueqin Zhang, Wenjiao Lou, Pingna Zhang, Yuheng Qiu, Chao Zhang, Yaoxian Wang, Wei Jing Liu

Study Type : Meta Analysis, Review

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Hypolipidemic : CK(5358) : AC(1221)

The mechanism of berberine alleviating metabolic disorder based on gut microbiome.

Pubmed Data : Front Cell Infect Microbiol. 2022 ;12:854885. Epub 2022 Aug 25. PMID: [36093200](#)

Article Published Date : Dec 31, 2021

Authors : Han Wang, Haiyu Zhang, Zezheng Gao, Qiqi Zhang, Chengjuan Gu

Study Type : Review

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Nonalcoholic fatty liver disease (NAFLD) : CK(1862) : AC(521)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Gastrointestinal Agents : CK(3145) : AC(843)

Additional Keywords : Gut-brain Axis : CK(392) : AC(177)

Therapeutic effect of berberine on metabolic diseases.

Pubmed Data : Biomed Pharmacother. 2020 Nov 10 ;133:110984. Epub 2020 Nov 10. PMID: [33186794](#)

Article Published Date : Nov 09, 2020

Authors : Xinmei Xu, Huan Yi, Jiashi Wu, Tingting Kuang, Jing Zhang, Qi Li, Huan Du, Tong Xu, Guihua Jiang, Gang Fan

Study Type : Review

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperlipidemia : CK(1569) : AC(402), Nonalcoholic fatty liver disease (NAFLD) : CK(1862) : AC(521), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : Anti-Fibrotic : CK(924) : AC(463), Gastrointestinal Agents : CK(3145) : AC(843), Hepatoprotective : CK(5098) : AC(2264), Hypolipidemic : CK(5358) : AC(1221)

These data suggested that berberine alleviates diabetic renal tubulointerstitial injury.

Pubmed Data : Front Pharmacol. 2021 ;12:729384. Epub 2022 Jan 5. PMID: [35069186](#)

Article Published Date : Dec 31, 2020

Authors : Qingfeng Rong, Baosheng Han, Yafeng Li, Haizhen Yin, Jing Li, Yanjuan Hou

Study Type : Animal Study

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Neuropathy : CK(244) : AC(65)

Pharmacological Actions : Renoprotective : CK(2404) : AC(1075)

These results demonstrated that berberine could alleviate symptoms in type 2 diabetes.

Pubmed Data : Biomed Pharmacother. 2020 Nov ;131:110669. Epub 2020 Sep 13. PMID: [32937246](#)

Article Published Date : Oct 31, 2020

Authors : Ye Yao, Han Chen, Lijing Yan, Wenbo Wang, Dongsheng Wang

Study Type : Animal Study

Additional Links

Substances : Berberine : CK(1280) : AC(627)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Gastrointestinal Agents : CK(3145) : AC(843)

Curcumin (AC 56) (CK 170)

A combined dosage of tetrahydrocurcumin and chlorogenic acid protects against experimentally induced type 2 diabetes in rats.

Pubmed Data : Mol Cell Biochem. 2010 Aug;341(1-2):109-17. Epub 2010 Mar 26. PMID:

[20339905](#)

Article Published Date : Aug 01, 2010

Authors : Leelavinothan Pari, Krishnamoorthy Karthikesan, Venugopal P Menon

Study Type : Animal Study

Additional Links

Substances : Chlorogenic Acid : CK(299) : AC(113), Curcumin : CK(5598) : AC(2788), Tetrahydrocurcumin : CK(123) : AC(68)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

A mixture of curcumin, hesperidin and rutin ameliorates hepatic oxidative stress caused by STZ-induced hyperglycemia.

Pubmed Data : Curr Neurovasc Res. 2015 Aug 12. Epub 2015 Aug 12. PMID: [26265154](#)

Article Published Date : Aug 11, 2015

Authors : Mayur S Parmar, Ismail Syed, Joshua P Gray, Sidhartha D Ray

Study Type : Animal Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788), Hesperidin : CK(545) : AC(215), Rutin : CK(289) : AC(142)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperglycemia : CK(1494) : AC(453), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Anti-Apoptotic : CK(2905) : AC(1672), Antioxidants : CK(21528) : AC(8856), Hepatoprotective : CK(5098) : AC(2264), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221), Superoxide Dismutase Up-regulation : CK(1403) : AC(551)

Abnormal electrophysiological characteristics of VGSCs can be ameliorated efficaciously by a period of treatment with curcumin.

Pubmed Data : Zhongguo Ying Yong Sheng Li Xue Za Zhi. 2015 Nov ;31(6):541-8. PMID: [27215022](#)

Article Published Date : Oct 31, 2015

Authors : Bo Meng, Lu-lu Shen, Xiao-ting Shi, Yong-sheng Gong, Xiao-fang Fan, Jun Li, Hong Cao

Study Type : In Vitro Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Neuropathic Pain : CK(621) : AC(192)

Antidiabetic Properties of Curcumin I: Evidence from In Vitro Studies.

Pubmed Data : Nutrients. 2020 Jan 1 ;12(1). Epub 2020 Jan 1. PMID: [31906278](#)

Article Published Date : Dec 31, 2019

Authors : Danja J Den Hartogh, Alessandra Gabriel, Evangelia Tsiani

Study Type : Review

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Hepatoprotective : CK(5098) : AC(2264), Hypoglycemic Agents : CK(5366) : AC(1338), Immunomodulatory : CK(4048) : AC(1475), Renoprotective : CK(2404) : AC(1075)

Compounds within turmeric suppress an increase in blood glucose levels in type 2 diabetic mice.

Pubmed Data : J Agric Food Chem. 2005 Feb 23;53(4):959-63. PMID: [15713005](#)

Article Published Date : Feb 23, 2005

Authors : Tozo Nishiyama, Tatsumasa Mae, Hideyuki Kishida, Misuzu Tsukagawa, Yoshihiro Mimaki, Minpei Kuroda, Yutaka Sashida, Kazuma Takahashi, Teruo Kawada, Kaku Nakagawa, Mikio Kitahara

Study Type : Animal Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Alcohol Toxicity : CK(855) : AC(332), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Curcumin and tetrahydrocurcumin have antihyperlipidemic properties in experimental type 2 diabetic rats.

Pubmed Data : JPEN J Parenter Enteral Nutr. 1986 Sep-Oct;10(5):530-2. PMID: [17994458](#)

Article Published Date : Sep 01, 1986

Authors : Leelavinothan Pari, Pidadan Murugan

Study Type : Animal Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Diabetes: Cardiovascular Illness : CK(707) : AC(111), Diabetes Mellitus: Type 2 :

CK(8552) : AC(1714)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Curcumin as a major active component of turmeric attenuates proteinuria in patients with overt diabetic nephropathy.

Pubmed Data : J Res Med Sci. 2019 ;24:77. Epub 2019 Aug 28. PMID: [31523263](#)

Article Published Date : Dec 31, 2018

Authors : Azam Vanaie, Shahrzad Shahidi, Bijan Iraj, Zahra Dana Siadat, Mansure Kabirzade, Feloria Shakiba, Mohsen Mohammadi, Homeira Parvizian

Study Type : Human Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Nephropathy : CK(707) : AC(277), Proteinuria : CK(150) : AC(28)

Curcumin attenuated glucose intolerance and insulin resistance through its antioxidant and anti-inflammatory effects.

Pubmed Data : Chem Biol Interact. 2015 Dec 20. Epub 2015 Dec 20. PMID: [26713546](#)

Article Published Date : Dec 19, 2015

Authors : Nachimuthu Maithilikarpagaselvi, Magadi Gopalakrishna Sridhar, Rathinam Palamalai Swaminathan, Bobby Zachariah

Study Type : Animal Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : C-Reactive Protein : CK(3134) : AC(310), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Inflammation : CK(9572) : AC(3089), Insulin Resistance : CK(3522) : AC(792), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Cyclooxygenase 2 Inhibitors : CK(1589) : AC(926), Malondialdehyde Down-regulation : CK(2065) : AC(678), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Curcumin attenuates diet-induced hypercholesterolemia in rats.

Pubmed Data : Med Sci Monit. 2005 Jul;11(7):BR228-234. Epub 2005 Jun 29. PMID: [15990684](#)

Article Published Date : Jul 01, 2005

Authors : Hossam M M Arafa

Study Type : Animal Study

Additional Links

Substances : [Curcumin](#) : CK(5598) : AC(2788)

Diseases : [High Cholesterol](#) : CK(2715) : AC(455), [Hypercholesterolemia](#) : CK(2333) : AC(408)

Curcumin exhibits cholesterol lowering properties.

Pubmed Data : Nutr Res Pract. 2010 Jun;4(3):191-5. Epub 2010 Jun 28. PMID: [20607063](#)

Article Published Date : Jun 01, 2010

Authors : Minji Kim, Yangha Kim

Study Type : Animal Study

Additional Links

Substances : [Curcumin](#) : CK(5598) : AC(2788)

Diseases : [High Cholesterol](#) : CK(2715) : AC(455)

Pharmacological Actions : [Hypolipidemic](#) : CK(5358) : AC(1221)

Curcumin extract for prevention of type 2 diabetes.

Pubmed Data : Diabetes Care. 2012 Nov ;35(11):2121-7. Epub 2012 Jul 6. PMID: [22773702](#)

Article Published Date : Oct 31, 2012

Authors : Somlak Chuengsamarn, Suthee Rattanamongkolgul, Rataya Luechapudiporn, Chada Phisalaphong, Siwanon Jirawatnotai

Study Type : Human In Vitro

Additional Links

Substances : [Curcumin](#) : CK(5598) : AC(2788)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Insulin Resistance](#) : CK(3522) : AC(792), [Prediabetes](#) : CK(192) : AC(23)

Additional Keywords : [Beta Cell Protection](#) : CK(61) : AC(25), [Plant Extracts](#) : CK(14140) : AC(5210)

Curcumin has been demonstrated to effectively prevent or ameliorate diabetic mellitus and its complications including diabetic neuropathic pain.

Pubmed Data : Neurosci Lett. 2015 Aug 14. Epub 2015 Aug 14. PMID: [26282904](#)

Article Published Date : Aug 13, 2015

Authors : Bo Meng, Lu-Lu Shen, Xiao-Ting Shi, Yong-Sheng Gong, Xiao-Fang Fan, Jun Li, Hong

Cao

Study Type : Animal Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Neuropathy : CK(244) : AC(65), Neuropathic Pain : CK(621) : AC(192)

Pharmacological Actions : Analgesics : CK(3498) : AC(646)

Curcumin inhibits LDL cholesterol induced hepatic stellate cell activation associated with fatty liver and liver fibrosis.

Pubmed Data : Endocrinology. 2009 Dec;150(12):5384-94. Epub 2009 Oct 6. PMID: [19808779](#)

Article Published Date : Dec 01, 2009

Authors : Qiaohua Kang, Anping Chen

Study Type : In Vitro Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Fatty Liver : CK(2522) : AC(701), High Cholesterol : CK(2715) : AC(455), Liver Fibrosis : CK(560) : AC(253)

Pharmacological Actions : Hepatoprotective : CK(5098) : AC(2264)

Curcumin is a potential glucose-lowering agent and antioxidant in type 2 diabetic mice.

Pubmed Data : Phytother Res. 2008 Feb;22(2):180-4. PMID: [18398869](#)

Article Published Date : Feb 01, 2008

Authors : Kwon-Il Seo, Myung-Sook Choi, Un Ju Jung, Hye-Jin Kim, Jiyoun Yeo, Seon-Min Jeon, Mi-Kyung Lee

Study Type : Animal Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

Curcumin is a promising ingredient of novel functional foods, with protective efficacy in preventing certain diseases.

Pubmed Data : Nutrients. 2018 Oct 19 ;10(10). Epub 2018 Oct 19. PMID: [30347782](#)

Article Published Date : Oct 18, 2018

Authors : Xiao-Yu Xu, Xiao Meng, Sha Li, Ren-You Gan, Ya Li, Hua-Bin Li

Study Type : Review

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Animal Cancers : CK(3) : AC(2), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Inflammation : CK(9572) : AC(3089), Nonalcoholic fatty liver disease (NAFLD) : CK(1862) : AC(521)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338), Immunomodulatory : CK(4048) : AC(1475), Neuroprotective Agents : CK(10404) : AC(4396)

Curcumin is beneficial for improving Type 2 diabetes complications and assists in preventing oxidative stress and inflammation.

Pubmed Data : Br J Pharmacol. 2012 Mar 27. Epub 2012 Mar 27. PMID: [22452372](#)

Article Published Date : Mar 27, 2012

Authors : B Stefanska

Study Type : Review

Additional Links

Substances : Curcumin : CK(5598) : AC(2788), Turmeric : CK(7078) : AC(3169)

Diseases : Atherosclerosis : CK(1390) : AC(487), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Nephropathy : CK(239) : AC(58), Neuropathy : CK(652) : AC(208), Obesity : CK(6879) : AC(1686)

Curcumin may prove useful for patients with diabetes by improving both β^2 -cell function and relieving insulin resistance.

Pubmed Data : Nutr Diabetes. 2016 ;6:e205. Epub 2016 Apr 25. PMID: [27110686](#)

Article Published Date : Dec 31, 2015

Authors : S Weisberg, R Leibel, D V Tortoriello

Study Type : Animal Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Insulin Sensitizers : CK(1185) : AC(244), Proteasome Inhibitors : CK(59) : AC(40)

Curcumin possesses anti-diabetic effects and mitigates diabetes complications

Pubmed Data : Curr Top Med Chem. 2015 Jun 19. Epub 2015 Jun 19. PMID: [26088351](#)

Article Published Date : Jun 18, 2015

Authors : Seyed Fazel Nabavi, Raman Thiagarajan, Luca Rastrelli, Maria Daglia, Eduardo Sobarzo-Sanchez, Heshmatollah Alinezhad, Seyed Mohammad Nabavi

Study Type : Review

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Complications : CK(3199) : AC(1009)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856)

Additional Keywords : Advanced Glycation End Products : CK(11) : AC(2)

Curcumin prevents restenosis in a rabbit artery stent model.

Pubmed Data : Catheter Cardiovasc Interv. 2009 Nov 15;74(6):881-8. PMID: [19496118](#)

Article Published Date : Nov 15, 2009

Authors : Hyung-Suk Jang, Hye Yeong Nam, Jeong-Min Kim, Dong-Hoon Hahm, So Hee Nam, Koungh Li Kim, Jae-Ryang Joo, Wonhee Suh, Jong-Sang Park, Duk Kyung Kim, Hyeon-Cheol Gwon

Study Type : Animal Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Coronary Artery Disease : CK(2089) : AC(226), Coronary Stenting : CK(33) : AC(5), High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Antiproliferative : CK(6801) : AC(5032), Cardioprotective : CK(5377) : AC(1675), Cardiovascular Agents : CK(201) : AC(32)

Curcumin significantly downregulated the plasma membrane redox system activity in a dose-dependent manner.

Pubmed Data : Biochem Res Int. 2016;2016:6025245. Epub 2016 Jan 19. PMID: [26904287](#)

Article Published Date : Dec 31, 2015

Authors : Prabhakar Singh, Rajesh Kumar Kesharwani, Krishna Misra, Syed Ibrahim Rizvi

Study Type : Animal Study, In Vitro Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Redox Modulator : CK(9) : AC(5)

Additional Keywords : Dose Response : CK(1712) : AC(683)

Curcumin supplementation could ameliorate cognitive deficits and reverse biochemical alterations in a ICV-streptozotocin Alzheimer's rat model.

Pubmed Data : Eur J Pharmacol. 2016 Jan 5 ;770:52-60. Epub 2015 Dec 2. PMID: [26638997](#)

Article Published Date : Jan 04, 2016

Authors : Doaa M Samy, Cherine A Ismail, Rasha A Nassra, Teshreen M Zeitoun, Azhar M Nomair

Study Type : Animal Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Alzheimer's Disease : CK(3372) : AC(1307), Brain: Oxidative Stress : CK(438) : AC(244), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Neuroprotective Agents : CK(10404) : AC(4396)

Curcumin treatment protects against oxidative stress in streptozotocin-induced diabetic rats.

Pubmed Data : J Med Food. 2005;8(2):251-5. PMID: [16117620](#)

Article Published Date : Jan 01, 2005

Authors : T Mahesh, M Sri Balasubashini, Venugopal P Menon

Study Type : Animal Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Diabetes: Oxidative Stress : CK(492) : AC(182), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Lipid Peroxidation : CK(1632) : AC(631), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

Curcumin works synergistically with insulin on muscle cell glucose metabolism.

Pubmed Data : Food Chem Toxicol. 2010 Aug-Sep;48(8-9):2366-73. Epub 2010 Jun 1. PMID:

[20561944](#)

Article Published Date : Aug 01, 2010

Authors : Changkeun Kang, Euikyung Kim

Study Type : In Vitro Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Diabetes Insipidus : CK(35) : AC(5), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Drug Synergy : CK(381) : AC(167)

Curcumin's blood sugar lowering effect may be due to its inhibitory effect on hepatic gluconeogenesis.

Pubmed Data : Biochem Biophys Res Commun. 2009 Oct 16;388(2):377-82. Epub 2009 Aug 8. PMID: [19665995](#)

Article Published Date : Oct 16, 2009

Authors : Teayoun Kim, Jessica Davis, Albert J Zhang, Xiaoming He, Suresh T Mathews

Study Type : In Vitro Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : AMP-activated protein kinase modulation : CK(6) : AC(4), Gluconeogenesis Inhibitor : CK(21) : AC(15)

Additional Keywords : Metformin Alternatives : CK(19) : AC(6), Natural Substances Versus Drugs : CK(2375) : AC(479)

Curcumin, berberine, catechin, quercetin and rutin had binding ability towards alpha-amylase and alpha-glucosidase.

Pubmed Data : Biofactors. 2015 Jul 7. Epub 2015 Jul 7. PMID: [26154585](#)

Article Published Date : Jul 06, 2015

Authors : Chien-Hung Jhong, Jirawat Riyaphan, Shih-Hung Lin, Yi-Chen Chia, Ching-Feng Weng

Study Type : In Vitro Study

Additional Links

Substances : Berberine : CK(1280) : AC(627), Catechin : CK(718) : AC(253), Curcumin : CK(5598) : AC(2788), Quercetin : CK(1179) : AC(590), Rutin : CK(289) : AC(142)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperglycemia : CK(1494) : AC(453)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110), Alpha-glucosidase inhibitor : CK(274) : AC(201)

Additional Keywords : Natural Substances Versus Drugs : CK(2375) : AC(479)

Curcumin, capsaicin and garlic attenuate adverse blood changes associated with a cholesterol-enriched diet.

Pubmed Data : Br J Nutr. 2005 Jan;93(1):81-91. PMID: [15705229](#)

Article Published Date : Jan 01, 2005

Authors : Rayavara K Kempaiah, Krishnapura Srinivasan

Study Type : Animal Study

Additional Links

Substances : Capsaicin : CK(174) : AC(70), Curcumin : CK(5598) : AC(2788), Garlic : CK(1529) : AC(508)

Diseases : High Cholesterol : CK(2715) : AC(455)

Curcumin, capsaicin, and garlic have a beneficial effect in the red blood cells and liver of cholesterol fed rats.

Pubmed Data : Acta Pharmacol Sin. 2007 Oct;28(10):1559-65. PMID: [15296079](#)

Article Published Date : Oct 01, 2007

Authors : R K Kempaiah, K Srinivasan

Study Type : Animal Study

Additional Links

Substances : Capsaicin : CK(174) : AC(70), Curcumin : CK(5598) : AC(2788), Garlic : CK(1529) : AC(508)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Cardioprotective : CK(5377) : AC(1675), Hepatoprotective : CK(5098) : AC(2264)

Curcuminoids plus piperine modulate adipokines in type 2 diabetes mellitus.

Pubmed Data : Curr Clin Pharmacol. 2018 Jan 3. Epub 2018 Jan 3. PMID: [29299989](#)

Article Published Date : Jan 02, 2018

Authors : Amirhossein Sahebkar, Yunes Panahi, Nahid Khalili, Ebrahim Sahebi, Soha Namazi, Stephen L Atkin, Muhammed Majeed

Study Type : Human Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788), Piperine : CK(320) : AC(159)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Adiponectin upregulation](#) : CK(217) : AC(39)

Dietary curcumin and capsaicin have hypolipidemic and antioxidant effects.

Pubmed Data : Life Sci. 2001 Dec 7;70(3):253-67. PMID: [17960446](#)

Article Published Date : Dec 07, 2001

Authors : H Manjunatha, K Srinivasan

Study Type : Animal Study

Additional Links

Substances : [Capsaicin](#) : CK(174) : AC(70), [Curcumin](#) : CK(5598) : AC(2788)

Diseases : [High Cholesterol](#) : CK(2715) : AC(455)

Pharmacological Actions : [Antioxidants](#) : CK(21528) : AC(8856), [Hypolipidemic](#) : CK(5358) : AC(1221)

Dietary curcumin restores insulin homeostasis in diet-induced obese aged mice.

Pubmed Data : Aging (Albany NY). 2022 01 11 ;14(1):225-239. Epub 2022 Jan 11. PMID: [35017319](#)

Article Published Date : Jan 10, 2022

Authors : Su-Jeong Lee, Prabha Chandrasekran, Caio Henrique Mazucanti, Jennifer F O'Connell, Josephine M Egan, Yoo Kim

Study Type : Animal Study

Additional Links

Substances : [Curcumin](#) : CK(5598) : AC(2788)

Diseases : [Aging](#) : CK(3728) : AC(933), [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Obesity](#) : CK(6879) : AC(1686)

Additional Keywords : [Anti-Obesity Agents](#) : CK(2925) : AC(774)

Dietary curcumin significantly improves obesity-associated inflammation and diabetes in mouse models of diabetes.

Pubmed Data : Endocrinology. 2008 Jul;149(7):3549-58. Epub 2008 Apr 10. PMID: [18403477](#)

Article Published Date : Jul 01, 2008

Authors : Stuart P Weisberg, Rudolph Leibel, Drew V Tortoriello

Study Type : Animal Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Adiponectin: Low Levels : CK(233) : AC(48), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Inflammation : CK(9572) : AC(3089), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Interleukin-6 Downregulation : CK(5029) : AC(1994), NF-kappaB Inhibitor : CK(3536) : AC(2098), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Effect of Curcuma longa on glycemia, neuropathic sensation and advanced glycation end product in diabetic patients.

Pubmed Data : Pak J Pharm Sci. 2022 May ;35(3(Special)):873-878. PMID: [35791581](#)

Article Published Date : Apr 30, 2022

Authors : Waseem Abbas, Rafeeq Alam Khan, Mirza Tasawar Baig, Safder Ali Shaikh

Study Type : Human Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Advanced Glycation End products (AGE) : CK(440) : AC(176), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Glycation Agents : CK(197) : AC(100), Hypoglycemic Agents : CK(5366) : AC(1338)

Effects of Curcuma comosa on the expression of atherosclerosis-related cytokine genes.

Pubmed Data : J Ethnopharmacol. 2011 Apr 12 ;134(3):608-13. Epub 2011 Jan 11. PMID: [21232590](#)

Article Published Date : Apr 11, 2011

Authors : Puttavee Charoenwanthanang, Somsong Lawanprasert, Laddawal Phivthong-Ngam, Pawinee Piyachaturawat, Yupin Sanvarinda, Sureerut Porntadavity

Study Type : Animal Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Atherosclerosis : CK(1390) : AC(487), High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334)

Effects of turmeric and its constituent curcumin on the metabolic syndrome.

Pubmed Data : J Integr Med. 2022 05 ;20(3):193-203. Epub 2022 Mar 1. PMID: [35292209](#)

Article Published Date : Dec 31, 2021

Authors : Zeinab Vafaepour, Bibi Marjan Razavi, Hossein Hosseinzadeh

Study Type : Review

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antihypertensive Agents : CK(4527) : AC(683), Antioxidants : CK(21528) : AC(8856), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Molecular mechanisms underlying curcumin-mediated therapeutic effects in type 2 diabetes and cancer.

Pubmed Data : Oxid Med Cell Longev. 2018 ;2018:9698258. Epub 2018 Mar 20. PMID: [29743988](#)

Article Published Date : Dec 31, 2017

Authors : Marzena Wojcik, Michal Krawczyk, Pawel Wojcik, Katarzyna Cypryk, Lucyna Alicja Wozniak

Study Type : Review

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Cancers: All : CK(28241) : AC(10590), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Antiproliferative : CK(6801) : AC(5032), Chemopreventive : CK(5374) : AC(1717), Hypoglycemic Agents : CK(5366) : AC(1338)

Noble heart failure therapy using food compositions.

Pubmed Data : Yakugaku Zasshi. 2018 ;138(10):1263-1269. PMID: [30270270](#)

Article Published Date : Dec 31, 2017

Authors : Tatsuya Morimoto, Masafumi Funamoto, Yoichi Sunagawa, Yasufumi Katanasaka, Yusuke Miyazaki, Koji Hasegawa

Study Type : Review

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Heart Failure : CK(1240) : AC(183)

Pharmacological Actions : Cardioprotective : CK(5377) : AC(1675)

Additional Keywords : Phytotherapy : CK(3062) : AC(812)

Potential therapeutic effects of curcumin on glycemic

and lipid profile in uncomplicated type 2 diabetes.

Pubmed Data : Nutrients. 2021 Jan 27 ;13(2). Epub 2021 Jan 27. PMID: [33514002](#)

Article Published Date : Jan 26, 2021

Authors : Emma Altobelli, Paolo Matteo Angeletti, Ciro Marziliano, Marianna Mastrodomenico, Anna Rita Giuliani, Reimondo Petrocelli

Study Type : Meta Analysis

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Protection of curcumin against streptozocin-induced pancreatic cell destruction in T2D rats.

Pubmed Data : Planta Med. 2020 Jan ;86(2):113-120. Epub 2019 Dec 4. PMID: [31801161](#)

Article Published Date : Dec 31, 2019

Authors : Li Qihui, Deng Shuntian, Zhou Xin, Yu Xiaoxia, Chen Zhongpei

Study Type : Animal Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Apoptotic : CK(2905) : AC(1672), Anti-Inflammatory Agents : CK(20859) : AC(8334), Interleukin-1 beta downregulation : CK(3041) : AC(1567), Interleukin-6 Downregulation : CK(5029) : AC(1994), Pancreato Protective Agents : CK(358) : AC(194), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Quercetin, epigallocatechin gallate, curcumin, and resveratrol: from dietary sources to human microRNA modulation.

Pubmed Data : Molecules. 2019 Dec 23 ;25(1). Epub 2019 Dec 23. PMID: [31878082](#)

Article Published Date : Dec 22, 2019

Authors : Erika Cione, Chiara La Torre, Roberto Cannataro, Maria Cristina Caroleo, Pierluigi Plastina, Luca Gallelli

Study Type : Review

Additional Links

Substances : Curcumin : CK(5598) : AC(2788), EGCG (Epigallocatechin gallate) : CK(1091) : AC(605), Quercetin : CK(1179) : AC(590), Resveratrol : CK(2037) : AC(1112)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) :

AC(1714)

Pharmacological Actions : MicroRNA modulator : CK(1023) : AC(618)

Additional Keywords : Epigenetic Modification : CK(417) : AC(164)

Short term curcumin intervention ablates diabetic kidney disease progress with activating Nrf2 anti-oxidative system and anti-inflammatory efficacies in patients with T2DM.

Pubmed Data : Exp Clin Endocrinol Diabetes. 2015 Jun ;123(6):360-7. Epub 2015 Apr 14. PMID: [25875220](#)

Article Published Date : May 31, 2015

Authors : H Yang, W Xu, Z Zhou, J Liu, X Li, L Chen, J Weng, Z Yu

Study Type : Human Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Nephropathy : CK(707) : AC(277)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Malondialdehyde Down-regulation : CK(2065) : AC(678), Nrf2 activation : CK(1584) : AC(916)

Additional Keywords : Significant Treatment Outcome : CK(3903) : AC(462)

Tetrahydrocurcumin displays antihyperlipidaemic effect in addition to its antidiabetic effect in type 2 diabetic rats.

Pubmed Data : Basic Clin Pharmacol Toxicol. 2006 Aug;99(2):122-7. PMID: [16918712](#)

Article Published Date : Aug 01, 2006

Authors : Pidarani Murugan, Leelavinothan Pari

Study Type : Animal Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788), Tetrahydrocurcumin : CK(123) : AC(68)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Tetrahydrocurcumin increases the number of total cellular insulin binding sites resulting in a significant

increase in plasma insulin.

Pubmed Data : J Biosci. 2008 Mar;33(1):63-72. PMID: [18376071](#)

Article Published Date : Mar 01, 2008

Authors : Pidarani Murugan, Leelavinothan Pari, Chippada Appa Rao

Study Type : Animal Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788), Tetrahydrocurcumin : CK(123) : AC(68)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Tetrahydrocurcumin normalizes blood glucose and causes a marked improvement of altered carbohydrate metabolic enzymes in diabetic animals.

Pubmed Data : J Basic Clin Physiol Pharmacol. 2005;16(4):257-74. PMID: [16438392](#)

Article Published Date : Jan 01, 2005

Authors : Leelavinothan Pari, Pidarani Murugan

Study Type : Animal Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788), Tetrahydrocurcumin : CK(123) : AC(68)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

The administration of low-dose curcumin showed a trend of reduction in total cholesterol level and LDL cholesterol level in acute coronary syndrome patients.

Pubmed Data : Acta Med Indones. 2008 Oct;40(4):201-10. PMID: [19151449](#)

Article Published Date : Oct 01, 2008

Authors : Idrus Alwi, Teguh Santoso, Slamet Suyono, Bambang Sutrisna, Frans D Suyatna, Siti Boedina Kresno, Sri Ernie

Study Type : Human Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Cholesterol: LDL/HDL ratio : CK(556) : AC(67), Coronary Artery Disease : CK(2089) : AC(226), High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Enzyme Inhibitors : CK(692) : AC(347), Hypolipidemic : CK(5358) : AC(1221)

The current review provides an updated overview of the metabolism and mechanism of action of curcumin in various organ pathophysiologies.

Pubmed Data : Food Chem Toxicol. 2015 Jun 9 ;83:111-124. Epub 2015 Jun 9. PMID: [26066364](#)

Article Published Date : Jun 08, 2015

Authors : Shatadal Ghosh, Sharmistha Banerjee, Parames C Sil

Study Type : Review

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Inflammation : CK(9572) : AC(3089), Neurodegenerative Diseases : CK(8689) : AC(2653), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856)

The effect of curcumin phytosome on the treatment of patients with non-alcoholic fatty liver disease.

Pubmed Data : Adv Exp Med Biol. 2021 ;1308:25-35. PMID: [33861434](#)

Article Published Date : Dec 31, 2020

Authors : Seyed Reza Mirhafez, Mohsen Azimi-Nezhad, Maryam Dehabehe, Mitra Hariri, Ronika Danesh Naderan, Ali Movahedi, Mohammed Abdalla, Thozhukat Sathyapalan, Amirhossein Sahebkar

Study Type : Human Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Nonalcoholic fatty liver disease (NAFLD) : CK(1862) : AC(521)

Pharmacological Actions : Hepatoprotective : CK(5098) : AC(2264)

The effects of curcumin on diabetes mellitus: a systematic review.

Pubmed Data : Front Endocrinol (Lausanne). 2021 ;12:669448. Epub 2021 May 3. PMID: [34012421](#)

Article Published Date : Dec 31, 2020

Authors : Ledyane Taynara Marton, LaÃs Maria Pescinini-E-Salzedas, Maria Eduarda CÃrtes Camargo, Sandra M Barbalho, Jesselina F Dos Santos Haber, Renata Vargas Sinatora, Claudia Rucco Penteadro Detregiachi, Raul J S Girio, Daniela Vieira Buchaim, Patricia Cincotto Dos Santos Bueno

Study Type : Review

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Anticholesteremic Agents : CK(3078) : AC(530), Antioxidants : CK(21528) : AC(8856)

The present review focuses on pre-clinical and clinical trials on curcumin supplementation in T2DM.

Pubmed Data : Nutrients. 2019 Aug 8 ;11(8). Epub 2019 Aug 8. PMID: [31398884](#)

Article Published Date : Aug 07, 2019

Authors : Francesca Pivari, Alessandra Mingione, Caterina Brasacchio, Laura Soldati

Study Type : Review

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Cardioprotective : CK(5377) : AC(1675), Hepatoprotective : CK(5098) : AC(2264), Hypoglycemic Agents : CK(5366) : AC(1338), Immunomodulatory : CK(4048) : AC(1475), Renoprotective : CK(2404) : AC(1075)

The results shows that astragalosides and curcumin could lower the abnormal blood glucose levels and GSP levels.

Pubmed Data : Saudi Pharm J. 2017 May ;25(4):477-481. Epub 2017 Apr 28. PMID: [28579878](#)

Article Published Date : Apr 30, 2017

Authors : Mingsan Miao, Jing Liu, Tan Wang, Xue Liang, Ming Bai

Study Type : Animal Study

Additional Links

Substances : Astragaloside : CK(1) : AC(1), Curcumin : CK(5598) : AC(2788)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

The role of some natural Nrf2 activators and its effect in diabetes is discussed in this review.

Pubmed Data : Clin Chim Acta. 2015 Jul 9. Epub 2015 Jul 9. PMID: [26165427](#)

Article Published Date : Jul 08, 2015

Authors : Angélica Sara Jiménez-Osorio, Susana González-Reyes, José Pedraza-Chaverri

Study Type : Review

Additional Links

Substances : Curcumin : CK(5598) : AC(2788), Resveratrol : CK(2037) : AC(1112), Sulforaphane : CK(930) : AC(452), Vitamin D : CK(8897) : AC(1260)

Diseases : Diabetes Mellitus: Type 1: Prevention : CK(320) : AC(75), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperglycemia : CK(1494) : AC(453), Prediabetes : CK(192) : AC(23)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Nrf2 activation : CK(1584) : AC(916)

This study demonstrates a novel role for natural occurring polyphenols as PDE inhibitors that enhance pancreatic β -cell function.

Pubmed Data : J Endocrinol. 2014 Nov ;223(2):107-17. PMID: [25297556](#)

Article Published Date : Oct 31, 2014

Authors : Michael Rouse, Antoine Younis, Josephine M Egan

Study Type : In Vitro Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788), Resveratrol : CK(2037) : AC(1112)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Pancreato Protective Agents : CK(358) : AC(194), Phosphodiesterase Inhibitors : CK(1) : AC(1)

Additional Keywords : Dose Response : CK(1712) : AC(683), Gene Expression Regulation : CK(1141) : AC(501)

Treatment with combinatorial extract of curcumin presented a significantly better therapeutic potential when compared with curcumin alone.

Pubmed Data : J Complement Integr Med. 2016 Jun 25. Epub 2016 Jun 25. PMID: [27343476](#)

Article Published Date : Jun 24, 2016

Authors : Ginpreet Kaur, Mihir Invally, Meena Chintamaneni

Study Type : Animal Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788), Piperine : CK(320) : AC(159), Quercetin : CK(1179) : AC(590)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Natural Substance Synergy : CK(1094) : AC(506), Natural Substances Versus Drugs : CK(2375) : AC(479)

Turmeric and curcumin have anti-diabetic actions.

Pubmed Data : Plant Foods Hum Nutr. 2002;57(1):41-52. PMID: [11855620](#)

Article Published Date : Jan 01, 2002

Authors : N Arun, N Nalini

Study Type : Animal Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Diabetes: Glycation/A1C : CK(210) : AC(33), Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Turmeric extracts demonstrated an antidiabetic effect in streptozotocin-nicotinamide induced type 2 diabetes.

Pubmed Data : J Ayurveda Integr Med. 2021 Jul-Sep;12(3):474-479. Epub 2021 Aug 2. PMID: [34353691](#)

Article Published Date : Jun 30, 2021

Authors : Vinay Kumar Sayeli, Ashok K Shenoy

Study Type : Animal Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Insulin Sensitizers : CK(1185) : AC(244)

Additional Keywords : Natural Substances Versus Drugs : CK(2375) : AC(479)

Zinc and curcumin supplementation exerted a beneficial effect on several key glycemic parameters.

Pubmed Data : Phytother Res. 2021 Apr 23. Epub 2021 Apr 23. PMID: [33893671](#)

Article Published Date : Apr 22, 2021

Authors : Majid Karandish, Hassan Mozaffari-Khosravi, Seyed Mohammad Mohammadi, Bahman Cheraghian, Maryam Azhdari

Study Type : Human Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788), Zinc : CK(1486) : AC(267)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Zingiber officinale, Phyllanthus emblica, Cinnamomum verum, and Curcuma longa to prevent type 2 diabetes.

Pubmed Data : Curr Diabetes Rev. 2022 Nov 24. Epub 2022 Nov 24. PMID: [36424773](#)

Article Published Date : Nov 23, 2022

Authors : Uththara Subodhini Wijewardhana, Madhura Arunoda Jayasinghe, Isuru Wijesekara, K K D S Ranaweera

Study Type : Review

Additional Links

Substances : Amla Fruit : CK(125) : AC(55), Cinnamon : CK(406) : AC(150), Curcumin : CK(5598) : AC(2788), Ginger : CK(1261) : AC(363), Turmeric : CK(7078) : AC(3169)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Nigella sativa (aka Black Seed) (AC 25) (CK 156)

A new oleanane type saponin from the aerial parts of Nigella sativa with anti-oxidant and anti-diabetic potential.

Pubmed Data : Molecules. 2020 May 6 ;25(9). Epub 2020 May 6. PMID: [32384790](#)

Article Published Date : May 05, 2020

Authors : Amna Parveen, Muhammad Asim Farooq, Whang Wan Kyunn

Study Type : In Vitro Study

Additional Links

Substances : Nigella sativa (aka Black Seed) : CK(1250) : AC(356)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

A plant mixture comprising *Nigella sativa*, Myrrh, Gum Olibanum (Frankincense), Gum Asafoetida and Aloe lowers blood sugar by inhibiting hepatic gluconeogenesis.

Pubmed Data : Diabetes Res. 1991 Dec;18(4):163-8. PMID: [1842751](#)

Article Published Date : Dec 01, 1991

Authors : F al-Awadi, H Fatania, U Shamte

Study Type : Animal Study

Additional Links

Substances : Aloe Vera : CK(725) : AC(189), Asafoetida : CK(8) : AC(5), Frankincense : CK(513) : AC(125), Myrrh : CK(85) : AC(41), *Nigella sativa* (aka Black Seed) : CK(1250) : AC(356)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Gluconeogenesis Inhibitor : CK(21) : AC(15)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

A randomized controlled trial of a herbal compound for improving metabolic parameters in diabetic patients with uncontrolled dyslipidemia.

Pubmed Data : Endocr Metab Immune Disord Drug Targets. 2019 Feb 6. Epub 2019 Feb 6. PMID: [30727929](#)

Article Published Date : Feb 05, 2019

Authors : Ahmad Ghorbani, Mahdi Zarvandi, Hassan Rakhshandeh

Study Type : Human Study

Additional Links

Substances : Aloe Vera : CK(725) : AC(189), Fenugreek : CK(452) : AC(115), Milk Thistle : CK(349) : AC(86), *Nigella sativa* (aka Black Seed) : CK(1250) : AC(356), Psyllium : CK(273) : AC(36)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Dyslipidemias : CK(1104) : AC(241)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Antidiabetic activity of *Nigella Sativa* and its active constituent thymoquinone.

Pubmed Data : Chonnam Med J. 2021 Sep ;57(3):169-175. Epub 2021 Sep 24. PMID: [34621636](#)

Article Published Date : Aug 31, 2021

Authors : Naina Mohamed Pakkir Maideen

Study Type : Review

Additional Links

Substances : Nigella sativa (aka Black Seed) : CK(1250) : AC(356), Thymoquinone : CK(774) : AC(451)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Black Cumin improves blood lipid profiles.

Pubmed Data : Neurosci Lett. 2010 Oct 4;482(3):183-7. Epub 2010 Jun 11. PMID: [16092657](#)

Article Published Date : Oct 04, 2010

Authors : Amir Hamzo Dahri, Atta Muhammad Chandioli, Ali Akbar Rahoo, Rafique Ahmed Memon

Study Type : Animal Study

Additional Links

Substances : Nigella sativa (aka Black Seed) : CK(1250) : AC(356)

Diseases : Cholesterol: LDL/HDL ratio : CK(556) : AC(67), HDL: Low : CK(305) : AC(50), High Cholesterol : CK(2715) : AC(455)

Black cumin may have antidiabetic effects by increasing insulin sensitivity.

Pubmed Data : Evid Based Complement Alternat Med. 2011;2011:538671. Epub 2011 Apr 14. PMID: [21584245](#)

Article Published Date : Jan 01, 2011

Authors : Ali Benhaddou-Andaloussi, Louis Martineau, Tri Vuong, Bouchra Meddah, Padma Madiraju, Abdellatif Settaf, Pierre S Haddad

Study Type : Animal Study

Additional Links

Substances : Nigella sativa (aka Black Seed) : CK(1250) : AC(356)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Insulin Sensitizers : CK(1185) : AC(244)

Black cumin seeds have significant anti-diabetic effects in type 2 diabetics.

Pubmed Data : Indian J Physiol Pharmacol. 2010 Oct-Dec;54(4):344-54. PMID: [21675032](#)

Article Published Date : Oct 01, 2010

Authors : Abdullah O Bamosa, Huda Kaatabi, Fatma M Lebdaa, Abdul-Muhssen Al Elq, Ali Al-Sultanb

Study Type : Human Study

Additional Links

Substances : Nigella sativa (aka Black Seed) : CK(1250) : AC(356)

Diseases : A1C : CK(277) : AC(35), Diabetes: Glycation/A1C : CK(210) : AC(33), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Insulin Sensitizers : CK(1185) : AC(244)

Additional Keywords : Beta Cell Protection : CK(61) : AC(25), Beta Cell Regeneration : CK(78) : AC(29)

Black seed thymoquinone improved insulin secretion, hepatic glycogen storage, and oxidative stress in streptozotocin-induced diabetic male wistar rats.

Pubmed Data : Oxid Med Cell Longev. 2018 ;2018:8104165. Epub 2018 Mar 4. PMID: [29686746](#)

Article Published Date : Dec 31, 2017

Authors : Heba M A Abdelrazek, Omnia E Kilany, Muhammad A A Muhammad, Hend M Tag, Aaser M Abdelazim

Study Type : Animal Study

Additional Links

Substances : Nigella sativa (aka Black Seed) : CK(1250) : AC(356), Thymoquinone : CK(774) : AC(451)

Diseases : Diabetes: Oxidative Stress : CK(492) : AC(182), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Insulin-releasing : CK(122) : AC(49)

Current findings suggest N. sativa supplementation a suitable choice in managing the complications of T2D.

Pubmed Data : Complement Ther Med. 2017 Dec ;35:6-13. Epub 2017 Aug 30. PMID: [29154069](#)

Article Published Date : Nov 30, 2017

Authors : Reza Daryabeygi-Khotbehsara, Mahdieh Golzarand, Mohammad Payam Ghaffari, Kurosh Djafarian

Study Type : Meta Analysis, Review

Additional Links

Substances : Nigella sativa (aka Black Seed) : CK(1250) : AC(356)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Effectiveness of medicinal plants for glycaemic control in type 2 diabetes.

Pubmed Data : Front Pharmacol. 2021 ;12:777561. Epub 2021 Nov 26. PMID: [34899340](#)

Article Published Date : Dec 31, 2020

Authors : Merlin L Willcox, Christina Elugbaju, Marwah Al-Anbaki, Mark Lown, Bertrand Graz

Study Type : Meta Analysis

Additional Links

Substances : Astragalus : CK(763) : AC(321), Nigella sativa (aka Black Seed) : CK(1250) : AC(356)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Effects of Nigella sativa seed polysaccharides on type 2 diabetic mice and gut microbiota.

Pubmed Data : Int J Biol Macromol. 2020 May 8 ;159:725-738. Epub 2020 May 8. PMID: [32437806](#)

Article Published Date : May 07, 2020

Authors : Jing Dong, Qiongxin Liang, Yun Niu, Shengjun Jiang, Li Zhou, Jinmei Wang, Changyang Ma, Wenyi Kang

Study Type : Animal Study

Additional Links

Substances : Nigella sativa (aka Black Seed) : CK(1250) : AC(356)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Gastrointestinal Agents : CK(3145) : AC(843), Interleukin-1 beta downregulation : CK(3041) : AC(1567), Interleukin-6 Downregulation : CK(5029) : AC(1994), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Additional Keywords : Polysaccharides : CK(625) : AC(392)

Effects of resistance training and nigella sativa on type 2 diabetes.

Pubmed Data : Arch Physiol Biochem. 2021 Feb 21:1-9. Epub 2021 Feb 21. PMID: [33612031](#)

Article Published Date : Feb 20, 2021

Authors : Soheila Jangjo-Borazjani, Maryam Dastgheib, Efat Kiyamarsi, Roghayeh Jamshidi, Saleh Rahmati-Ahmadabad, Masoumeh Helalizadeh, Roya Irajji, Stephen M Cornish, Shiva Mohammadi-Darestani, Zohreh Khojasteh, Mohammad Ali Azarbayjani

Study Type : Human Study

Additional Links

Substances : Nigella sativa (aka Black Seed) : CK(1250) : AC(356)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Therapeutic Actions : Exercise: Resistance Training : CK(547) : AC(63)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Hypolipidemic : CK(5358) : AC(1221)

N. sativa seeds and its active ingredient, thymoquinone have a protective effect against streptozotocin-induced diabetes.

Pubmed Data : Cardiovasc Hematol Agents Med Chem. 2022 Dec 21. Epub 2022 Dec 21. PMID: [36545735](#)

Article Published Date : Dec 20, 2022

Authors : Samar Saeed Khan, Kamal Uddin Zaidi

Study Type : Animal Study

Additional Links

Substances : Nigella sativa (aka Black Seed) : CK(1250) : AC(356), Thymoquinone : CK(774) : AC(451)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Nigella Sativa has a significant impact on plasma lipid concentrations, leading to lower total cholesterol.

Pubmed Data : Pharmacol Res. 2016 Feb 10. Epub 2016 Feb 10. PMID: [26875640](#)

Article Published Date : Feb 09, 2016

Authors : Amirhossein Sahebkar, Guglielmo Beccuti, Luis E Simental-Mend a, Valerio Nobili, Simona Bo

Study Type : Meta Analysis, Review

Additional Links

Substances : Nigella sativa (aka Black Seed) : CK(1250) : AC(356)

Diseases : Cardiovascular Disease: Prevention : CK(6355) : AC(1018), High Cholesterol : CK(2715) : AC(455), Triglycerides: Elevated : CK(916) : AC(152)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Nigella sativa stimulate insulin secretion from isolated rat islets and inhibit the digestion and absorption of (CH₂O)_n in the gut.

Pubmed Data : Biosci Rep. 2019 Aug 2. Epub 2019 Aug 2. PMID: [31375555](#)

Article Published Date : Aug 01, 2019

Authors : Jma Hannan, Prawej Ansari, Afra Haque, Afrina Sanju, Abir Huzifa, Anisur Rahman Mishuk, Adity Ghosh, Shofiul Azam

Study Type : Animal Study

Additional Links

Substances : [Nigella sativa \(aka Black Seed\)](#) : CK(1250) : AC(356)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338), [Insulin-releasing](#) : CK(122) : AC(49)

Nigella sativa and Its active compound thymoquinone in the clinical management of diabetes.

Pubmed Data : Int J Mol Sci. 2022 Oct 11 ;23(20). Epub 2022 Oct 11. PMID: [36292966](#)

Article Published Date : Oct 10, 2022

Authors : Mohamad Fawzi Mahomoodally, Muhammad Zakariyyah Aumeeruddy, Lesetja J Legoabe, Domenico Montesano, Gokhan Zengin

Study Type : Review

Additional Links

Substances : [Nigella sativa \(aka Black Seed\)](#) : CK(1250) : AC(356), [Thymoquinone](#) : CK(774) : AC(451)

Diseases : [Diabetes Mellitus: Type 1](#) : CK(1605) : AC(471), [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

Nigella sativa could be used as an adjuvant for oral antidiabetic drugs in diabetes control.

Pubmed Data : Int J Environ Res Public Health. 2019 Dec 5 ;16(24). Epub 2019 Dec 5. PMID: [31817324](#)

Article Published Date : Dec 04, 2019

Authors : Amiza Hamdan, Ruszymah Haji Idrus, Mohd Helmy Mokhtar

Study Type : Review

Additional Links

Substances : [Nigella sativa \(aka Black Seed\)](#) : CK(1250) : AC(356)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

Nigella sativa in controlling Type 2 diabetes,

cardiovascular, and rheumatoid arthritis diseases.

Pubmed Data : J Res Med Sci. 2021 ;26:20. Epub 2021 Mar 31. PMID: [34221050](#)

Article Published Date : Dec 31, 2020

Authors : Vahid Hadi, Naseh Pahlavani, Mahsa Malekhamadi, Elyas Nattagh-Eshtivani, Jamshid Gholizadeh Navashenaq, Saeid Hadi, Gordon A Ferns, Majid Ghayour-Mobarhan, Gholamreza Askari, Abdolreza Norouzy

Study Type : Review

Additional Links

Substances : [Nigella sativa \(aka Black Seed\)](#) : CK(1250) : AC(356)

Diseases : [Cardiovascular Diseases](#) : CK(12780) : AC(1983), [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Oxidative Stress](#) : CK(9437) : AC(3550), [Rheumatoid Arthritis](#) : CK(1546) : AC(328)

Pharmacological Actions : [Anti-Inflammatory Agents](#) : CK(20859) : AC(8334), [Antioxidants](#) : CK(21528) : AC(8856)

Nigella sativa is a promising natural remedy for wide range of illnesses.

Pubmed Data : Evid Based Complement Alternat Med. 2019 ;2019:1528635. Epub 2019 May 12. PMID: [31214267](#)

Article Published Date : Dec 31, 2018

Authors : Ebrahim M Yimer, Kald Beshir Tuem, Aman Karim, Najeeb Ur-Rehman, Farooq Anwar

Study Type : Review

Additional Links

Substances : [Nigella sativa \(aka Black Seed\)](#) : CK(1250) : AC(356)

Diseases : [Bacterial Infections](#) : CK(128) : AC(68), [Cancers: All](#) : CK(28241) : AC(10590), [Cardiovascular Diseases](#) : CK(12780) : AC(1983), [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Fungus Diseases](#) : CK(1) : AC(1), [HIV Infections](#) : CK(1055) : AC(347), [Inflammation](#) : CK(9572) : AC(3089), [Parasitic Diseases](#) : CK(120) : AC(58)

Pharmacological Actions : [Anti-Bacterial Agents](#) : CK(2894) : AC(1251), [Anti-Inflammatory Agents](#) : CK(20859) : AC(8334), [Antifungal Agents](#) : CK(494) : AC(306), [Antioxidants](#) : CK(21528) : AC(8856)

Nigella sativa oil exerted beneficial effects on glycemic control, serum lipid profile, blood pressure, and body weight among people with T2D.

Pubmed Data : Phytother Res. 2021 Jun 17. Epub 2021 Jun 17. PMID: [34142392](#)

Article Published Date : Jun 16, 2021

Authors : Saeid Hadi, Reza Daryabeygi-Khotbehsara, Parvin Mirmiran, Jenna McVicar, Vahid Hadi, Davood Soleimani, Gholamreza Askari

Study Type : Human Study

Additional Links

Substances : Nigella sativa (aka Black Seed) : CK(1250) : AC(356)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antihypertensive Agents : CK(4527) : AC(683), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Nigella sativa oil has a possible benefit as disease modifying agents for the insulin resistance in the brain.

Pubmed Data : PLoS One. 2017 ;12(5):e0172429. Epub 2017 May 15. PMID: [28505155](#)

Article Published Date : Dec 31, 2016

Authors : Mahmoud Balbaa, Shaymaa A Abdulmalek, Sofia Khalil

Study Type : Animal Study

Additional Links

Substances : Nigella sativa (aka Black Seed) : CK(1250) : AC(356)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Neuroprotective Agents : CK(10404) : AC(4396)

Nigella sativa oil supplement has cardiovascular protective effects in patients with T2DM.

Pubmed Data : Phytother Res. 2020 Jun 8. Epub 2020 Jun 8. PMID: [32510754](#)

Article Published Date : Jun 07, 2020

Authors : Akram Kooshki, Tahereh Tofighiyan, Neda Rastgoo, Mohammad Hassan Rakhshani, Mohammad Miri

Study Type : Human Study

Additional Links

Substances : Nigella sativa (aka Black Seed) : CK(1250) : AC(356)

Diseases : C-Reactive Protein : CK(3134) : AC(310), Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Anticholesteremic Agents : CK(3078) : AC(530), Antioxidants : CK(21528) : AC(8856), Cardioprotective : CK(5377) : AC(1675), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Nigella sativa supplementation improves cardiometabolic indicators in population with prediabetes and type 2 diabetes mellitus.

Pubmed Data : Front Nutr. 2022 ;9:977756. Epub 2022 Aug 11. PMID: [36034891](#)

Article Published Date : Dec 31, 2021

Authors : Saeede Saadati, Kaveh Naseri, Omid Asbaghi, Khadijeh Abhari, Pangzhen Zhang, Hua-Bin Li, Ren-You Gan

Study Type : Meta Analysis, Review

Additional Links

Substances : [Nigella sativa \(aka Black Seed\)](#) : CK(1250) : AC(356)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338), [Hypolipidemic](#) : CK(5358) : AC(1221)

Nigella sativa: Valuable perspective in the management of chronic diseases.

Pubmed Data : Iran J Basic Med Sci. 2020 Jun ;23(6):699-713. PMID: [32695285](#)

Article Published Date : May 31, 2020

Authors : Raluca Maria Pop, Adrian Pavel Trifa, Ada Popolo, Veronica Sanda Chedea, Claudia Militaru, Ioana Corina Bocsan, Anca Dana Buzoianu

Study Type : Review

Additional Links

Substances : [Nigella sativa \(aka Black Seed\)](#) : CK(1250) : AC(356)

Diseases : [Cancers: All](#) : CK(28241) : AC(10590), [Cardiovascular Diseases](#) : CK(12780) : AC(1983), [Chronic Disease](#) : CK(84) : AC(10), [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Hypercholesterolemia](#) : CK(2333) : AC(408), [Hypertension](#) : CK(6384) : AC(950)

Pharmacological Actions : [Anti-Inflammatory Agents](#) : CK(20859) : AC(8334), [Anti-metastatic](#) : CK(1972) : AC(1481), [Anticholesteremic Agents](#) : CK(3078) : AC(530), [Antiproliferative](#) : CK(6801) : AC(5032), [Apoptotic](#) : CK(6986) : AC(5304)

Protective and antidiabetic effects of extract from Nigella sativa on blood glucose concentrations against streptozotocin (STZ)-induced diabetic in rats.

Pubmed Data :

PMID: 23947821

Article Published Date : Dec 31, 2012

Authors : Samad Alimohammadi, Rahim Hobbenaghi, Javad Javanbakht, Danial Kheradmand, Reza Mortezaee, Maryam Tavakoli, Farshid Khadivar, Hamid Akbari

Study Type : Animal Study

Additional Links

Substances : [Nigella sativa \(aka Black Seed\)](#) : CK(1250) : AC(356)

Diseases : Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Additional Keywords : Beta Cell Regeneration : CK(78) : AC(29)

Vitamin C (AC 19) (CK 142)

A combination of quercetin, ascorbyl palmitate and vitamin D appears to safely offer relief of symptomatic diabetic neuropathy.

Pubmed Data : J Diabetes Complications. 2005 Sep-Oct;19(5):247-53. PMID: [16112498](#)

Article Published Date : Sep 01, 2005

Authors : Paul Valensi, Claude Le Devehat, Jean-Louis Richard, Cherifo Farez, Taraneh Khodabandehlou, Richard A Rosenbloom, Carolyn LeFante

Study Type : Human Study

Additional Links

Substances : Ascorbyl Palmitate : CK(10) : AC(1), Quercetin : CK(1179) : AC(590), Vitamin C : CK(4687) : AC(1149), Vitamin D : CK(8897) : AC(1260)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Neuropathies : CK(242) : AC(41), Peripheral Neuropathies : CK(300) : AC(56)

Pharmacological Actions : Enzyme Inhibitors : CK(692) : AC(347)

Animal-based nitrite may be an independent dietary risk factor for development of T2D in subjects with lower vitamin C intakes.

Pubmed Data : Nitric Oxide. 2016 Dec 1. Epub 2016 Dec 1. PMID: [27916563](#)

Article Published Date : Nov 30, 2016

Authors : Zahra Bahadoran, Parvin Mirmiran, Asghar Ghasemi, Mattias Carlström, Fereidoun Azizi, Farzad Hadaegh

Study Type : Human Study

Additional Links

Substances : Vitamin C : CK(4687) : AC(1149)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Vitamin C Deficiency : CK(427) : AC(82)

Additional Keywords : Risk Factors : CK(12084) : AC(1737), Risk Reduction : CK(15144) :

Chlorophytum borivilianum has an ameliorative effect on lipid metabolism in hyperlipidemic rats.

Pubmed Data : Clin Exp Pharmacol Physiol. 2007 Mar;34(3):244-9. PMID: [17250646](#)

Article Published Date : Mar 01, 2007

Authors : N P Visavadiya, A V R L Narasimhacharya

Study Type : Animal Study

Additional Links

Substances : Vitamin C : CK(4687) : AC(1149)

Diseases : High Cholesterol : CK(2715) : AC(455), Hyperlipidemia : CK(1569) : AC(402)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Effect of combined calcium, magnesium, vitamin C and E on seminal parameters and serum oxidative stress markers in fructose-induced diabetic rats.

Pubmed Data : Arch Physiol Biochem. 2020 Jan 25:1-8. Epub 2020 Jan 25. PMID: [31983250](#)

Article Published Date : Jan 24, 2020

Authors : Iya Eze Bassey, Daniel Ewa Ikpi, Idongesit Kokoabasi Paul Isong, Uwem Okon Akpan, Chibuzor Charles Onyeukwu, Nnenna Princess Nwankwo, Inyene Gordon Udofia

Study Type : Animal Study

Additional Links

Substances : Calcium : CK(396) : AC(60), Magnesium : CK(2442) : AC(317), Vitamin C : CK(4687) : AC(1149), Vitamin E : CK(2533) : AC(483)

Diseases : Diabetes: Oxidative Stress : CK(492) : AC(182), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), High Fructose Diet : CK(383) : AC(147)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

Effects of vitamin C supplementation on glycemic control and cardiovascular risk factors in people with type 2 diabetes.

Pubmed Data : Diabetes Care. 2021 Feb ;44(2):618-630. PMID: [33472962](#)

Article Published Date : Jan 31, 2021

Authors : Shaun A Mason, Michelle A Keske, Glenn D Wadley

Study Type : Meta Analysis, Review

Additional Links

Substances : Vitamin C : CK(4687) : AC(1149)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antihypertensive Agents : CK(4527) : AC(683), Hypoglycemic Agents : CK(5366) : AC(1338)

Efficacy of supplementary vitamins C and E on anxiety, depression and stress in type 2 diabetic patients: a randomized, single-blind, placebo-controlled trial.

Pubmed Data : Pak J Biol Sci. 2013 Nov 15 ;16(22):1597-600. PMID: [24511708](#)

Article Published Date : Nov 14, 2013

Authors : Zohreh Mazloom, Maryam Ekramzadeh, Najmeh Hejazi

Study Type : Human Study

Additional Links

Substances : Vitamin C : CK(4687) : AC(1149)

Diseases : Anxiety Disorders : CK(1505) : AC(231), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

Impact of rutin and vitamin C combination on oxidative stress and glycemic control in patients with type 2 diabetes.

Pubmed Data : Clin Nutr ESPEN. 2020 02 ;35:128-135. Epub 2019 Nov 14. PMID: [31987106](#)

Article Published Date : Dec 31, 2019

Authors : Sara Ramzy Ragheb, Lamia Mohamed El Wakeel, Merhan Samy Nasr, Nagwa Ali Sabri

Study Type : Human Study

Additional Links

Substances : Rutin : CK(289) : AC(142), Vitamin C : CK(4687) : AC(1149)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Malondialdehyde Down-regulation : CK(2065) : AC(678)

Low vitamin C intake can contribute to increasing type 2 diabetes incidence in Asians.

Pubmed Data : Antioxidants (Basel). 2022 Apr 27 ;11(5). Epub 2022 Apr 27. PMID: [35624721](#)

Article Published Date : Apr 26, 2022

Authors : Meiling Liu, Sunmin Park

Study Type : Human Study

Additional Links

Substances : Vitamin C : CK(4687) : AC(1149)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperglycemia : CK(1494) : AC(453), Vitamin C Deficiency : CK(427) : AC(82)

Additional Keywords : Risk Factors : CK(12084) : AC(1737)

Sprouting buckwheat triggers a variety of nutritional changes increasing hypocholesterolemic, hypotriglyceridemic, and antioxidative activities.

Pubmed Data : J Agric Food Chem. 2008 Feb 27;56(4):1216-23. Epub 2008 Jan 24. PMID: [18217700](#)

Article Published Date : Feb 27, 2008

Authors : Li-Yun Lin, Chiung-Chi Peng, Ya-Lu Yang, Robert Y Peng

Study Type : In Vitro Study

Additional Links

Substances : Buckwheat : CK(69) : AC(29), Flavonoids : CK(2352) : AC(870), Polyphenols : CK(1878) : AC(700), Quercetin : CK(1179) : AC(590), Rutin : CK(289) : AC(142), Sprouts : CK(88) : AC(39), Vitamin C : CK(4687) : AC(1149)

Diseases : High Cholesterol : CK(2715) : AC(455), Hyperlipidemia : CK(1569) : AC(402), Triglycerides: Elevated : CK(916) : AC(152)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Supplementation with vitamins C and E could decrease induced inflammatory response in patients with diabetes mellitus type 2.

Pubmed Data : Avicenna J Phytomed. 2015 Nov-Dec;5(6):531-9. PMID: [26693410](#)

Article Published Date : Oct 31, 2015

Authors : Mostafa Jamalán, Mahin Rezazadeh, Majid Zeinali, Mohammad Ali Ghaffari

Study Type : Human Study

Additional Links

Substances : Vitamin C : CK(4687) : AC(1149), Vitamin E: alpha tocopherol : CK(2887) : AC(559)

Diseases : C-Reactive Protein : CK(3134) : AC(310), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Inflammation : CK(9572) : AC(3089)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Tumor Necrosis

The results suggested that the vitamin C intake was inversely associated with the Type 2 diabetes.

Pubmed Data : Zhong Nan Da Xue Xue Bao Yi Xue Ban. 2015 Oct 28 ;40(10):1109-14. PMID: [26541845](#)

Article Published Date : Oct 27, 2015

Authors : Xiaoxiao Li, Xinliang Wang, Jie Wei, Tubao Yang

Study Type : Human Study

Additional Links

Substances : Vitamin C : CK(4687) : AC(1149)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetes Mellitus: Type 2: Prevention : CK(1075) : AC(148)

Additional Keywords : Risk Factors : CK(12084) : AC(1737)

These findings offer evidence for the proposed use of vitamin C as an adjunct therapy to improve glycaemic and blood pressure control in people with T2D.

Pubmed Data : Diabetes Obes Metab. 2018 Nov 4. Epub 2018 Nov 4. PMID: [30394006](#)

Article Published Date : Nov 03, 2018

Authors : Shaun A Mason, Bodil Rasmussen, Luc J C van Loon, Jo Salmon, Glenn D Wadley

Study Type : Human Study

Additional Links

Substances : Vitamin C : CK(4687) : AC(1149)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antihypertensive Agents : CK(4527) : AC(683), Hypoglycemic Agents : CK(5366) : AC(1338)

Vitamin C ameliorated cardiac autonomic neuropathy in type 2 diabetic rats.

Pubmed Data : World J Diabetes. 2020 Mar 15 ;11(3):52-65. PMID: [32180894](#)

Article Published Date : Mar 14, 2020

Authors : Temitope Deborah Fabiyi-Edebor

Study Type : Animal Study

Additional Links

Substances : Vitamin C : CK(4687) : AC(1149)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Neuropathy : CK(244) : AC(65)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Neuroprotective Agents : CK(10404) : AC(4396)

Vitamin C ameliorates skeletal muscle oxidative stress and improves insulin-mediated glucose disposal in people with type 2 diabetes.

Pubmed Data : Free Radic Biol Med. 2016 Jan 13. Epub 2016 Jan 13. PMID: [26774673](#)

Article Published Date : Jan 12, 2016

Authors : Shaun A Mason, Paul A Della Gatta, Rod J Snow, Aaron P Russell, Glenn D Wadley

Study Type : Human Study

Additional Links

Substances : Vitamin C : CK(4687) : AC(1149)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Insulin Sensitizers : CK(1185) : AC(244)

Vitamin C attenuates predisposition to high-fat diet-induced metabolic dysregulation in GLUT10-deficient mouse model.

Pubmed Data : Genes Nutr. 2022 Jul 16 ;17(1):10. Epub 2022 Jul 16. PMID: [35842612](#)

Article Published Date : Jul 15, 2022

Authors : Chung-Lin Jiang, Chang-Yu Tsao, Yi-Ching Lee

Study Type : Animal Study

Additional Links

Substances : Vitamin C : CK(4687) : AC(1149)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), High Fat Diet : CK(1267) : AC(602), Prediabetes : CK(192) : AC(23)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Vitamin C can significantly treat and reduce the inflammation, as measured by hs-CRP and IL-6, in hypertensive and/or diabetic adults and also helps to reduce FBG levels.

Pubmed Data : Drug Des Devel Ther. 2015 ;9:3405-12. Epub 2015 Jul 1. PMID: [26170625](#)

Article Published Date : Dec 31, 2014

Authors : Mohammed S Ellulu, Asmah Rahmat, Ismail Patimah, Huzwah Khaza'ai, Yehia Abed

Study Type : Human Study

Additional Links

Substances : Vitamin C : CK(4687) : AC(1149)

Diseases : C-Reactive Protein : CK(3134) : AC(310), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypertension : CK(6384) : AC(950), Inflammation : CK(9572) : AC(3089), Obesity : CK(6879) : AC(1686), Oxidative Stress : CK(9437) : AC(3550), Triglycerides: Elevated : CK(916) : AC(152)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338), Interleukin-6 Downregulation : CK(5029) : AC(1994)

Additional Keywords : Significant Treatment Outcome : CK(3903) : AC(462)

Vitamin C for type 2 diabetes mellitus and hypertension.

Pubmed Data : Arch Med Res. 2019 Feb ;50(2):11-14. Epub 2019 May 23. PMID: [31349946](#)

Article Published Date : Jan 31, 2019

Authors : Undurti N Das

Study Type : Review

Additional Links

Substances : Vitamin C : CK(4687) : AC(1149)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypertension : CK(6384) : AC(950)

Pharmacological Actions : Antimutagenic Agents : CK(164) : AC(99), Cytoprotective : CK(659) : AC(326), Vasodilator Agents : CK(626) : AC(169)

Vitamin C supplementation could reverse diabetes-induced endothelial cell dysfunction.

Pubmed Data : Clin Hemorheol Microcirc. 2006 ;34(1-2):315-21. PMID: [16543652](#)

Article Published Date : Dec 31, 2005

Authors : Pattrin Sridulyakul, Daroonwan Chakraphan, Suthiluk Patumraj

Study Type : Animal Study

Additional Links

Substances : Vitamin C : CK(4687) : AC(1149)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Endothelial Dysfunction : CK(2115) : AC(440)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

Vitamin C supplementation improves blood pressure

and oxidative stress after acute exercise in patients with poorly controlled type 2 diabetes mellitus.

Pubmed Data : Chin J Physiol. 2021 Jan-Feb;64(1):16-23. PMID: [33642340](#)

Article Published Date : Dec 31, 2020

Authors : Chongchira Boonthongkaew, Terdthai Tong-Un, Yupaporn Kanpetta, Nisa Chaungchot, Chanvit Leelayuwat, Naruemon Leelayuwat

Study Type : Human Study

Additional Links

Substances : Vitamin C : CK(4687) : AC(1149)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypertension : CK(6384) : AC(950), Oxidative Stress : CK(9437) : AC(3550)

Therapeutic Actions : Exercise : CK(4855) : AC(736)

Pharmacological Actions : Antihypertensive Agents : CK(4527) : AC(683), Antioxidants : CK(21528) : AC(8856)

Walnut (AC 15) (CK 139)

A nut-enriched diet has cholesterol-lowering properties, and olive oil has a cholesterol-lowering property independent of its fatty acid content.

Pubmed Data : Nutr Metab Cardiovasc Dis. 2011 Jun ;21 Suppl 1:S14-20. Epub 2011 Mar 21. PMID: [21421296](#)

Article Published Date : May 31, 2011

Authors : N R T Damasceno, A PÃ©rez-Heras, M Serra, M CofÃ©n, A Sala-Vila, J Salas-SalvadÃ©, E Ros

Study Type : Human Study

Additional Links

Substances : Almond : CK(421) : AC(59), Olive : CK(1072) : AC(393), Walnut : CK(589) : AC(137)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), High Cholesterol : CK(2715) : AC(455), Inflammation : CK(9572) : AC(3089), Lipid Peroxidation : CK(1632) : AC(631)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Cardioprotective : CK(5377) : AC(1675)

Addition of walnut oil in the daily diet of type 2 diabetic patients improves lipid profiles.

Pubmed Data : Nutr Diabetes. 2017 Apr 10 ;7(4):e259. Epub 2017 Apr 10. PMID: [28394361](#)

Article Published Date : Apr 09, 2017

Authors : M J Zibaeenezhad, P Farhadi, A Attar, A Mosleh, F Amirmoezi, A Azimi

Study Type : Human Study

Additional Links

Substances : Walnut : CK(589) : AC(137)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperlipidemia : CK(1569) : AC(402)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Consumption of walnut oil was shown to improve blood glucose level.

Pubmed Data : Int J Endocrinol Metab. 2016 Jul ;14(3):e34889. Epub 2016 Jul 24. PMID: [28115966](#)

Article Published Date : Jun 30, 2016

Authors : Mohammadjavad Zibaeenezhad, Kamran Aghasadeghi, Hossein Hakimi, Hassan Yarmohammadi, Farzad Nikaein

Study Type : Human Study

Additional Links

Substances : Walnut : CK(589) : AC(137)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Cyclohexane extract of walnut leaves improves indices of oxidative stress, total homocysteine and lipids profiles in streptozotocin-induced diabetic rats.

Pubmed Data : Physiol Rep. 2020 Jan ;8(1):e14348. PMID: [31960621](#)

Article Published Date : Dec 31, 2019

Authors : Gholamali Jelodar, Masoud Mohammadi, Abolfazl Akbari, Saeed Nazifi

Study Type : Animal Study

Additional Links

Substances : Walnut : CK(589) : AC(137)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366)

: AC(1338), Hypolipidemic : CK(5358) : AC(1221), Malondialdehyde Down-regulation : CK(2065) : AC(678)

Effect of walnut consumption on markers of blood glucose control.

Pubmed Data : Br J Nutr. 2020 Apr 21:1-13. Epub 2020 Apr 21. PMID: [32312354](#)

Article Published Date : Apr 20, 2020

Authors : Elizabeth P Neale, Vivienne Guan, Linda C Tapsell, Yasmine C Probst

Study Type : Meta Analysis, Review

Additional Links

Substances : Walnut : CK(589) : AC(137)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Evaluating the effects of Juglans regia L. extract on hyperglycaemia and insulin sensitivity in experimental type 2 diabetes in rat.

Pubmed Data : Arch Physiol Biochem. 2019 Sep 23:1-5. Epub 2019 Sep 23. PMID: [31545080](#)

Article Published Date : Sep 22, 2019

Authors : GÃ¼zde Atila Uslu, Hamit Uslu

Study Type : Animal Study

Additional Links

Substances : Walnut : CK(589) : AC(137)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Insulin Sensitizers : CK(1185) : AC(244), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

High-walnut-enriched diets significantly decrease total and LDL cholesterol.

Pubmed Data : Am J Clin Nutr. 2009 Jul ;90(1):56-63. Epub 2009 May 20. PMID: [19458020](#)

Article Published Date : Jul 01, 2009

Authors : Deirdre K Banel, Frank B Hu

Study Type : Meta Analysis

Additional Links

Substances : Walnut : CK(589) : AC(137)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Cholesterol: LDL/HDL ratio : CK(556) :

AC(67), High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Nettle and walnut extracts showed time and concentration dependent inhibition of $\hat{\pm}$ -amylase.

Pubmed Data : Iran J Basic Med Sci. 2014 Jun ;17(6):465-9. PMID: [25140210](#)

Article Published Date : May 31, 2014

Authors : Mahsa Rahimzadeh, Samaneh Jahanshahi, Soheila Moein, Mahmood Reza Moein

Study Type : In Vitro Study

Additional Links

Substances : Nettle : CK(274) : AC(109), Walnut : CK(589) : AC(137)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110)

Peptides from walnut protect hepatic HepG2 cells from high glucose-induced insulin resistance and oxidative stress.

Pubmed Data : Food Funct. 2020 Aug 28. Epub 2020 Aug 28. PMID: [32857071](#)

Article Published Date : Aug 27, 2020

Authors : Ji Wang, Tong Wu, Li Fang, Chunlei Liu, Xiaoting Liu, Hongmei Li, Junhua Shi, Meihe Li, Weihong Min

Study Type : In Vitro Study

Additional Links

Substances : Walnut : CK(589) : AC(137)

Diseases : Diabetes: Oxidative Stress : CK(492) : AC(182), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Catalase Up-Regulation : CK(264) : AC(112), Hepatoprotective : CK(5098) : AC(2264), Nrf2 activation : CK(1584) : AC(916), Superoxide Dismutase Up-regulation : CK(1403) : AC(551)

The effect of walnut leaf extract on glycemic control and lipid profile in patients with type 2 diabetes mellitus.

Pubmed Data : Clin Nutr Res. 2022 Apr ;11(2):120-132. Epub 2022 Apr 25. PMID: [35558998](#)

Article Published Date : Mar 31, 2022

Authors : Atieh Mirzababaei, Mojtaba Daneshvar, Faezeh Abaj, Elnaz Daneshzad, Dorsa Hosseininasab, Cain C T Clark, Khadijeh Mirzaei

Study Type : Meta Analysis, Review

Additional Links

Substances : Walnut : CK(589) : AC(137)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

The prevalence of individuals with diabetes was significantly lower among the walnut consumers.

Pubmed Data : Diabetes Metab Res Rev. 2018 Jun 21:e3031. Epub 2018 Jun 21. PMID: [29927053](#)

Article Published Date : Jun 20, 2018

Authors : Lenore Arab, Satvinder K Dhaliwal, Carly J Martin, Alena D Larios, Nicholas J Jackson, David Elashoff

Study Type : Human Study

Additional Links

Substances : Walnut : CK(589) : AC(137)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Walnut leaf powder anti-hyperglycaemic, anti-hyperlipidaemic, and organ-protective effects.

Pubmed Data : Food Chem Toxicol. 2017 Mar 30. Epub 2017 Mar 30. PMID: [28366844](#)

Article Published Date : Mar 29, 2017

Authors : Adriano Mollica, Gokhan Zengin, Marcello Locatelli, Azzurra Stefanucci, Giorgia Macedonio, Giuseppe Bellagamba, Olakunle Onaolapo, Adejoke Onaolapo, Falilat Azeez, Adeola Ayileka, Ettore Novellino

Study Type : Animal Study

Additional Links

Substances : Walnut : CK(589) : AC(137)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Complications : CK(3199) : AC(1009)

Pharmacological Actions : Hepatoprotective : CK(5098) : AC(2264), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221), Pancreato Protective Agents : CK(358) : AC(194), Renoprotective : CK(2404) : AC(1075)

Walnuts and flax may have cardioprotective properties in subjects with elevated cholesterol.

Pubmed Data : J Am Coll Nutr. 2010 Dec ;29(6):595-603. PMID: [21677123](#)

Article Published Date : Nov 30, 2010

Authors : Sheila G West, Andrea Likos Krick, Laura Cousino Klein, Guixiang Zhao, Todd F Wojtowicz, Matthew McGuiness, Deborah M Bagshaw, Paul Wagner, Rachel M Ceballos, Bruce J Holub, Penny M Kris-Etherton

Study Type : Human Study

Additional Links

Substances : Flaxseed : CK(902) : AC(174), Walnut : CK(589) : AC(137)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), High Cholesterol : CK(2715) : AC(455), Hypertension : CK(6384) : AC(950)

Pharmacological Actions : Cardioprotective : CK(5377) : AC(1675)

Walnuts as part of a habitual diet favorably altered the plasma lipid profile.

Pubmed Data : Eur J Clin Nutr. 2010 Mar ;64(3):274-9. Epub 2010 Jan 20. PMID: [20087377](#)

Article Published Date : Feb 28, 2010

Authors : S Torabian, E Haddad, Z Cordero-MacIntyre, J Tanzman, M L Fernandez, J Sabate

Study Type : Human Study

Additional Links

Substances : Walnut : CK(589) : AC(137)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Cholesterol: LDL/HDL ratio : CK(556) : AC(67), High Cholesterol : CK(2715) : AC(455)

Walnuts may improve metabolic parameters in type II diabetes.

Pubmed Data : Eur J Clin Nutr. 2009 Aug ;63(8):1008-15. Epub 2009 Apr 8. PMID: [19352378](#)

Article Published Date : Aug 01, 2009

Authors : L C Tapsell, M J Batterham, G Teuss, S-Y Tan, S Dalton, C J Quick, L J Gillen, K E Charlton

Study Type : Human Study

Additional Links

Substances : Omega-3 Fatty Acids : CK(4672) : AC(633), Walnut : CK(589) : AC(137)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperinsulinism : CK(326) : AC(70), Metabolic Syndrome X : CK(2073) : AC(376)

Resveratrol (AC 32) (CK 137)

A significant reduction in blood glucose and HbA1c levels was observed in rats treated with resveratrol or mangiferin.

Pubmed Data : J Diet Suppl. 2018 Jul 9:1-17. Epub 2018 Jul 9. PMID: [29985711](#)

Article Published Date : Jul 08, 2018

Authors : Purabi Sarkar, Ananya Bhowmick, Mohan Chandra Kalita, Sofia Banu

Study Type : Animal Study

Additional Links

Substances : Mangiferin : CK(268) : AC(158), Resveratrol : CK(2037) : AC(1112)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Combination treatment of resveratrol + vitamin D can be a beneficial option for preventing liver damage in fructose-induced T2DM.

Pubmed Data : Histochem Cell Biol. 2022 Sep ;158(3):279-296. Epub 2022 Jul 18. PMID: [35849204](#)

Article Published Date : Aug 31, 2022

Authors : Merve Anapali, Fatma Kaya-Dagistanli, Ayse Seda Akdemir, Duygu Aydemir, Nuriye Nuray Ulusu, Turgut Ulutin, Omer Uysal, Gamze Tanriverdi, Melek Ozturk

Study Type : Animal Study

Additional Links

Substances : Resveratrol : CK(2037) : AC(1112), Vitamin D : CK(8897) : AC(1260)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Inflammation : CK(9572) : AC(3089), Liver Cirrhosis : CK(516) : AC(101), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Apoptotic : CK(6986) : AC(5304), Interleukin-6 Downregulation : CK(5029) : AC(1994), NF-kappaB Inhibitor : CK(3536) : AC(2098), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Additional Keywords : Natural Substance Synergy : CK(1094) : AC(506)

Effects of resveratrol therapy on glucose metabolism, insulin resistance, inflammation, and renal function in the elderly patients with type 2 diabetes mellitus.

Pubmed Data : Medicine (Baltimore). 2022 Aug 12 ;101(32):e30049. PMID: [35960095](#)

Article Published Date : Aug 11, 2022

Authors : Nan Ma, Youzhi Zhang

Study Type : Human Study

Additional Links

Substances : Resveratrol : CK(2037) : AC(1112)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Inflammation : CK(9572) : AC(3089), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Hypoglycemic Agents : CK(5366) : AC(1338), Renoprotective : CK(2404) : AC(1075)

Impact of resveratrol supplementation on inflammatory, antioxidant, and periodontal markers in type 2 diabetic patients with chronic periodontitis.

Pubmed Data : Diabetes Metab Syndr. 2019 Jul - Aug;13(4):2769-2774. Epub 2019 Jul 24. PMID: [31405706](#)

Article Published Date : Jul 31, 2019

Authors : Ahmad Zare Javid, Razie Hormoznejad, Hojat Allah Yousefimanesh, Mohammad Hosein Haghighi-Zadeh, Mehrnoosh Zakerkish

Study Type : Human Study

Additional Links

Substances : Resveratrol : CK(2037) : AC(1112)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Periodontitis : CK(378) : AC(98)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Interleukin-6 Downregulation : CK(5029) : AC(1994)

Long-term administration of resveratrol upregulates adiponectin levels and multimerization in type 2 diabetes mice, consequently attenuating myocardial ischemia/reperfusion injury partially through APN-AMPK signaling.

Pubmed Data : J Cardiovasc Pharmacol. 2016 Oct ;68(4):304-312. PMID: [27332935](#)

Article Published Date : Oct 01, 2016

Authors : Qiang Yang, Hai-Chang Wang, Yi Liu, Chao Gao, Lu Sun, Ling Tao

Study Type : Animal Study

Additional Links

Substances : Resveratrol : CK(2037) : AC(1112), Stilbenes : CK(211) : AC(124)

Diseases : Adiponectin: Low Levels : CK(233) : AC(48), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Adiponectin upregulation : CK(217) : AC(39)

Melatonin, quercetin and resveratrol administrations markedly reduced hepatocellular injury in STZ-induced experimental diabetes.

Pubmed Data : Hum Exp Toxicol. 2015 Sep ;34(9):859-68. PMID: [26286521](#)

Article Published Date : Aug 31, 2015

Authors : H Elbe, M Esrefoglu, N Vardi, E Taslidere, E Ozerol, K Tanbek

Study Type : Animal Study

Additional Links

Substances : Melatonin : CK(1911) : AC(647), Quercetin : CK(1179) : AC(590), Resveratrol : CK(2037) : AC(1112)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hepatoprotective : CK(5098) : AC(2264)

Polyphenols may have therapeutic value in a variety of diseases through modulating AMP-activated protein kinase which reduce fatty acid and cholesterol synthesis and gluconeogenesis.

Pubmed Data : N Biotechnol.2009 Oct 1;26(1-2):17-22. Epub 2009 Apr 2. PMID: [19818314](#)

Article Published Date : Oct 01, 2009

Authors : Jin-Taek Hwang, Dae Young Kwon, Suk Hoo Yoon

Study Type : Commentary

Additional Links

Substances : Berberine : CK(1280) : AC(627), EGCG (Epigallocatechin gallate) : CK(1091) : AC(605), Polyphenols : CK(1878) : AC(700), Quercetin : CK(1179) : AC(590), Resveratrol : CK(2037) : AC(1112)

Diseases : Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypertension : CK(6384) : AC(950), Metabolic Syndrome X : CK(2073) : AC(376), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : AMP-activated protein kinase modulation : CK(6) : AC(4), Gluconeogenesis Inhibitor : CK(21) : AC(15)

Potential mechanisms underlying the association

between type II diabetes mellitus and cognitive dysfunction.

Pubmed Data : Metab Brain Dis. 2022 Jul 4. Epub 2022 Jul 4. PMID: [35781592](#)

Article Published Date : Jul 03, 2022

Authors : Norhan S El-Sayed, Soha Elatrebi, Rasha Said, Heba F Ibrahim, Eman M Omar

Study Type : Animal Study

Additional Links

Substances : Resveratrol : CK(2037) : AC(1112)

Diseases : Diabetes: Cognitive Dysfunction : CK(167) : AC(76), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : MicroRNA modulator : CK(1023) : AC(618), Neuroprotective Agents : CK(10404) : AC(4396)

Quercetin, epigallocatechin gallate, curcumin, and resveratrol: from dietary sources to human microRNA modulation.

Pubmed Data : Molecules. 2019 Dec 23 ;25(1). Epub 2019 Dec 23. PMID: [31878082](#)

Article Published Date : Dec 22, 2019

Authors : Erika Cione, Chiara La Torre, Roberto Cannataro, Maria Cristina Caroleo, Pierluigi Plastina, Luca Gallelli

Study Type : Review

Additional Links

Substances : Curcumin : CK(5598) : AC(2788), EGCG (Epigallocatechin gallate) : CK(1091) : AC(605), Quercetin : CK(1179) : AC(590), Resveratrol : CK(2037) : AC(1112)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : MicroRNA modulator : CK(1023) : AC(618)

Additional Keywords : Epigenetic Modification : CK(417) : AC(164)

Resveratrol has anti-diabetic properties.

Pubmed Data : Ann N Y Acad Sci. 2011 Jan;1215(1):34-9. PMID: [21261639](#)

Article Published Date : Jan 01, 2011

Authors : Tomasz Szkudelski, Katarzyna Szkudelska

Study Type : Review

Additional Links

Substances : Resveratrol : CK(2037) : AC(1112)

Diseases : Blood Sugar Problems : CK(15344) : AC(3066), Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

Resveratrol has blood sugar lowering properties in an animal mode of type 2 diabetes.

Pubmed Data : Phytother Res. 2011 Jan;25(1):67-73. PMID: [20623590](#)

Article Published Date : Jan 01, 2011

Authors : Sameer Sharma, Chandra Sekhar Misra, Surendar Arumugam, Subhasis Roy, Vanya Shah, Joseph Alex Davis, Raj Kumar Shirumalla, Abhijit Ray

Study Type : Animal Study

Additional Links

Substances : Resveratrol : CK(2037) : AC(1112)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Resveratrol improves insulin sensitivity, reduces oxidative stress and activates the Akt pathway in type 2 diabetic patients.

Pubmed Data : Br J Nutr. 2011 Mar 9:1-7. Epub 2011 Mar 9. PMID: [21385509](#)

Article Published Date : Mar 09, 2011

Authors : Pãjl Brasnyã³, Gergã A Molnãjr, Mãrton Mohãjs, Lajos Markã³, Boglãrka Laczy, Judit Cseh, Esztella Mikolãjs, Istvãjn Andrãjs Szijãrtã³, Akos Mã©rei, Richãrd Halmai, Lãjszlã³ G Mã©szãjros, Balãzs Sã¼megi, Istvãjn Wittmann

Study Type : Human Study

Additional Links

Substances : Resveratrol : CK(2037) : AC(1112)

Diseases : Diabetes: Oxidative Stress : CK(492) : AC(182), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Insulin Receptor Modulator : CK(12) : AC(2)

Resveratrol improves left ventricular diastolic relaxation in type 2 diabetes.

Pubmed Data : Am J Physiol Heart Circ Physiol. 2010 Oct;299(4):H985-94. Epub 2010 Jul 30. PMID: [20675566](#)

Article Published Date : Oct 01, 2010

Authors : Hanrui Zhang, Brandon Morgan, Barry J Potter, Lixin Ma, Kevin C Dellsperger, Zoltan

Ungvari, Cuihua Zhang

Study Type : Animal Study

Additional Links

Substances : Resveratrol : CK(2037) : AC(1112)

Diseases : Diabetes: Cardiovascular Illness : CK(707) : AC(111), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Cardioprotective : CK(5377) : AC(1675), NF-kappaB Inhibitor : CK(3536) : AC(2098), Nitric Oxide Enhancer : CK(261) : AC(76), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Additional Keywords : Stilbenes : CK(406) : AC(244)

Resveratrol improves myocardial perfusion in a swine model of hypercholesterolemia and chronic myocardial ischemia.

Pubmed Data : Circulation. 2010 Sep 14;122(11 Suppl):S142-9. PMID: [20837905](#)

Article Published Date : Sep 14, 2010

Authors : Michael P Robich, Robert M Osipov, Reza Nezafat, Jun Feng, Richard T Clements, Cesario Bianchi, Munir Boodhwani, Michael A Coady, Roger J Laham, Frank W Sellke

Study Type : Animal Study

Additional Links

Substances : Resveratrol : CK(2037) : AC(1112)

Diseases : Coronary Artery Disease : CK(2089) : AC(226), High Cholesterol : CK(2715) : AC(455), Myocardial Ischemia : CK(528) : AC(256)

Pharmacological Actions : Vascular Endothelial Growth Factor A Inhibitor : CK(179) : AC(97)

Additional Keywords : Stilbenes : CK(406) : AC(244)

Resveratrol improves oxidative stress and protects against diabetic nephropathy.

Pubmed Data : Diabetes. 2011 Feb;60(2):634-43. PMID: [21270273](#)

Article Published Date : Feb 01, 2011

Authors : Munehiro Kitada, Shinji Kume, Noriko Imaizumi, Daisuke Koya

Study Type : Animal Study

Additional Links

Substances : Resveratrol : CK(2037) : AC(1112)

Diseases : Diabetes: Kidney Function : CK(84) : AC(27), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Nephropathy : CK(707) : AC(277)

Pharmacological Actions : Renoprotective : CK(2404) : AC(1075)

Resveratrol increase myocardial Nrf2 expression in type 2 diabetic rats and alleviate myocardial ischemia/reperfusion injury.

Pubmed Data : Ann Palliat Med. 2019 Nov ;8(5):565-575. PMID: [31865720](#)

Article Published Date : Oct 31, 2019

Authors : Guiping Xu, Xuan Zhao, Juan Fu, Xiaoli Wang

Study Type : Animal Study

Additional Links

Substances : Resveratrol : CK(2037) : AC(1112)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Myocardial Ischemia : CK(528) : AC(256)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Cardioprotective : CK(5377) : AC(1675), Nrf2 activation : CK(1584) : AC(916)

Resveratrol may be beneficial in preventing the development of atherosclerosis induced by diabetes.

Pubmed Data : Int Heart J. 2017 Aug 3 ;58(4):577-583. Epub 2017 Jul 13. PMID: [28701674](#)

Article Published Date : Aug 02, 2017

Authors : Haruki Imamura, Takashi Yamaguchi, Daiji Nagayama, Atsuhito Saiki, Kohji Shirai, Ichiro Tatsuno

Study Type : Animal Study

Additional Links

Substances : Resveratrol : CK(2037) : AC(1112)

Diseases : Atherosclerosis : CK(1390) : AC(487), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

Resveratrol may combine favorably with the drug bortezomib to prevent muscle wasting.

Pubmed Data : Med Hypotheses. 2011 Feb;76(2):291-2. Epub 2010 Nov 3. PMID: [21051155](#)

Article Published Date : Feb 01, 2011

Authors : Halil Resmi

Study Type : Review

Additional Links

Substances : Resveratrol : CK(2037) : AC(1112)

Diseases : Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) :

AC(1714), Muscle Atrophy : CK(174) : AC(67)

Additional Keywords : Drug: Bortezomib : CK(4) : AC(4), Drug Synergy : CK(381) : AC(167)

Resveratrol protect against hypercholesterolemia-induced erectile dysfunction and endothelial dysfunction.

Pubmed Data : Indian J Exp Biol. 2008 Aug;46(8):583-90. PMID: [20596084](#)

Article Published Date : Aug 01, 2008

Authors : B C Soner, N Murat, O Demir, H Guven, A Esen, S Gidener

Study Type : In Vitro Study

Additional Links

Substances : Resveratrol : CK(2037) : AC(1112)

Diseases : Endothelial Dysfunction : CK(2115) : AC(440), Erectile Dysfunction : CK(472) : AC(84), High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Vasoprotective : CK(207) : AC(52)

Additional Keywords : Stilbenes : CK(406) : AC(244)

Resveratrol provides benefits in mice with type II diabetes-induced chronic renal failure.

Pubmed Data : Exp Ther Med. 2018 Jul ;16(1):333-341. Epub 2018 May 17. PMID: [29896258](#)

Article Published Date : Jun 30, 2018

Authors : Haiyan Guo, Linyun Zhang

Study Type : Animal Study

Additional Links

Substances : Resveratrol : CK(2037) : AC(1112)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Kidney Failure : CK(334) : AC(52)

Pharmacological Actions : Renoprotective : CK(2404) : AC(1075)

Resveratrol reduces blood cholesterol and ischemic injury in hypercholesteromic rabbits.

Pubmed Data : Mol Cell Biochem. 2011 Feb;348(1-2):199-203. Epub 2010 Nov 4. PMID: [21052791](#)

Article Published Date : Feb 01, 2011

Authors : Bela Juhasz, Bela Juhaz, Dipak K Das, Attila Kertesz, Akos Juhasz, Rudolf Gesztelyi, Balazs Varga

Study Type : Animal Study

Additional Links

Substances : Resveratrol : CK(2037) : AC(1112)

Diseases : High Cholesterol : CK(2715) : AC(455), Ischemia: Myocardial : CK(60) : AC(27)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Cardioprotective : CK(5377) : AC(1675)

Resveratrol supplementation improves metabolic control in rats with induced hyperlipidemia and type 2 diabetes.

Pubmed Data : Saudi Pharm J. 2019 Nov ;27(7):1036-1043. Epub 2019 Aug 30. PMID: [31997911](#)

Article Published Date : Oct 31, 2019

Authors : Aleksandar RaÅkoviÄ, Veljko ÄtuÄuz, Ljilja ToroviÄ, Ana Tomas, Ljiljana GojkoviÄ- Bukarica, Tatjana ÄteboviÄ, Boris MilijaÄeviÄ, NebojÄa StilinoviÄ, Jelena CvejiÄ Hogervorst

Study Type : Animal Study

Additional Links

Substances : Resveratrol : CK(2037) : AC(1112)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Resveratrol supplementation increased PTX3 and TAS levels in a dose-dependent manner in T2DM patients.

Pubmed Data : Acta Diabetol. 2017 Feb 25. Epub 2017 Feb 25. PMID: [28238190](#)

Article Published Date : Feb 24, 2017

Authors : S Bo, V Ponzio, A Evangelista, G Ciccone, I Goitre, F Saba, M Procopio, M Cassader, R Gambino

Study Type : Human Study

Additional Links

Substances : Resveratrol : CK(2037) : AC(1112)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Additional Keywords : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Dose Response : CK(1712) : AC(683), Dose Response : CK(1712) : AC(683)

Resveratrol supplementation produced useful effects on some cardio-metabolic parameters in patients with T2DM.

Pubmed Data : Phytother Res. 2019 Sep 1. Epub 2019 Sep 1. PMID: [31475415](#)

Article Published Date : Aug 31, 2019

Authors : Shima Abdollahi, Amin Salehi-Abargouei, Omid Toupchian, Mohammad Hasan Sheikhha, Hossein Fallahzadeh, Masoud Rahmanian, Mahtab Tabatabaie, Hassan Mozaffari-Khosravi

Study Type : Human Study

Additional Links

Substances : Resveratrol : CK(2037) : AC(1112)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Review: resveratrol may have therapeutic value in the treatment of obesity and diabetes.

Pubmed Data : Eur J Pharmacol. 2010 Jun 10;635(1-3):1-8. Epub 2010 Mar 19. PMID: [20303945](#)

Article Published Date : Jun 10, 2010

Authors : Katarzyna Szkudelska, Tomasz Szkudelski

Study Type : Review

Additional Links

Substances : Resveratrol : CK(2037) : AC(1112), Stilbenes : CK(211) : AC(124)

Diseases : Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Obesity : CK(6879) : AC(1686)

Role of polyphenols in combating Type 2 Diabetes and insulin resistance.

Pubmed Data : Int J Biol Macromol. 2022 Mar 2 ;206:567-579. Epub 2022 Mar 2. PMID: [35247420](#)

Article Published Date : Mar 01, 2022

Authors : Moyad Shahwan, Fahad Alhumaydhi, Ghulam Md Ashraf, Prince M Z Hasan, Anas Shamsi

Study Type : Review

Additional Links

Substances : EGCG (Epigallocatechin gallate) : CK(1091) : AC(605), Polyphenols : CK(1878) : AC(700), Quercetin : CK(1179) : AC(590), Resveratrol : CK(2037) : AC(1112)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110), Alpha-glucosidase inhibitor : CK(274) : AC(201), Enzyme Inhibitors : CK(692) : AC(347), Hypoglycemic Agents : CK(5366) : AC(1338)

Role of resveratrol in regulation of glucose hemostasis, inflammation and oxidative stress in patients with diabetes mellitus type 2.

Pubmed Data : Complement Ther Med. 2022 Jun ;66:102819. Epub 2022 Mar 1. PMID: [35240291](#)

Article Published Date : May 31, 2022

Authors : Wajiha Mahjabeen, Dilshad Ahmed Khan, Shakil Ahmed Mirza

Study Type : Human Study

Additional Links

Substances : Resveratrol : CK(2037) : AC(1112)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Inflammation : CK(9572) : AC(3089), Insulin Resistance : CK(3522) : AC(792), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Insulin Sensitizers : CK(1185) : AC(244), Interleukin-6 Downregulation : CK(5029) : AC(1994), MicroRNA modulator : CK(1023) : AC(618), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Supplementation of resveratrol in patients with T2DM and coronary heart disease had beneficial effects on glycemic control, HDL-cholesterol levels.

Pubmed Data : Food Funct. 2019 Sep 5. Epub 2019 Sep 5. PMID: [31486447](#)

Article Published Date : Sep 04, 2019

Authors : Asma Hoseini, Gholamreza Namazi, Alireza Farrokhian, Å½eljko Reiner, Esmat Aghadavod, Fereshteh Bahmani, Zatollah Asemi

Study Type : Human Study

Additional Links

Substances : Resveratrol : CK(2037) : AC(1112)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Hypoglycemic Agents : CK(5366) : AC(1338)

Supplementation of resveratrol reduces blood glucose level in patients with type 2 diabetes.

Pubmed Data : Nutr Res. 2018 Jun ;54:40-51. Epub 2018 Apr 6. PMID: [29914666](#)

Article Published Date : May 31, 2018

Authors : Hadi Khodabandehloo, ShadiSadat Seyyedebrahimi, Ensieh Nasli Esfahani, Farideh Razi, Reza Meshkani

Study Type : Human Study

Additional Links

Substances : Resveratrol : CK(2037) : AC(1112)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

The effects of resveratrol on glycemic control and cardiometabolic parameters in patients with T2DM.

Pubmed Data : Med Clin (Barc). 2021 Oct 16. Epub 2021 Oct 16. PMID: [34666902](#)

Article Published Date : Oct 15, 2021

Authors : Ibrahim A Abdelhaleem, Aml M Brakat, Hoda M Adayel, Moamen M Asla, Marwa A Rizk, Aya Y Aboalfetoh

Study Type : Meta Analysis, Review

Additional Links

Substances : Resveratrol : CK(2037) : AC(1112)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Antihypertensive Agents : CK(4527) : AC(683), Hypoglycemic Agents : CK(5366) : AC(1338)

The role of some natural Nrf2 activators and its effect in diabetes is discussed in this review.

Pubmed Data : Clin Chim Acta. 2015 Jul 9. Epub 2015 Jul 9. PMID: [26165427](#)

Article Published Date : Jul 08, 2015

Authors : Angélica Sara Jimenez-Osorio, Susana González-Reyes, José Pedraza-Chaverri

Study Type : Review

Additional Links

Substances : Curcumin : CK(5598) : AC(2788), Resveratrol : CK(2037) : AC(1112), Sulforaphane : CK(930) : AC(452), Vitamin D : CK(8897) : AC(1260)

Diseases : Diabetes Mellitus: Type 1: Prevention : CK(320) : AC(75), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperglycemia : CK(1494) : AC(453), Prediabetes : CK(192) : AC(23)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Nrf2 activation : CK(1584) : AC(916)

This study demonstrates a novel role for natural occurring polyphenols as PDE inhibitors that enhance

pancreatic β -cell function.

Pubmed Data : J Endocrinol. 2014 Nov ;223(2):107-17. PMID: [25297556](#)

Article Published Date : Oct 31, 2014

Authors : Michael Rouse, Antoine Younès, Josephine M Egan

Study Type : In Vitro Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788), Resveratrol : CK(2037) : AC(1112)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Pancreato Protective Agents : CK(358) : AC(194), Phosphodiesterase Inhibitors : CK(1) : AC(1)

Additional Keywords : Dose Response : CK(1712) : AC(683), Gene Expression Regulation : CK(1141) : AC(501)

Oats (AC 16) (CK 135)

A dose-dependent reduction in LDL-C levels with oat cereals supports the independent hypocholesterolemic effects of beta-glucan.

Pubmed Data : JAMA. 1991 Apr 10 ;265(14):1833-9. PMID: [2005733](#)

Article Published Date : Apr 10, 1991

Authors : M H Davidson, L D Dugan, J H Burns, J Bova, K Story, K B Drennan

Study Type : Human Study

Additional Links

Substances : Oats : CK(451) : AC(76)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

An oat bran enriched diet improves the lipid profile in patients with an increased coronary heart disease risk. A controlled randomized lifestyle intervention study.

Pubmed Data : Ann Nutr Metab. 2003;47(6):306-11. PMID: [14520027](#)

Article Published Date : Jan 01, 2003

Authors : Aloys Berg, Daniel KÄ¶nig, Peter Deibert, Dominik Grathwohl, Andreas Berg, Manfred W Baumstark, Ingomar-Werner Franz

Study Type : Human Study

Additional Links

Substances : Oat Bran : CK(83) : AC(16), Oats : CK(451) : AC(76)

Diseases : Coronary Artery Disease : CK(2089) : AC(226), High Cholesterol : CK(2715) : AC(455)

Boiled oatmeal is more effective in improving cholesterol metabolism than brewed oatmeal.

Pubmed Data : Lipids Health Dis. 2015 Oct 24 ;14:135. Epub 2015 Oct 24. PMID: [26498197](#)

Article Published Date : Oct 24, 2015

Authors : Yandong Ban, Ju Qiu, Changzhong Ren, Zaigui Li

Study Type : Animal Study

Additional Links

Substances : Oats : CK(451) : AC(76)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Concentrated oat beta-glucan, a fermentable fiber, lowers serum cholesterol in hypercholesterolemic adults.

Pubmed Data : Nutr J. 2007;6:6. Epub 2007 Mar 26. PMID: [17386092](#)

Article Published Date : Jan 01, 2007

Authors : Katie M Queenan, Maria L Stewart, Kristen N Smith, William Thomas, R Gary Fulcher, Joanne L Slavin

Study Type : Human Study

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Fiber : CK(1411) : AC(184), Oats : CK(451) : AC(76)

Diseases : Cholesterol: LDL/HDL ratio : CK(556) : AC(67), High Cholesterol : CK(2715) : AC(455), Hypercholesterolemia : CK(2333) : AC(408), Hypertension : CK(6384) : AC(950)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Cookies enriched with psyllium or oat bran lower plasma LDL cholesterol in normal and hypercholesterolemic men.

Pubmed Data : J Pharmacol Sci. 2007 Aug;104(4):355-65. Epub 2007 Aug 10. PMID: [9853540](#)

Article Published Date : Aug 01, 2007

Authors : A L Romero, J E Romero, S Galaviz, M L Fernandez

Study Type : Human Study

Additional Links

Substances : Fiber : CK(1411) : AC(184), Oats : CK(451) : AC(76), Psyllium : CK(273) : AC(36)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Instant oatmeal consumed daily for 6 weeks significantly increased fiber intake and decreased major risk factors for CVD in Chinese adults with hypercholesterolemia.

Pubmed Data : Nutr J. 2012 Aug 6 ;11:54. Epub 2012 Aug 6. PMID: [22866937](#)

Article Published Date : Aug 06, 2012

Authors : Jian Zhang, Lixiang Li, Pengkun Song, Chunrong Wang, Qingqing Man, Liping Meng, Jenny Cai, Anne Kurilich

Study Type : Human Study

Additional Links

Substances : Fiber : CK(1411) : AC(184), Oats : CK(451) : AC(76)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Oat bran concentrate bread products improve blood sugar, insulin and blood lipid levels.

Pubmed Data : J Am Diet Assoc. 1996 Dec;96(12):1254-61. PMID: [8948386](#)

Article Published Date : Dec 01, 1996

Authors : M E Pick, Z J Hawrysh, M I Gee, E Toth, M L Garg, R T Hardin

Study Type : Human Study

Additional Links

Substances : Oat Bran : CK(83) : AC(16), Oats : CK(451) : AC(76)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperlipidemia : CK(1569) : AC(402)

Oat bran flour high in beta-glucan had a low glycemic response and acted as an active ingredient decreasing postprandial glycemic response of an oral glucose load in subjects with type 2 diabetes.

Pubmed Data : Nutr Metab Cardiovasc Dis. 2005 Aug;15(4):255-61. PMID: [16054549](#)

Article Published Date : Aug 01, 2005

Authors : N Tapola, H Karvonen, L Niskanen, M Mikola, E Sarkkinen

Study Type : Human Study

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Fiber : CK(1411) : AC(184), Oat Bran : CK(83) : AC(16), Oats : CK(451) : AC(76)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Oat proteins and beta-glucan have a synergistic anticholesterolemic effect.

Pubmed Data : J Sci Food Agric. 2016 Mar 15 ;96(4):1396-401. Epub 2015 May 21. PMID: [25913820](#)

Article Published Date : Mar 15, 2016

Authors : Li-Tao Tong, Lina Guo, Xianrong Zhou, Ju Qiu, Liya Liu, Kui Zhong, Sumei Zhou

Study Type : Animal Study

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Oats : CK(451) : AC(76)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Additional Keywords : Phytotherapy : CK(3062) : AC(812)

Oat-containing cereal lowers total cholesterol in Hispanic americans.

Pubmed Data : J Am Diet Assoc. 2005 Jun;105(6):967-70. PMID: [15942550](#)

Article Published Date : Jun 01, 2005

Authors : Wahida Karmally, Maria G Montez, Walter Palmas, Wendy Martinez, Anita Branstetter, Rajasekhar Ramakrishnan, Steve F Holleran, Steven M Haffner, Henry N Ginsberg

Study Type : Human Study

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Oats : CK(451) : AC(76)

Diseases : Cholesterol: LDL/HDL ratio : CK(556) : AC(67), High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Oat-derived beta-glucan significantly improves HDLC and diminishes LDLC and non-HDL cholesterol in overweight individuals with mild hypercholesterolemia.

Pubmed Data : Am J Ther. 2007 Mar-Apr;14(2):203-12. PMID: [17414591](#)

Article Published Date : Mar 01, 2007

Authors : Nadia Reyna-Villasmil, Valmore Berm dez-Pirela, Edgardo Mengual-Moreno, Nelly Arias, Cl maco Cano-Ponce, Elliuz Leal-Gonzalez, Aida Souki, George E Inglett, Zafar H Israili, Rafael Hern ndez-Hern ndez, Manuel Valasco, Naikt Arraiz

Study Type : Human Study

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Oats : CK(451) : AC(76)

Diseases : HDL: Low : CK(305) : AC(50), High Cholesterol : CK(2715) : AC(455), Hypercholesterolemia : CK(2333) : AC(408), Hypertension : CK(6384) : AC(950)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Oatmeal diet days may improve insulin resistance in patients with type 2 diabetes mellitus.

Pubmed Data : Forsch Komplementmed. 2013 ;20(6):465-8. Epub 2013 Dec 13. PMID: [24434762](#)

Article Published Date : Jan 01, 2013

Authors : Roland Zerm, Bert Helbrecht, Michael Jecht, Angelika Hein, Elke Millet, Matthias Girke, Matthias Kr z

Study Type : Human Study

Additional Links

Substances : Oats : CK(451) : AC(76)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792), Obesity : CK(6879) : AC(1686)

Problem Substances : Insulin : CK(384) : AC(68)

Oatmeal reduced serum total cholesterol and LDL-cholesterol levels in hypercholesterolemic Thai adults.

Pubmed Data : J Med Assoc Thai. 2013 Dec ;96 Suppl 5:S25-32. PMID: [24851570](#)

Article Published Date : Dec 01, 2013

Authors : Pimonphan Thongoun, Patcharanee Pavadhgul, Akkarach Bumrungpert, Pratana Satitvipawee, Yashna Harjani, Anne Kurilich

Study Type : Human Study

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Oats : CK(451) : AC(76)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Oats are unique among the cereal grains in respect to its

many therapeutic properties.

Pubmed Data : Eur J Nutr. 2008 Mar;47(2):68-79. Epub 2008 Feb 26. PMID: [18301937](#)

Article Published Date : Mar 01, 2008

Authors : Masood Sadiq Butt, Muhammad Tahir-Nadeem, Muhammad Kashif Iqbal Khan, Rabia Shabir, Mehmood S Butt

Study Type : Review

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Fiber : CK(1411) : AC(184), Oats : CK(451) : AC(76)

Diseases : Celiac Disease : CK(1641) : AC(240), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), High Cholesterol : CK(2715) : AC(455)

The LDL-cholesterol lowering effect of oat beta-glucan depends on molecular weight (size).

Pubmed Data : Am J Clin Nutr. 2010 Oct;92(4):723-32. Epub 2010 Jul 21. PMID: [20660224](#)

Article Published Date : Oct 01, 2010

Authors : Thomas M S Wolever, Susan M Tosh, Alison L Gibbs, Jennie Brand-Miller, Alison M Duncan, Valerie Hart, Benoît Lamarche, Barbara A Thomson, Ruedi Duss, Peter J Wood

Study Type : Human Study

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Fiber : CK(1411) : AC(184), Oats : CK(451) : AC(76)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

The consumption of oats has significant cholesterol lowering effects in women with hypercholesterolemia.

Pubmed Data : J Am Diet Assoc. 2001 Nov;101(11):1319-25. PMID: [11716313](#)

Article Published Date : Nov 01, 2001

Authors : L Van Horn, K Liu, J Gerber, D Garside, L Schiffer, N Gernhofer, P Greenland

Study Type : Human Study

Additional Links

Substances : Oats : CK(451) : AC(76)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Dietary Modification: Mediterranean Diet (AC 15) (CK 123)

A MUFA-rich diet improves postprandial glucose, lipid and GLP-1 responses in insulin-resistant subjects.

Pubmed Data : J Am Coll Nutr. 2007 Oct;26(5):434-44. PMID: [17914131](#)

Article Published Date : Oct 01, 2007

Authors : Juan A Paniagua, Angel Gallego de la Sacristana, Esther Sınchez, Inmaculada Romero, Antonio Vidal-Puig, Francisco J Berral, Antonio Escribano, Maria Josıa Moyano, Pablo Perıez-Martinez, Josıa Lıpez-Miranda, Francisco Pırez-Jimınez

Study Type : Human Study

Additional Links

Substances : Monounsaturated fatty acids : CK(90) : AC(9)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792), Obesity : CK(6879) : AC(1686)

Therapeutic Actions : Dietary Modification: Mediterranean Diet : CK(1580) : AC(186)

Pharmacological Actions : Glucagon Like peptide 1 (GLP-1) Up-regulation : CK(129) : AC(35), Hypoglycemic Agents : CK(5366) : AC(1338), Insulin Down-Regulation : CK(38) : AC(7)

A Mediterranean diet in adults with mild abdominal obesity improves serum lipids and insulin sensitivity.

Pubmed Data : Nutr Metab Cardiovasc Dis. 2009 Aug 17. Epub 2009 Aug 17. PMID: [19692213](#)

Article Published Date : Aug 17, 2009

Authors : M B Bos, J H M de Vries, E J M Feskens, S J van Dijk, D W M Hoelen, E Siebelink, R Heijligenberg, L C P G M de Groot

Study Type : Human Study

Additional Links

Diseases : Abdominal Obesity (Midsection Fat) : CK(460) : AC(66), High Cholesterol : CK(2715) : AC(455), Insulin Resistance : CK(3522) : AC(792)

Therapeutic Actions : Dietary Modification: Mediterranean Diet : CK(1580) : AC(186)

A Mediterranean diet reduced the deterioration of sexual function over time in both sexes in persons with newly diagnosed type 2 diabetes.

Pubmed Data : J Diabetes Complications. 2016 Aug 12. Epub 2016 Aug 12. PMID: [27614727](#)

Article Published Date : Aug 11, 2016

Authors : Maria Ida Maiorino, Giuseppe Bellastella, Mariangela Caputo, Filomena Castaldo, Maria Rosaria Improta, Dario Giugliano, Katherine Esposito

Study Type : Human Study

Additional Links

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Therapeutic Actions : [Dietary Modification: Mediterranean Diet](#) : CK(1580) : AC(186)

A Mediterranean-style diet leads to favorable changes in glycemic control and coronary risk factors and delay the need for antihyperglycemic drug therapy in overweight patients with newly diagnosed type 2 diabetes.

Pubmed Data : Clin Ter. 1993 Feb;142(2):155-9. PMID: [19721018](#)

Article Published Date : Feb 01, 1993

Authors : Katherine Esposito, Maria Ida Maiorino, Miryam Ciotola, Carmen Di Palo, Paola Scognamiglio, Maurizio Gicchino, Michela Petrizzo, Franco Saccomanno, Flora Beneduce, Antonio Ceriello, Dario Giugliano

Study Type : Human Study

Additional Links

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Therapeutic Actions : [Dietary Modification: Mediterranean Diet](#) : CK(1580) : AC(186)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

Additional Keywords : [Drug Sparing](#) : CK(451) : AC(50)

A Mediterranean-style diet pattern was associated with reduced risk of frailty syndrome in older women with type 2 diabetes.

Pubmed Data : Am J Clin Nutr. 2018 May 1 ;107(5):763-771. PMID: [29722845](#)

Article Published Date : Apr 30, 2018

Authors : Esther Lopez-Garcia, Kaitlin A Hagan, Teresa T Fung, Frank B Hu, Fernando Rodríguez-Artalejo

Study Type : Human Study

Additional Links

Diseases : [Aging](#) : CK(3728) : AC(933), [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Therapeutic Actions : [Dietary Modification: Mediterranean Diet](#) : CK(1580) : AC(186)

Additional Keywords : [Dietary Modification: Mediterranean Diet](#) : CK(1580) : AC(186), [Dietary Modification: Mediterranean Diet](#) : CK(1580) : AC(186), [Dietary Modification: Mediterranean Diet](#) : CK(1580) : AC(186)

A high-score Mediterranean dietary pattern is associated with a reduced risk of peripheral arterial disease in Italian patients with Type 2 diabetes.

Pubmed Data : J Thromb Haemost. 2003 Aug;1(8):1744-52. PMID: [12911588](#)

Article Published Date : Aug 01, 2003

Authors : E Ciccarone, A Di Castelnuovo, M Salcuni, A Siani, A Giacco, M B Donati, G De Gaetano, F Capani, L Iacoviello,

Study Type : Human Study

Additional Links

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Peripheral Arterial Disease : CK(366) : AC(39), Peripheral Vascular Diseases : CK(221) : AC(23)

Therapeutic Actions : Dietary Modification: Mediterranean Diet : CK(1580) : AC(186)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

A modified Mediterranean-type diet rich in omega-3 fatty acids efficiently potentiated the cholesterol-lowering effect of simvastatin, counteracted the fasting insulin-elevating effect of simvastatin, and, unlike simvastatin, did not decrease serum levels

Pubmed Data : JAMA. 2002 Feb 6;287(5):598-605. PMID: [11829698](#)

Article Published Date : Feb 06, 2002

Authors : Antti Jula, Jukka Marniemi, Risto Huupponen, Arja Virtanen, Merja Rastas, Tapani R  nnemaa

Study Type : Human Study

Additional Links

Substances : Omega-3 Fatty Acids : CK(4672) : AC(633)

Diseases : High Cholesterol : CK(2715) : AC(455), Hypertension : CK(6384) : AC(950)

Therapeutic Actions : Dietary Modification: Mediterranean Diet : CK(1580) : AC(186)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

Additional Keywords : Therapeutic Action Synergy with Drugs : CK(27) : AC(8)

Adherence to a Mediterranean diet is associated with a reduced risk of diabetes.

Pubmed Data : BMJ. 2008 Jun 14;336(7657):1348-51. Epub 2008 May 29. PMID: [18511765](#)

Article Published Date : Jun 14, 2008

Authors : M A Mart nez-Gonz lez, C de la Fuente-Arrillaga, J M Nunez-Cordoba, F J Basterra-Gortari, J J Beunza, Z Vazquez, S Benito, A Tortosa, M Bes-Rastrollo

Study Type : Human Study

Additional Links

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Therapeutic Actions : [Dietary Modification: Mediterranean Diet](#) : CK(1580) : AC(186)

Additional Keywords : [Risk Reduction](#) : CK(15144) : AC(1708)

Greater intake of the MEDI diet is associated with better cognitive trajectory in older adults with type 2 diabetes.

Pubmed Data : Diabetes Res Clin Pract. 2022 Jul 9 ;190:109989. Epub 2022 Jul 9. PMID: [35820563](#)

Article Published Date : Jul 08, 2022

Authors : Roni Lotan, Ramit Ravona-Springer, Jacob Shakked, Hung-Mo Lin, Yuxia Ouyang, Danit R Shahr, Sharon Bezalel, Puja Agarwal, Klodian Dhana, Anthony Heymann, Mary Sano, Michal Schnaider Beerl

Study Type : Human Study

Additional Links

Diseases : [Diabetes: Cognitive Dysfunction](#) : CK(167) : AC(76), [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Therapeutic Actions : [Dietary Modification: Mediterranean Diet](#) : CK(1580) : AC(186)

Pharmacological Actions : [Neuroprotective Agents](#) : CK(10404) : AC(4396)

Habitual consumption of a Mediterranean diet rich in extra virgin olive oil improves endothelial function in patients with prediabetes and diabetes.

Pubmed Data : Atherosclerosis. 2017 Dec 8 ;269:50-56. Epub 2017 Dec 8. PMID: [29274507](#)

Article Published Date : Dec 07, 2017

Authors : Jose D Torres-Pe a, Antonio Garcia-Rios, Nieves Delgado-Casado, Purificacion Gomez-Luna, Juan F Alcala-Diaz, Elena M Yubero-Serrano, Francisco Gomez-Delgado, Ana Leon-Acu a, Javier Lopez-Moreno, Antonio Camargo, Francisco J Tinahones, Javier Delgado-Lista, Jose M Ordovas, Pablo Perez-Martinez, Jose Lopez-Miranda

Study Type : Human Study

Additional Links

Substances : [Olive Oil](#) : CK(599) : AC(128)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Endothelial Dysfunction](#) : CK(2115) : AC(440), [Prediabetes](#) : CK(192) : AC(23)

Therapeutic Actions : Dietary Modification: Mediterranean Diet : CK(1580) : AC(186)

Mediterranean diet proves to be the healthiest dietary pattern available to tackle obesity and prevent several non-communicable diseases.

Pubmed Data : Curr Obes Rep. 2022 Sep 30. Epub 2022 Sep 30. PMID: [36178601](#)

Article Published Date : Sep 29, 2022

Authors : Giovanna Muscogiuri, Ludovica Verde, Cem Sulu, Niki Katsiki, Maria Hassapidou, Evelyn Frias-Toral, Gabriela CucalÃ³n, Agnieszka Pazderska, Volkan Demirhan Yumuk, Annamaria Colao, Luigi Barrea

Study Type : Review

Additional Links

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Dyslipidemias : CK(1104) : AC(241), Obesity : CK(6879) : AC(1686)

Therapeutic Actions : Dietary Modification: Mediterranean Diet : CK(1580) : AC(186)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Olive oil consumption increases HDL-cholesterol levels, while decreasing LDL-cholesterol levels, LDL susceptibility to oxidation and lipid peroxidation.

Pubmed Data : Med Health R I. 2006 Mar;89(3):113. PMID: [16596937](#)

Article Published Date : Mar 01, 2006

Authors : Kathleen Cullinen

Study Type : Commentary

Additional Links

Substances : Olive : CK(1072) : AC(393)

Diseases : Arteriosclerosis : CK(497) : AC(139), Cholesterol: Oxidation : CK(599) : AC(140), HDL: Low : CK(305) : AC(50), High Cholesterol : CK(2715) : AC(455)

Therapeutic Actions : Dietary Modification: Mediterranean Diet : CK(1580) : AC(186)

The consumption of a traditional Greek Mediterranean diet even for a short period can reduce platelet activity in patients suffering from type 2 diabetes mellitus and in healthy subjects.

Pubmed Data : J Med Food. 2006;9(3):356-62. PMID: [17004898](#)

Article Published Date : Jan 01, 2006

Authors : Smaragdi Antonopoulou, Elizabeth Fragopoulou, Haralabos C Karantonis, Eudokia Mitsou, Marietta Sitara, John Rementzis, Alexandros Mourelatos, Alexandros Ginis, Costas Phenekos

Study Type : Human Study

Additional Links

Diseases : [Diabetes: Cardiovascular Illness : CK\(707\) : AC\(111\)](#), [Diabetes Mellitus: Type 2 : CK\(8552\) : AC\(1714\)](#)

Therapeutic Actions : [Dietary Modification: Mediterranean Diet : CK\(1580\) : AC\(186\)](#)

Pharmacological Actions : [Anti-Platelet : CK\(137\) : AC\(47\)](#)

The fluid aspect of the Mediterranean diet in the prevention and management of cardiovascular disease and diabetes.

Pubmed Data : Nutrients. 2019 Nov 19 ;11(11). Epub 2019 Nov 19. PMID: [31752333](#)

Article Published Date : Nov 18, 2019

Authors : Paola Ditano-Vázquez, José David Torres-Peña, Francisco Galeano-Valle, Ana Isabel Pérez-Caballero, Pablo Demelo-Rodríguez, José Lopez-Miranda, Niki Katsiki, Javier Delgado-Lista, Luis A Alvarez-Sala-Walther

Study Type : Review

Additional Links

Substances : [Olive Oil : CK\(599\) : AC\(128\)](#), [Olive Oil : CK\(599\) : AC\(128\)](#)

Diseases : [Cardiovascular Diseases : CK\(12780\) : AC\(1983\)](#), [Diabetes Mellitus: Type 2 : CK\(8552\) : AC\(1714\)](#)

Therapeutic Actions : [Diabetes Mellitus: Type 2 : CK\(8552\) : AC\(1714\)](#), [Dietary Modification: Mediterranean Diet : CK\(1580\) : AC\(186\)](#)

Pharmacological Actions : [Hypolipidemic : CK\(5358\) : AC\(1221\)](#), [Insulin Sensitizers : CK\(1185\) : AC\(244\)](#)

The study findings support the Mediterranean dietary model as a suitable model for type 2 diabetes that has beneficial health effects.

Pubmed Data : Nutrients. 2018 Aug 10 ;10(8). Epub 2018 Aug 10. PMID: [30103444](#)

Article Published Date : Aug 09, 2018

Authors : Marilena Vitale, Maria Masulli, Ilaria Calabrese, Angela Albarosa Rivellese, Enzo Bonora, Stefano Signorini, Gabriele Perriello, Sebastiano Squatrito, Raffaella Buzzetti, Giovanni Sartore, Anna Carla Babini, Giovanna Gregori, Carla Giordano, Gennaro Clemente, Sara Grioni, Pasquale Dolce, Gabriele Riccardi, Olga Vaccaro,

Study Type : Human Study

Additional Links

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Therapeutic Actions : Dietary Modification: Mediterranean Diet : CK(1580) : AC(186)

Pharmacological Actions : Antihypertensive Agents : CK(4527) : AC(683), Hypolipidemic : CK(5358) : AC(1221)

Ginger (AC 22) (CK 120)

3 months supplementation of ginger improved glycemic indices, TAC and PON-1 activity in patients with type 2 diabetes.

Pubmed Data : J Complement Integr Med. 2015 Feb 10. Epub 2015 Feb 10. PMID: [25719344](#)

Article Published Date : Feb 09, 2015

Authors : Farzad Shidfar, Asadollah Rajab, Tayebbeh Rahideh, Nafiseh Khandouzi, Sharieh Hosseini, Shahrzad Shidfar

Study Type : Human Study

Additional Links

Substances : Ginger : CK(1261) : AC(363)

Diseases : Ginger : CK(1261) : AC(363), Diabetes: Glycation/A1C : CK(210) : AC(33), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetes Mellitus: Type 2: Prevention : CK(1075) : AC(148), Hyperglycemia : CK(1494) : AC(453), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Insulin Sensitizers : CK(1185) : AC(244)

Clove and fermented ginger supplementation possesses anti-diabetic properties and may help in the control of hyperleptinaemia in type 2 diabetes.

Pubmed Data : Niger J Physiol Sci. 2018 Jun 30 ;33(1):89-93. Epub 2018 Jun 30. PMID: [30091738](#)

Article Published Date : Jun 29, 2018

Authors : A Abdulrazak, Y Tanko, A Mohammed, K A Mohammed, N M Sada, A Au Dikko

Study Type : Animal Study

Additional Links

Substances : Clove : CK(132) : AC(76), Fermented Foods and Beverages : CK(2588) : AC(607),

Ginger : CK(1261) : AC(363)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Leptin: Elevated Levels : CK(36) : AC(14)

Pharmacological Actions : Leptin Down-Regulation : CK(23) : AC(8)

Comparison of the effect of ginger and aloe vera mouthwashes on xerostomia in patients with type 2 diabetes.

Pubmed Data : Med Oral Patol Oral Cir Bucal. 2021 Jul 1 ;26(4):e408-e413. Epub 2021 Jul 1. PMID: [34162822](#)

Article Published Date : Jun 30, 2021

Authors : F Badooeei, E Imani, S Hosseini-Teshnizi, M Banar, M Memarzade

Study Type : Human Study

Additional Links

Substances : Aloe Vera : CK(725) : AC(189), Ginger : CK(1261) : AC(363)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Xerostomia : CK(41) : AC(5)

Dietary garlic and especially ginger have anti-diabetic effects.

Pubmed Data : J Med Food. 2008 Mar;11(1):152-9. PMID: [18361751](#)

Article Published Date : Mar 01, 2008

Authors : Md Shahidul Islam, Haymie Choi

Study Type : Animal Study

Additional Links

Substances : Garlic : CK(1529) : AC(508), Ginger : CK(1261) : AC(363)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Insulin-releasing : CK(122) : AC(49)

Additional Keywords : Insulintrophic : CK(2) : AC(1)

Dietary ginger has hypoglycaemic effect, enhances insulin synthesis in male rats and has high antioxidant activity.

Pubmed Data : Niger J Physiol Sci. 2011 ;26(1):89-96. Epub 2011 Nov 23. PMID: [22314994](#)

Article Published Date : Jan 01, 2011

Authors : B O Iranloye, A P Arikawe, G Rotimi, A O Sogbade

Study Type : Animal Study

Additional Links

Substances : [Ginger](#) : CK(1261) : AC(363)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Insulin Resistance](#) : CK(3522) : AC(792), [Oxidative Stress](#) : CK(9437) : AC(3550)

Pharmacological Actions : [Antioxidants](#) : CK(21528) : AC(8856), [Hypoglycemic Agents](#) : CK(5366) : AC(1338), [Insulin Sensitizers](#) : CK(1185) : AC(244), [Malonaldehyde \(MDA\) Down-Regulation](#) : CK(62) : AC(15)

Evaluation of the antidiabetic potential of extracts of *Urtica dioica*, *Apium graveolens*, and *Zingiber officinale*.

Pubmed Data : [Plants \(Basel\)](#). 2021 Jul 14 ;10(7). Epub 2021 Jul 14. PMID: [34371645](#)

Article Published Date : Jul 13, 2021

Authors : Rosa Martha PÃ©rez GutiÃ©rrez, Alethia MuÃ±iz-Ramirez, Abraham Heriberto Garcia-Campoy, JosÃ© MarÃ­a Mota Flores

Study Type : Animal Study

Additional Links

Substances : [Celery](#) : CK(138) : AC(60), [Ginger](#) : CK(1261) : AC(363), [Nettle](#) : CK(274) : AC(109)

Diseases : [Diabetes: Oxidative Stress](#) : CK(492) : AC(182), [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Antioxidants](#) : CK(21528) : AC(8856)

Ginger as a nutraceutical: Focus on the metabolic, analgesic, and antiinflammatory effects.

Pubmed Data : [Phytother Res](#). 2020 Dec 5. Epub 2020 Dec 5. PMID: [33278054](#)

Article Published Date : Dec 04, 2020

Authors : Ester Pagano, Eliana B Souto, Alessandra Durazzo, Javad Sharifi-Rad, Massimo Lucarini, Selma B Souto, Bahare Salehi, Wissam Zam, Vittorino Montanaro, Giuseppe Lucariello, Angelo A Izzo, Antonello Santini, Barbara Romano

Study Type : Review

Additional Links

Substances : [Ginger](#) : CK(1261) : AC(363)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Dysmenorrhea](#) : CK(692) : AC(71), [Hyperlipidemia](#) : CK(1569) : AC(402), [Osteoarthritis: Knee](#) : CK(1329) : AC(146)

Pharmacological Actions : [Analgesics](#) : CK(3498) : AC(646), [Anti-Inflammatory Agents](#) : CK(20859) : AC(8334)

Ginger extract might be considered as an alternative therapeutic strategy in the management of overweight

and hepatic and metabolic alterations.

Pubmed Data : Appl Physiol Nutr Metab. 2017 Feb ;42(2):209-215. Epub 2016 Nov 2. PMID: [28125276](#)

Article Published Date : Jan 31, 2017

Authors : Natalia de Las Heras, MarÃa Valero-MuÃ±oz, Beatriz MartÃn-FernÃndez, Sandra Ballesteros, Antonio LÃ³pez-FarrÃ©, Baltasar Ruiz-Roso, Vicente Lahera

Study Type : Animal Study

Additional Links

Substances : [Ginger](#) : CK(1261) : AC(363)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Hyperlipidemia](#) : CK(1569) : AC(402), [Insulin Resistance](#) : CK(3522) : AC(792)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

Additional Keywords : [Plant Extracts](#) : CK(14140) : AC(5210)

Ginger has a beneficial effect on type 2 diabetics.

Pubmed Data : Int J Food Sci Nutr. 2013 Mar 18. Epub 2013 Mar 18. PMID: [23496212](#)

Article Published Date : Mar 17, 2013

Authors : Sepide Mahluji, Vahide Ebrahimzade Attari, Majid Mobasseri, Laleh Payahoo, Alireza Ostadrahimi, Samad Ej Golzari

Study Type : Human Study

Additional Links

Substances : [Ginger](#) : CK(1261) : AC(363)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Insulin Resistance](#) : CK(3522) : AC(792)

Pharmacological Actions : [Insulin Sensitizers](#) : CK(1185) : AC(244)

Ginger has a significant lipid lowering effect compared to placebo.

Pubmed Data : Saudi Med J. 2008 Sep;29(9):1280-4. PMID: [18813412](#)

Article Published Date : Sep 01, 2008

Authors : Reza Alizadeh-Navaei, Fatemeh Roozbeh, Mehrdad Saravi, Mehdi Pouramir, Farzad Jalali, Ali A Moghadamnia

Study Type : Human Study

Additional Links

Substances : [Ginger](#) : CK(1261) : AC(363)

Diseases : [Cholesterol: High](#) : CK(1592) : AC(244), [High Cholesterol](#) : CK(2715) : AC(455), [Hypercholesterolemia](#) : CK(2333) : AC(408), [Hyperlipidemia](#) : CK(1569) : AC(402)

Ginger is an aldose reductase inhibitor which may have contribute to the protection against diabetic complications.

Pubmed Data : J Agric Food Chem. 2006 Sep 6;54(18):6640-4. PMID: [16939321](#)

Article Published Date : Sep 06, 2006

Authors : Atsushi Kato, Yasuko Higuchi, Hirozo Goto, Haruhisa Kizu, Tadashi Okamoto, Naoki Asano, Jackie Hollinshead, Robert J Nash, Isao Adachi

Study Type : Human Study

Additional Links

Substances : Ginger : CK(1261) : AC(363)

Diseases : Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Aldose reductase inhibitor : CK(32) : AC(9)

Ginger may have a preventive and therapeutic effect in diabetes and its complications.

Pubmed Data : Evid Based Complement Alternat Med. 2012 ;2012:516870. Epub 2012 Nov 22. PMID: [23243452](#)

Article Published Date : Dec 31, 2011

Authors : Yiming Li, Van H Tran, Colin C Duke, Basil D Roufogalis

Study Type : Review

Additional Links

Substances : Ginger : CK(1261) : AC(363)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Ginger supplement along with NSPT may be effective in the improvement of inflammation, oxidative, and periodontal status in T2DM with chronic periodontitis.

Pubmed Data : Diabetes Metab Syndr Obes. 2019 ;12:1751-1761. Epub 2019 Sep 6. PMID: [32021341](#)

Article Published Date : Dec 31, 2018

Authors : Ahmad Zare Javid, Hadi Bazayar, Hasan Gholinezhad, Mehran Rahimlou, Homeira Rashidi, Parvin Salehi, Mohammad Hosein Haghighi-Zadeh

Study Type : Human Study

Additional Links

Substances : Ginger : CK(1261) : AC(363)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Inflammation : CK(9572) : AC(3089), Oxidative Stress : CK(9437) : AC(3550), Periodontitis : CK(378) : AC(98)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856)

Ginger supplementation is an effective treatment for type 2 diabetes.

Pubmed Data : Int J Food Sci Nutr. 2014 Feb 4. Epub 2014 Feb 4. PMID: [24490949](#)

Article Published Date : Feb 03, 2014

Authors : Tahereh Arablou, Naheed Aryaeian, Majid Valizadeh, Faranak Sharifi, Aghafatemeh Hosseini, Mahmoud Djalali

Study Type : Human Study

Additional Links

Substances : Ginger : CK(1261) : AC(363)

Diseases : Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 1: Prevention : CK(320) : AC(75), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetes Mellitus: Type 2: Prevention : CK(1075) : AC(148)

Pharmacological Actions : Aldose reductase inhibitor : CK(32) : AC(9)

Green tea and ginger extracts have a significant hypoglycemic effect in diabetic rabbits.

Pubmed Data : Acta Pol Pharm. 2015 May-Jun;72(3):497-506. PMID: [26642658](#)

Article Published Date : Apr 30, 2015

Authors : Ahmed Elkirdasy, Saad Shousha, Abdulmohsen H Alrohaimi, M Faiz Arshad

Study Type : Animal Study

Additional Links

Substances : Ginger : CK(1261) : AC(363), Green Tea : CK(3450) : AC(1057)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperlipidemia : CK(1569) : AC(402)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Inflammatory activities in type 2 diabetes patients With co-morbid angiopathies and exploring beneficial interventions

Pubmed Data : Front Public Health. 2020 ;8:600427. Epub 2021 Jan 25. PMID: [33569370](#)

Article Published Date : Dec 31, 2019

Authors : Martin C Nwadiugwu

Study Type : Review

Additional Links

Substances : [Ginger](#) : CK(1261) : AC(363), [Hesperidin](#) : CK(545) : AC(215)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Anti-Inflammatory Agents](#) : CK(20859) : AC(8334)

The effect of ginger powder supplementation on insulin resistance and glycemic indices in patients with type 2 diabetes: A randomized, double-blind, placebo-controlled trial.

Pubmed Data : Complement Ther Med. 2014 Feb ;22(1):9-16. Epub 2014 Jan 8. PMID: [24559810](#)

Article Published Date : Jan 31, 2014

Authors : Hassan Mozaffari-Khosravi, Behrouz Talaei, Beman-Ali Jalali, Azadeh Najarzadeh, Mohammad Reza Mozayan

Study Type : Human Study

Additional Links

Substances : [Ginger](#) : CK(1261) : AC(363)

Diseases : [Diabetes: Glycation/A1C](#) : CK(210) : AC(33), [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Diabetes Mellitus: Type 2: Prevention](#) : CK(1075) : AC(148)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

The herbal remedies examined had significantly beneficial effects on cholesterol in T2D patients.

Pubmed Data : Rev Diabet Stud. 2014 Fall-Winter;11(3-4):258-66. Epub 2015 Feb 10. PMID: [26177486](#)

Article Published Date : Aug 31, 2014

Authors : Paria Azimi, Reza Ghiasvand, Awat Feizi, Mitra Hariri, Behnoud Abbasi

Study Type : Human Study

Additional Links

Substances : [Cardamom](#) : CK(42) : AC(11), [Cinnamon](#) : CK(406) : AC(150), [Ginger](#) : CK(1261) : AC(363), [Saffron](#) : CK(864) : AC(189)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [High Cholesterol](#) : CK(2715) : AC(455)

Pharmacological Actions : [Anticholesteremic Agents](#) : CK(3078) : AC(530)

Additional Keywords : [Plant Extracts](#) : CK(14140) : AC(5210)

The role of mTOR and oral intervention of combined

Zingiber officinale-Terminalia chebula extract in type 2 diabetes models.

Pubmed Data : J Food Biochem. 2020 Jul ;44(7):e13250. Epub 2020 May 27. PMID: [32462682](#)

Article Published Date : Jun 30, 2020

Authors : Jayasindu Mathiyazhagan, Gothandam Kodiveri Muthukaliannan

Study Type : Animal Study

Additional Links

Substances : [Ginger](#) : CK(1261) : AC(363), [Ginger](#) : CK(1261) : AC(363)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

The use of ginger can help in the treatment of people with diabetes.

Pubmed Data : Rev Lat Am Enfermagem. 2020 ;28:e3369. Epub 2020 Oct 9. PMID: [33053078](#)

Article Published Date : Dec 31, 2019

Authors : Gerdane Celene Nunes Carvalho, Jos  Claudio Garcia Lira-Neto, M rcio Fl vio Moura de Ara jo, Roberto Wagner J nior Freire de Freitas, Maria L cia Zanetti, Marta Maria Coelho Damasceno

Study Type : Human Study

Additional Links

Substances : [Ginger](#) : CK(1261) : AC(363)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Anticholesteremic Agents](#) : CK(3078) : AC(530), [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

Zingiber officinale, Phyllanthus emblica, Cinnamomum verum, and Curcuma longa to prevent type 2 diabetes.

Pubmed Data : Curr Diabetes Rev. 2022 Nov 24. Epub 2022 Nov 24. PMID: [36424773](#)

Article Published Date : Nov 23, 2022

Authors : Uththara Subodhini Wijewardhana, Madhura Arunoda Jayasinghe, Isuru Wijesekara, K K D S Ranaweera

Study Type : Review

Additional Links

Substances : [Amla Fruit](#) : CK(125) : AC(55), [Cinnamon](#) : CK(406) : AC(150), [Curcumin](#) : CK(5598) : AC(2788), [Ginger](#) : CK(1261) : AC(363), [Turmeric](#) : CK(7078) : AC(3169)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

zingerone modulates hyperglycaemia, hyperlipidaemia, oxidative biochemical markers and degenerative changes in β -cells of treated diabetic groups.

Pubmed Data : Arch Physiol Biochem. 2019 Aug 7:1-7. Epub 2019 Aug 7. PMID: [31389247](#)

Article Published Date : Aug 06, 2019

Authors : Tarique Anwer, Zafar Ali Alkarbi, Ali Hassan Najmi, Saeed Alshahrani, Rahimullah Siddiqui, Gyas Khan, Mohammad Firoz Alam

Study Type : Animal Study

Additional Links

Substances : Ginger : CK(1261) : AC(363)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Insulin (AC 19) (CK 109)

"A Palaeolithic diet improves glucose tolerance more than a Mediterranean-like diet in individuals with ischaemic heart disease."

Pubmed Data : Diabetologia. 2007 Sep ;50(9):1795-807. Epub 2007 Jun 22. PMID: [17583796](#)

Article Published Date : Sep 01, 2007

Authors : S Lindeberg, T Jönsson, Y Granfeldt, E Borgstrand, J Soffman, K Sjörström, B Åhrén

Study Type : Human Study

Additional Links

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Heart Disease: Ischemic : CK(180) : AC(26), Myocardial Ischemia : CK(528) : AC(256)

Therapeutic Actions : Dietary Modification: Paleolithic/Stone Age Diet : CK(63) : AC(7)

Problem Substances : Insulin : CK(384) : AC(68)

An aqueous extract of white tea is effective to reduce

most of the diabetes associated abnormalities in a streptozotocin-induced diabetes model of rats.

Pubmed Data : Phytomedicine. 2011 Dec 15 ;19(1):25-31. Epub 2011 Jul 30. PMID: [21802923](#)

Article Published Date : Dec 14, 2011

Authors : Md Shahidul Islam

Study Type : Animal Study

Additional Links

Substances : White Tea : CK(109) : AC(52)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Phytotherapy : CK(3062) : AC(812), Plant Extracts : CK(14140) : AC(5210)

Problem Substances : Insulin : CK(384) : AC(68)

Atorvastatin causes insulin resistance and increases ambient glycemia in hypercholesterolemic patients

Pubmed Data : J Am Coll Cardiol. 2010 Mar 23 ;55(12):1209-16. PMID: [20298928](#)

Article Published Date : Mar 23, 2010

Authors : Kwang Kon Koh, Michael J Quon, Seung Hwan Han, Yonghee Lee, Soo Jin Kim, Eak Kyun Shin

Study Type : Human Study

Additional Links

Diseases : High Cholesterol : CK(2715) : AC(455), Hyperglycemia : CK(1494) : AC(453), Insulin Resistance : CK(3522) : AC(792), Statin-Induced Pathologies : CK(1848) : AC(368)

Problem Substances : Atorvastatin : CK(551) : AC(106), Insulin : CK(384) : AC(68), Statin Drugs : CK(4587) : AC(553)

Adverse Pharmacological Actions : Endocrine Disruptor: Insulin Resistance : CK(151) : AC(37)

Camel milk inhibits the diabetes-induced elevation in incretin hormones, TNF- $\hat{\pm}$ and TGF- $\hat{\pm}^1$ levels.

Pubmed Data : Horm Metab Res. 2014 Jun ;46(6):404-11. Epub 2014 Mar 13. PMID: [24627103](#)

Article Published Date : May 31, 2014

Authors : A A Korish

Study Type : Animal Study

Additional Links

Substances : Camel Milk : CK(181) : AC(52)

Diseases : Atherosclerosis : CK(1390) : AC(487), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Therapeutic Actions : Fasting/Caloric Restriction : CK(449) : AC(108)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Hypoglycemic Agents : CK(5366) : AC(1338), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Problem Substances : Insulin : CK(384) : AC(68)

Daily consumption of one egg may reduce the risk of diabetes without any adverse effects on lipid profiles in individuals with pre- and type II diabetes.

Pubmed Data : Food Funct. 2018 Aug 15 ;9(8):4469-4479. PMID: [30073224](#)

Article Published Date : Aug 14, 2018

Authors : Shirin Pourafshar, Neda S Akhavan, Kelli S George, Elizabeth M Foley, Sarah A Johnson, Behnam Keshavarz, Negin Navaei, Anis Davoudi, Elizabeth A Clark, Bahram H Arjmandi

Study Type : Human Study

Additional Links

Substances : Egg : CK(286) : AC(34)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792), Prediabetes : CK(192) : AC(23)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Problem Substances : Insulin : CK(384) : AC(68)

Effect of Momordica charantia on insulin immune-reactive pancreatic beta cells and blood glucose levels in streptozotocin-Induced diabetes.

Pubmed Data : J Nutr Sci Vitaminol (Tokyo). 2022 ;68(5):438-445. PMID: [36310078](#)

Article Published Date : Dec 31, 2021

Authors : Abdelhay Mohammed Ali, Mohammed Salem Moqbel, Fahad Abdullah Al-Hizab

Study Type : Animal Study

Additional Links

Substances : Bitter Melon : CK(254) : AC(112)

Diseases : Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Problem Substances : Insulin : CK(384) : AC(68)

Higher egg intake was associated with a lower risk of

T2D in this cohort of middle-aged and older men.

Pubmed Data : Am J Clin Nutr. 2015 May ;101(5):1088-96. Epub 2015 Apr 1. PMID: [25832339](#)

Article Published Date : Apr 30, 2015

Authors : Jyrki K Virtanen, Jaakko Mursu, Tomi-Pekka Tuomainen, Heli Ek Virtanen, Sari Voutilainen

Study Type : Human Study

Additional Links

Substances : Egg : CK(286) : AC(34)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Problem Substances : Insulin : CK(384) : AC(68)

In this uncontrolled pilot study, hospital admission and diabetes adapted diet followed by oatmeal intervention achieved a approximately 40% reduction of insulin dosage required to achieve controlled glucose levels.

Pubmed Data : Exp Clin Endocrinol Diabetes. 2008 Feb ;116(2):132-4. Epub 2007 Dec 20. PMID: [18095234](#)

Article Published Date : Feb 01, 2008

Authors : A Lammert, J Kratzsch, J Selhorst, P M Humpert, A Bierhaus, R Birck, K Kusterer, H-P Hammes

Study Type : Human Study

Additional Links

Diseases : Adiponectin: Low Levels : CK(233) : AC(48), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Insulin Sensitizers : CK(1185) : AC(244)

Problem Substances : Insulin : CK(384) : AC(68)

Oatmeal diet days may improve insulin resistance in patients with type 2 diabetes mellitus.

Pubmed Data : Forsch Komplementmed. 2013 ;20(6):465-8. Epub 2013 Dec 13. PMID: [24434762](#)

Article Published Date : Jan 01, 2013

Authors : Roland Zerm, Bert Helbrecht, Michael Jecht, Angelika Hein, Elke Millet, Matthias Girke, Matthias KrÄz

Study Type : Human Study

Additional Links

Substances : Oats : CK(451) : AC(76)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792), Obesity : CK(6879) : AC(1686)

Problem Substances : Insulin : CK(384) : AC(68)

Oleuropein inhibits the cytotoxicity induced by amylin amyloids, a hallmark feature of type 2 diabetes.

Pubmed Data : Biochemistry. 2017 Sep 26 ;56(38):5035-5039. Epub 2017 Sep 13. PMID: [28829122](#)

Article Published Date : Sep 25, 2017

Authors : Ling Wu, Paul Velander, Dongmin Liu, Bin Xu

Study Type : In Vitro Study

Additional Links

Substances : Flavonoids : CK(2352) : AC(870), Oleuropein : CK(226) : AC(136)

Diseases : Amyloidosis : CK(23) : AC(8), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Neuroprotective Agents : CK(10404) : AC(4396)

Problem Substances : Insulin : CK(384) : AC(68)

Patients with type 2 diabetes who use sulfonylureas or insulin have an increased risk for cancer-related mortality.

Pubmed Data : Diabetes Care. 2006 Feb;29(2):254-8. PMID: [16443869](#)

Article Published Date : Feb 01, 2006

Authors : Samantha L Bowker, Sumit R Majumdar, Paul Veugelers, Jeffrey A Johnson

Study Type : Human Study

Additional Links

Diseases : Cancers: All : CK(28241) : AC(10590), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Additional Keywords : Drug: Metformin : CK(192) : AC(27)

Problem Substances : Glipizide : CK(64) : AC(6), Glyburide : CK(50) : AC(4), Insulin : CK(384) : AC(68), Metformin : CK(59) : AC(9), Sulfonylureas : CK(224) : AC(13)

Puerarin alleviates insulin resistance and improves glucolipid metabolism in T2DM.

Pubmed Data : Nan Fang Yi Ke Da Xue Xue Bao. 2021 Jun 20 ;41(6):839-846. PMID: [34238735](#)

Article Published Date : Jun 19, 2021

Authors : J Gao, M Liu, Z Guo, C Hu, Z Feng, J Yan

Study Type : Animal Study

Additional Links

Diseases : [Diabetes Mellitus: Type 2 : CK\(8552\) : AC\(1714\)](#), [Insulin Resistance : CK\(3522\) : AC\(792\)](#)

Pharmacological Actions : [Hypoglycemic Agents : CK\(5366\) : AC\(1338\)](#)

Problem Substances : [Insulin : CK\(384\) : AC\(68\)](#)

Rats may have a diabetic-like response to magnetic fields.

Pubmed Data : [Invest Radiol. 1991 Dec ;26\(12\):1095-100. PMID: 1765445](#)

Article Published Date : Dec 01, 1991

Authors : E Gorczynska, R Wegrzynowicz

Study Type : Animal Study

Additional Links

Diseases : [Diabetes Mellitus: Type 2 : CK\(8552\) : AC\(1714\)](#)

Anti Therapeutic Actions : [Electromagnetic Field Harms : CK\(4876\) : AC\(1003\)](#), [Electromagnetic Radiation : CK\(4965\) : AC\(982\)](#)

Problem Substances : [Insulin : CK\(384\) : AC\(68\)](#)

There may be an association between increasing exogenous insulin dose and increased risk of all-cause mortality.

Pubmed Data : [Diabetes Obes Metab. 2015 Apr ;17\(4\):350-62. Epub 2014 Dec 10. PMID: 25399739](#)

Article Published Date : Mar 31, 2015

Authors : S E Holden, S Jenkins-Jones, C LI Morgan, G Schernthaner, C J Currie

Study Type : Human Study

Additional Links

Diseases : , [Cancers: All : CK\(28241\) : AC\(10590\)](#), [Cardiovascular Diseases : CK\(12780\) : AC\(1983\)](#), [Diabetes: Cardiovascular Illness : CK\(707\) : AC\(111\)](#), [Diabetes Mellitus: Type 2 : CK\(8552\) : AC\(1714\)](#)

Additional Keywords : [Increased Risk : CK\(6996\) : AC\(896\)](#)

Problem Substances : [Insulin : CK\(384\) : AC\(68\)](#)

These results show that chronic consumption of Î²-glucans can improve glucose control and decrease fatty liver in a model of diabetes with obesity.

Pubmed Data : [Eur J Nutr. 2013 Oct ;52\(7\):1743-53. Epub 2012 Dec 11. PMID: 23229409](#)

Article Published Date : Oct 01, 2013

Authors : David A Brockman, Xiaoli Chen, Daniel D Gallaher

Study Type : Animal Study

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Fiber : CK(1411) : AC(184)

Diseases : Adiponectin: Low Levels : CK(233) : AC(48), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Fatty Liver : CK(2522) : AC(701), Insulin Resistance : CK(3522) : AC(792), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : Adiponectin upregulation : CK(217) : AC(39), Adiponectin upregulation : CK(217) : AC(39)

Problem Substances : Insulin : CK(384) : AC(68)

Tocotrienol-rich fraction supplementation reduces hyperglycemia-induced skeletal muscle damage through regulation of insulin signaling and oxidative stress in type 2 diabetic mice.

Pubmed Data : J Nutr Biochem. 2018 07 ;57:77-85. Epub 2018 Mar 21. PMID: [29679925](#)

Article Published Date : Jan 01, 2018

Authors : Heaji Lee, Yunsook Lim

Study Type : Animal Study

Additional Links

Substances : Tocotrienols : CK(107) : AC(32)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Oxidative Stress : CK(9437) : AC(3550), Insulin Sensitizers : CK(1185) : AC(244)

Problem Substances : Insulin : CK(384) : AC(68)

Treatments with lotus seedpod oligomeric procyanidins could be beneficial in diabetic treatments.

Pubmed Data : J Agric Food Chem. 2017 May 17 ;65(19):3801-3810. Epub 2017 May 8. PMID: [28314100](#)

Article Published Date : May 16, 2017

Authors : Xiaopeng Li, Yong Sui, Qian Wu, Bijun Xie, Zhida Sun

Study Type : Animal Study

Additional Links

Substances : Lotus : CK(237) : AC(170)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210), Proanthocyanidins : CK(374) : AC(121)

Problem Substances : Insulin : CK(384) : AC(68)

Whole grains reduce postprandial insulin and triglyceride responses.

Pubmed Data : Nutr Metab Cardiovasc Dis. 2014 Aug ;24(8):837-44. Epub 2014 Jan 28. PMID: [24598599](#)

Article Published Date : Aug 01, 2014

Authors : R Giacco, G Costabile, G Della Pepa, G Anniballi, E Griffo, A Mangione, P Cipriano, D Viscovo, G Clemente, R Landberg, G Pacini, A A Rivellesse, G Riccardi

Study Type : Human Study

Additional Links

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Metabolic Diseases : CK(828) : AC(178)

Problem Substances : Insulin : CK(384) : AC(68)

Pomegranate (AC 15) (CK 107)

Beneficial effects of pomegranate on lipid metabolism in metabolic disorders.

Pubmed Data : Mol Nutr Food Res. 2019 Jan 24:e1800773. Epub 2019 Jan 24. PMID: [30677224](#)

Article Published Date : Jan 23, 2019

Authors : Chen Hou, Weimin Zhang, Jianke Li, Lin Du, Ou Lv, Shengjuan Zhao, Jia Li

Study Type : Review

Additional Links

Substances : Pomegranate : CK(1222) : AC(405)

Diseases : Atherosclerosis : CK(1390) : AC(487), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Metabolic Diseases : CK(828) : AC(178), Nonalcoholic fatty liver disease (NAFLD) : CK(1862) : AC(521)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Concentrated pomegranate juice appeared to have favourable effects on certain markers of subclinical inflammation in diabetic patients.

Pubmed Data : Int J Endocrinol Metab. 2016 Jan ;14(1):e33835. Epub 2016 Jan 30. PMID: [27279834](#)

Article Published Date : Dec 31, 2015

Authors : Farideh Shishehbor, Majid Mohammad Shahi, Mehdi Zarei, Azadeh Saki, Mehrnoosh Zakerkish, Fatemeh Shirani, Maryam Zare

Study Type : Human Study

Additional Links

Substances : Pomegranate : CK(1222) : AC(405)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Inflammation : CK(9572) : AC(3089)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Efficacy of pomegranate seed powder on glucose and lipid metabolism in patients with type 2 diabetes.

Pubmed Data : Complement Med Res. 2020 Dec 10:1-8. Epub 2020 Dec 10. PMID: [33302270](#)

Article Published Date : Dec 09, 2020

Authors : Monire Seyed Hashemi, Nasim Namiranian, Hemaseh Tavahen, Abolfazl Dehghanpour, Mohammad Hadi Rad, Saeedeh Jam-Ashkezari, Majid Emtiazy, Mohammad Hashem Hashempur

Study Type : Human Study

Additional Links

Substances : Pomegranate : CK(1222) : AC(405)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

F. carica extract is more effective than L. sativum and P. granatum extracts in the prevention and control of type 2 diabetes mellitus (T2DM) and its consequences.

Pubmed Data : J Diabetes Res. 2021 ;2021:6018835. Epub 2021 Dec 21. PMID: [34970629](#)

Article Published Date : Dec 31, 2020

Authors : Shimaa Ramadan, Amany Mohamed Hegab, Yahya S Al-Awthan, Mohammed Ali Al-Duais, Ahmed A Tayel, Mahmoud A Al-Saman

Study Type : Animal Study

Additional Links

Substances : Fig : CK(145) : AC(61), Garden Cress (Lepidium sativum) : CK(44) : AC(19), Pomegranate : CK(1222) : AC(405)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Fresh pomegranate juice decreases fasting serum erythropoietin in patients with type 2 diabetes.

Pubmed Data : Int J Food Sci. 2019 ;2019:1269341. Epub 2019 Apr 18. PMID: [31139640](#)

Article Published Date : Dec 31, 2018

Authors : Saleem A Banihani, Shuaibu M Shuaibu, Belal A Al-Husein, Seham S Makahleh

Study Type : Human Study

Additional Links

Substances : Pomegranate : CK(1222) : AC(405)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pomegranate juice consumption could decrease systolic and diastolic blood pressure in patients with diabetes.

Pubmed Data : Clin Nutr ESPEN. 2019 Feb ;29:30-35. Epub 2018 Dec 20. PMID: [30661697](#)

Article Published Date : Jan 31, 2019

Authors : Golbon Sohrab, Hanieh Roshan, Samira Ebrahimof, Omid Nikpayam, Giti Sotoudeh, Fereidoun Siasi

Study Type : Human Study

Additional Links

Substances : Pomegranate : CK(1222) : AC(405)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypertension : CK(6384) : AC(950)

Pharmacological Actions : Antihypertensive Agents : CK(4527) : AC(683)

Pomegranate juice consumption may delay onset of T2D complications related to oxidative stress.

Pubmed Data : Food Nutr Res. 2015 ;59:28551. Epub 2015 Sep 8. PMID: [26355954](#)

Article Published Date : Dec 31, 2014

Authors : Golbon Sohrab, Pooneh Angoorani, Maryam Tohidi, Hadi Tabibi, Masoud Kimiagar, Javad Nasrollahzadeh

Study Type : Human Study

Additional Links

Substances : Pomegranate : CK(1222) : AC(405)

Diseases : Diabetes: Oxidative Stress : CK(492) : AC(182), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Lipid Peroxidation : CK(1632) : AC(631)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

Pomegranate juice could have favourable effects on oxidative stress in patients with type 2 diabetes.

Pubmed Data : Int J Food Sci Nutr. 2016 Sep 16:1-7. Epub 2016 Sep 16. PMID: [27633135](#)

Article Published Date : Sep 15, 2016

Authors : Golbon Sohrab, Samira Ebrahimof, Giti Sotoudeh, Tirang Reza Neyestani, Pooneh Angoorani, Mehdi Hedayati, Fereidoun Siasi

Study Type : Human Study

Additional Links

Substances : Pomegranate : CK(1222) : AC(405)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

Pomegranate juice increases sirtuin1 protein in peripheral blood mononuclear cell from patients with type 2 diabetes.

Pubmed Data : Metab Syndr Relat Disord. 2018 Jun 29. Epub 2018 Jun 29. PMID: [29957104](#)

Article Published Date : Jun 28, 2018

Authors : Golbon Sohrab, Javad Nasrollahzadeh, Maryam Tohidi, Hamid Zand, Omid Nikpayam

Study Type : Human Study

Additional Links

Substances : Pomegranate : CK(1222) : AC(405)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), NF-kappaB Inhibitor : CK(3536) : AC(2098)

Pomegranate juice intake enhances the effects of aerobic training on insulin resistance and liver enzymes in type 2 diabetic men.

Pubmed Data : BMC Nutr. 2022 May 17 ;8(1):48. Epub 2022 May 17. PMID: [35581639](#)

Article Published Date : May 16, 2022

Authors : Sasan Nemati, Vahid Tadibi, Rastegar Hoseini

Study Type : Human Study

Additional Links

Substances : Pomegranate : CK(1222) : AC(405)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Therapeutic Actions : Exercise: Aerobic : CK(663) : AC(92)

Pharmacological Actions : Enzyme Inhibitors : CK(692) : AC(347)

Pomegranate seed oil increased the GLUT-4 gene expression in diabetic patients without any side effects.

Pubmed Data : J Cell Physiol. 2019 Apr 3. Epub 2019 Apr 3. PMID: [30945297](#)

Article Published Date : Apr 02, 2019

Authors : Yaser Khajebishak, Laleh Payahoo, Mohammadreza Alivand, Hamed Hamishehkar, Majid Mobasser, Vahide Ebrahimzadeh, Mahdiye Alipour, Beitollah Alipour

Study Type : Human Study

Additional Links

Substances : Pomegranate : CK(1222) : AC(405)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Potential Mechanisms of the Improvement of Glucose Homeostasis in Type 2 Diabetes by Pomegranate Juice

Pubmed Data : Antioxidants (Basel). 2022 Mar 15 ;11(3). Epub 2022 Mar 15. PMID: [35326203](#)

Article Published Date : Mar 14, 2022

Authors : Carlos Olvera-Sandoval, HÃ©ctor Enrique Fabela-Illescas, Eduardo FernÃ¡ndez-MartÃ­nez, MarÃ­a Araceli Ortiz-RodrÃ­guez, Raquel CariÃ±o-CortÃ©s, JosÃ© Alberto Ariza-Ortega, Juan Carlos HernÃ¡ndez-GonzÃ¡lez, Diana Olivo, Carmen Valadez-Vega, Helen Belefant-Miller, Gabriel Betanzos-Cabrera

Study Type : Review

Additional Links

Substances : Pomegranate : CK(1222) : AC(405)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110), Alpha-glucosidase inhibitor : CK(274) : AC(201), Hypoglycemic Agents : CK(5366) : AC(1338)

Punica granatum L. flower is able to lower glucose levels in T2DM rats by improving the insulin resistance.

Pubmed Data : Front Endocrinol (Lausanne). 2018 ;9:586. Epub 2018 Oct 15. PMID: [30374328](#)

Article Published Date : Dec 31, 2017

Authors : Dan Tang, Liu Liu, Dildar Ajiakber, Jianping Ye, Jianjun Xu, Xuelei Xin, Haji Akber Aisa

Study Type : Animal Study

Additional Links

Substances : Pomegranate : CK(1222) : AC(405)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Punicic acid: A potential compound of pomegranate seed oil in type 2 diabetes mellitus management.

Pubmed Data : J Cell Physiol. 2018 Oct 14. Epub 2018 Oct 14. PMID: [30317607](#)

Article Published Date : Oct 13, 2018

Authors : Yaser Khajebishak, Laleh Payahoo, Mohammadreza Alivand, Beitollah Alipour

Study Type : Review

Additional Links

Substances : Pomegranate : CK(1222) : AC(405), Punicic acid : CK(8) : AC(6)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Hypoglycemic Agents : CK(5366) : AC(1338)

The addition of POMx to simvastatin therapy in hypercholesterolemic patients improved oxidative stress and lipid status in the patient's serum and in their HMDM.

Pubmed Data : Atherosclerosis. 2014 Jan ;232(1):204-10. Epub 2013 Nov 19. PMID: [24401239](#)

Article Published Date : Dec 31, 2013

Authors : Shadi Hamoud, Tony Hayek, Nina Volkova, Judith Attias, Danit Moscoviz, Mira Rosenblat, Michael Aviram

Study Type : Human Study

Additional Links

Substances : Pomegranate : CK(1222) : AC(405)

Diseases : Atherosclerosis : CK(1390) : AC(487), High Cholesterol : CK(2715) : AC(455), Oxidative Stress : CK(9437) : AC(3550), Triglycerides: Elevated : CK(916) : AC(152)

Pharmacological Actions : Anti-atherogenic : CK(348) : AC(120), Antioxidants : CK(21528) : AC(8856), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Natural Substance/Drug Synergy : CK(957) : AC(485), Plant Extracts : CK(14140) : AC(5210)

Problem Substances : Simvastatin : CK(791) : AC(164), Statin Drugs : CK(4587) : AC(553)

Yoghurt (AC 15) (CK 106)

A newly developed synbiotic yogurt prevents diabetes by improving the microbiome-intestine-pancreas axis.

Pubmed Data : Int J Mol Sci. 2021 Feb 6 ;22(4). Epub 2021 Feb 6. PMID: [33562070](#)

Article Published Date : Feb 05, 2021

Authors : Brandi Miller, Rabina Mainali, Ravinder Nagpal, Hariom Yadav

Study Type : Animal Study

Additional Links

Substances : Yoghurt : CK(1014) : AC(135)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetes Mellitus: Type 2: Prevention : CK(1075) : AC(148)

Pharmacological Actions : Gastrointestinal Agents : CK(3145) : AC(843)

A review of the beneficial effects of yogurt on cardiometabolic diseases risk factors.

Pubmed Data : Adv Nutr. 2017 Nov ;8(6):812-829. Epub 2017 Nov 15. PMID: [29141967](#)

Article Published Date : Oct 31, 2017

Authors : Melissa Anne Fernandez, Shirin Panahi, Noémie Daniel, Angelo Tremblay, André Murette

Study Type : Review

Additional Links

Substances : Yoghurt : CK(1014) : AC(135)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Cardioprotective : CK(5377) : AC(1675), Gastrointestinal Agents : CK(3145) : AC(843)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Addition of flaxseed to yogurt can be effective in the management of type 2 diabetes.

Pubmed Data : Clin Nutr Res. 2019 Oct ;8(4):284-295. Epub 2019 Oct 2. PMID: [31720254](#)

Article Published Date : Sep 30, 2019

Authors : Nazila Hasaniani, Mehran Rahimlou, Amirhossein Ramezani Ahmadi, Alireza Mehdizadeh Khalifani, Mohammad Alizadeh

Study Type : Human Study

Additional Links

Substances : Flaxseed : CK(902) : AC(174), Yoghurt : CK(1014) : AC(135)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Hypoglycemic Agents : CK(5366) : AC(1338)

Consumption of *C. ficifolia* and probiotic yogurt may help treatment of diabetic patients.

Pubmed Data : Int J Prev Med. 2016 ;7:30. Epub 2016 Feb 2. PMID: [26955460](#)

Article Published Date : Dec 31, 2015

Authors : Azade Bayat, Fatemeh Azizi-Soleiman, Motahar Heidari-Beni, Awat Feizi, Bijan Iraj, Reza Ghiasvand, Gholamreza Askari

Study Type : Human Study

Additional Links

Substances : Pumpkin : CK(219) : AC(58), Yoghurt : CK(1014) : AC(135)

Diseases : C-Reactive Protein : CK(3134) : AC(310), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Inflammation : CK(9572) : AC(3089), Triglycerides: Elevated : CK(916) : AC(152)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Anticholesteremic Agents : CK(3078) : AC(530), Antihypertensive Agents : CK(4527) : AC(683), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Effects of milk products fermented by *Bifidobacterium longum* on blood lipids in rats and healthy adult male volunteers.

Pubmed Data : J Dairy Sci. 2003 Jul ;86(7):2452-61. PMID: [12906063](#)

Article Published Date : Jun 30, 2003

Authors : J Z Xiao, S Kondo, N Takahashi, K Miyaji, K Oshida, A Hiramatsu, K Iwatsuki, S Kokubo, A Hosono

Study Type : Human Study

Additional Links

Substances : Probiotics : CK(7680) : AC(1196), Yoghurt : CK(1014) : AC(135)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Effects of vitamin D-fortified low fat yogurt on glycemic status, anthropometric indexes, inflammation, and bone turnover in diabetic postmenopausal women.

Pubmed Data : Clin Nutr. 2016 Feb ;35(1):67-76. Epub 2015 Mar 5. PMID: [25794439](#)

Article Published Date : Jan 31, 2016

Authors : Tina Jafari, Elham Faghihmani, Awat Feizi, Bijan Iraj, Shaghayegh Haghjooy Javanmard, Ahmad Esmailzadeh, Aziz A Fallah, Gholamreza Askari

Study Type : Human Study

Additional Links

Substances : Vitamin D : CK(8897) : AC(1260), Yoghurt : CK(1014) : AC(135)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Inflammation : CK(9572) : AC(3089)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Lectins : CK(73) : AC(40)

Evidence for the effects of yogurt on gut health and obesity.

Pubmed Data : Crit Rev Food Sci Nutr. 2017 May 24 ;57(8):1569-1583. PMID: [25875150](#)

Article Published Date : May 23, 2017

Authors : Ruisong Pei, Derek A Martin, Diana M DiMarco, Bradley W Bolling

Study Type : Review

Additional Links

Substances : Yoghurt : CK(1014) : AC(135)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Inflammation : CK(9572) : AC(3089)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Gastrointestinal Agents : CK(3145) : AC(843), Hypolipidemic : CK(5358) : AC(1221), Immunomodulatory : CK(4048) : AC(1475)

Fermented dairy foods rich in probiotics and cardiometabolic risk factors.

Pubmed Data : Crit Rev Food Sci Nutr. 2020 May 21:1-10. Epub 2020 May 21. PMID: [32436399](#)

Article Published Date : May 20, 2020

Authors : Judit Companys, Anna Pedret, Rosa M Valls, Rosa SolÀ , Vicente Pascual

Study Type : Review

Additional Links

Substances : , Fermented Foods and Beverages : CK(2588) : AC(607), Yoghurt : CK(1014) :

AC(135)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Probiotic yogurt improved total cholesterol and LDL-C concentrations in type 2 diabetic people.

Pubmed Data : J Dairy Sci. 2011 Jul ;94(7):3288-94. PMID: [21700013](#)

Article Published Date : Jun 30, 2011

Authors : H S Ejtahed, J Mohtadi-Nia, A Homayouni-Rad, M Niafar, M Asghari-Jafarabadi, V Mofid, A Akbarian-Moghari

Study Type : Human Study

Additional Links

Substances : Yoghurt : CK(1014) : AC(135)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Probiotic yogurt improves antioxidant status in type 2 diabetic patients.

Pubmed Data : Nutrition. 2012 May ;28(5):539-43. Epub 2011 Nov 29. PMID: [22129852](#)

Article Published Date : Apr 30, 2012

Authors : Hanie S Ejtahed, Javad Mohtadi-Nia, Aziz Homayouni-Rad, Mitra Niafar, Mohammad Asghari-Jafarabadi, Vahid Mofid

Study Type : Human Study

Additional Links

Substances : Probiotics : CK(7680) : AC(1196), Yoghurt : CK(1014) : AC(135)

Diseases : Diabetes: Oxidative Stress : CK(492) : AC(182), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338), Malondialdehyde Down-regulation : CK(2065) : AC(678), Superoxide Dismutase Up-regulation : CK(1403) : AC(551)

Regular consumption of vitamin D-fortified yogurt drink improved endothelial biomarkers in subjects with type 2 diabetes

Pubmed Data : BMC Med. 2011 Nov 24 ;9:125. Epub 2011 Nov 24. PMID: [22114787](#)

Article Published Date : Nov 23, 2011

Authors : Sakineh Shab-Bidar, Tirang R Neyestani, Abolghassem Djazayeri, Mohammad-Reza Eshraghian, Anahita Houshiarrad, A'azam Gharavi, Ali Kalayi, Nastaran Shariatzadeh, Malihe Zahedirad, Niloufar Khalaji, Homa Haidari

Study Type : Human Study

Additional Links

Substances : Vitamin D : CK(8897) : AC(1260), Yoghurt : CK(1014) : AC(135)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypertension : CK(6384) : AC(950)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221), Matrix metalloproteinase-9 (MMP-9) inhibitor : CK(786) : AC(505)

The role of yoghurt consumption in the management of type II diabetes.

Pubmed Data : Food Funct. 2020 Dec 1 ;11(12):10306-10316. Epub 2020 Nov 19. PMID: [33211046](#)

Article Published Date : Nov 30, 2020

Authors : Amalia E Yanni, Kleio Kartsioti, Vaios T Karathanos

Study Type : Review

Additional Links

Substances : Yoghurt : CK(1014) : AC(135)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

This study found that yogurt plus shallot intake significantly decreased LDL-C, TG, and TC levels in diabetic women compared with yogurt intake.

Pubmed Data : Int J Prev Med. 2017 ;8:54. Epub 2017 Jul 25. PMID: [28928912](#)

Article Published Date : Dec 31, 2016

Authors : Sanaz Mehrabani, Behnod Abbasi, Leila Darvishi, Mehdi Asemi Esfahani, Zahra Maghsoudi, Hossein Khosravi-Boroujeni, Reza Ghiasvand

Study Type : Human Study

Additional Links

Substances : Shallot : CK(75) : AC(24), Yoghurt : CK(1014) : AC(135)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Hypolipidemic : CK(5358) : AC(1221)

Yogurt containing two probiotic bacteria strains, L.

acidophilus and B. lactis, had a cholesterol-lowering effect in hypercholesterolemic subjects.

Pubmed Data : Ann Nutr Metab. 2009;54(1):22-7. Epub 2009 Feb 20. PMID: [19229114](#)

Article Published Date : Jan 01, 2009

Authors : Asal Ataie-Jafari, Bagher Larijani, Hamid Alavi Majd, Farideh Tahbaz

Study Type : Human Study

Additional Links

Substances : Bifidobacterium Lactis : CK(60) : AC(7), Fermented Foods and Beverages : CK(2588) : AC(607), Lactobacillus Acidophilus : CK(519) : AC(78), Yoghurt : CK(1014) : AC(135)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

probiotic yogurt may be used as an alternative prevention approach and treatment method to control diabetic complications.

Pubmed Data : Bioimpacts. 2014 ;4(2):83-8. Epub 2014 Jun 11. PMID: [25035851](#)

Article Published Date : Dec 31, 2013

Authors : Majid Mohamadshahi, Masoud Veissi, Fatemeh Haidari, Hajieh Shahbazian, Gholam-Abas Kaydani, Fatemeh Mohammadi

Study Type : Human Study

Additional Links

Substances : Probiotics : CK(7680) : AC(1196), Yoghurt : CK(1014) : AC(135)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Complications : CK(3199) : AC(1009)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Blueberry (AC 16) (CK 93)

A topical product containing C-xyloside and blueberry extract improves the appearance of type II diabetic skin.

Pubmed Data : J Cosmet Dermatol. 2009 Jun;8(2):147-51. PMID: [19527341](#)

Article Published Date : Jun 01, 2009

Authors : Zoe Diana Draelos, Margarita Yatskayer, Susana Raab, Christian Oresajo

Study Type : Human Study

Additional Links

Substances : [Blueberry](#) : CK(721) : AC(250), [X-xyloside](#) : CK(10) : AC(1)

Diseases : [Advanced Glycation End products \(AGE\)](#) : CK(440) : AC(176), [Aging Skin](#) : CK(677) : AC(168), [Diabetes: Skin](#) : CK(10) : AC(1), [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Antioxidants](#) : CK(21528) : AC(8856)

Additional Keywords : [Plant Extracts](#) : CK(14140) : AC(5210)

Blueberry consumption improves glycemic control, triglycerides and liver enzymes in US veterans with type 2 diabetes.

Pubmed Data : Curr Dev Nutr. 2019 Jun ;3(Suppl 1). Epub 2019 Jun 13. PMID: [31224947](#)

Article Published Date : May 31, 2019

Authors : Kim Stote, Margaret Wilson, Deborah Hallenbeck, Krista Thomas, Joanne Rourke, Marva Sweeney, Katherine Gottschall-Pass, Aidar Gosmanov

Study Type : Animal Study

Additional Links

Substances : [Blueberry](#) : CK(721) : AC(250)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338), [Hypolipidemic](#) : CK(5358) : AC(1221)

Blueberry leaf extract reduces fasting glucose, C-reactive protein and plasma aminotransferases in patients with diabetes type 2.

Pubmed Data : Georgian Med News. 2006 Dec;(141):66-72. PMID: [17261891](#)

Article Published Date : Dec 01, 2006

Authors : M Abidov, A Ramazanov, M Jimenez Del Rio, I Chkhikvishvili

Study Type : Human Study

Additional Links

Substances : [Blueberry](#) : CK(721) : AC(250)

Diseases : [ALT: Elevated](#) : CK(70) : AC(11), [C-Reactive Protein](#) : CK(3134) : AC(310), [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [GGT](#) : CK(63) : AC(9), [Results for Liver Enzymes: Elevated AST](#) : CK(24) : AC(4)

Pharmacological Actions : [Anti-Inflammatory Agents](#) : CK(20859) : AC(8334)

Blueberry phytochemicals may affect gastrointestinal microflora and contribute to host health.

Pubmed Data : Adv Nutr. 2019 Jul 22. Epub 2019 Jul 22. PMID: [31329250](#)

Article Published Date : Jul 21, 2019

Authors : Wilhelmina Kalt, Aedin Cassidy, Luke R Howard, Robert Krikorian, April J Stull, Francois Tremblay, Raul Zamora-Ros

Study Type : Review

Additional Links

Substances : Anthocyanins : CK(938) : AC(334), Blueberry : CK(721) : AC(250)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Neurodegenerative Diseases : CK(8689) : AC(2653), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Neuroprotective Agents : CK(10404) : AC(4396)

Blueberry supplementation has the potential to protect and improve health conditions for both type 1 and type 2 diabetes patients.

Pubmed Data : Nutr Metab (Lond). 2019 ;16:34. Epub 2019 May 22. PMID: [31139236](#)

Article Published Date : Dec 31, 2018

Authors : Weixiang Liu, Yiping Mao, Jacob Schoenborn, Zhihong Wang, Guiliang Tang, Xiaoqing Tang

Study Type : Animal Study

Additional Links

Substances : Blueberry : CK(721) : AC(250)

Diseases : Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), High Fat Diet : CK(1267) : AC(602), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : Insulin Sensitizers : CK(1185) : AC(244), Pancreato Protective Agents : CK(358) : AC(194)

Consumption of 22 g freeze-dried blueberries for 8 wk may beneficially affect cardiometabolic health parameters in men with type 2 diabetes.

Pubmed Data : Curr Dev Nutr. 2020 Apr ;4(4):nzaa030. Epub 2020 Mar 9. PMID: [32337475](#)

Article Published Date : Mar 31, 2020

Authors : Kim S Stote, Margaret M Wilson, Deborah Hallenbeck, Krista Thomas, Joanne M Rourke, Marva I Sweeney, Katherine T Gottschall-Pass, Aidar R Gosmanov

Study Type : Human Study

Additional Links

Substances : Blueberry : CK(721) : AC(250)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Consumption of fresh blueberries improves postprandial glucose management.

Pubmed Data : Nutrients. 2021 Apr 25 ;13(5). Epub 2021 Apr 25. PMID: [33922965](#)

Article Published Date : Apr 24, 2021

Authors : Ximena Palma, Samanta Thomas-ValdÃ©s, Gonzalo Cruz

Study Type : Human Study

Additional Links

Substances : Blueberry : CK(721) : AC(250)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Insulin Sensitizers : CK(1185) : AC(244)

Counter-current fractionation-assisted bioassay-guided separation of active compound from blueberry and the interaction between the active compound and α -glucosidase.

Pubmed Data : Foods. 2021 Mar 1 ;10(3). Epub 2021 Mar 1. PMID: [33804322](#)

Article Published Date : Feb 28, 2021

Authors : Hongkun Xue, Xiaohan Zhu, Jiaqi Tan, Linlin Fan, Qian Li, Jintian Tang, Xu Cai

Study Type : In Vitro Study

Additional Links

Substances : Blueberry : CK(721) : AC(250)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-glucosidase inhibitor : CK(274) : AC(201), Hypoglycemic Agents : CK(5366) : AC(1338)

Dietary berries, insulin resistance and type 2 diabetes: an overview of human feeding trials.

Pubmed Data : Food Funct. 2019 Oct 16 ;10(10):6227-6243. PMID: [31591634](#)

Article Published Date : Oct 15, 2019

Authors : Aaron Calvano, Kenneth Izuora, Edwin C Oh, Jeffrey L Ebersole, Timothy J Lyons, Arpita Basu

Study Type : Review

Additional Links

Substances : Blueberry : CK(721) : AC(250), Cranberry : CK(564) : AC(121), Raspberry : CK(156) : AC(80), Strawberry : CK(384) : AC(112)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antihypertensive Agents : CK(4527) : AC(683), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Fruit wines have inhibitory activity against α -glucosidase.

Pubmed Data : Curr Pharm Biotechnol. 2018 Apr 9. Epub 2018 Apr 9. PMID: [29637856](#)

Article Published Date : Apr 08, 2018

Authors : Uros Cakar, Nada Grozdanic, Aleksandar Petrovic, Boris Pejin, Branislav Nastasijevic, Bojan Markovic, Brizita Dordevica

Study Type : In Vitro Study

Additional Links

Substances : Blackberry : CK(100) : AC(53), Blueberry : CK(721) : AC(250), Chokeberry : CK(375) : AC(120), Raspberry : CK(156) : AC(80), Sour Cherry : CK(29) : AC(9)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-glucosidase inhibitor : CK(274) : AC(201)

Additional Keywords : Superiority of Natural Substances versus Drugs : CK(1644) : AC(347)

Short-term consumption of wild blueberry juice may promote cardioprotective effects, by improving systolic blood pressure, possibly through nitric oxide production, in adults at risk for type 2 diabetes.

Pubmed Data : BMC Nutr. 2017 ;3:45. Epub 2017 May 25. PMID: [32153825](#)

Article Published Date : Jan 01, 2017

Authors : K S Stote, M I Sweeney, T Kean, D J Baer, J A Novotny, N L Shakerley, A Chandrasekaran, P M Carrico, J A Melendez, K T Gottschall-Pass

Study Type : Human Study

Additional Links

Substances : Blueberry : CK(721) : AC(250)

Diseases : Blood Pressure: High : CK(6384) : AC(950), Blood Pressure: High : CK(6384) : AC(950)

Pharmacological Actions : Antihypertensive Agents : CK(4527) : AC(683)

The consumption of blueberry and cranberry significantly reduced fasting blood glucose and glycated hemoglobin levels in individuals with diabetes.

Pubmed Data : Nutr Metab Cardiovasc Dis. 2022 May ;32(5):1093-1109. Epub 2022 Feb 17. PMID: [35282984](#)

Article Published Date : Apr 30, 2022

Authors : Felipe Mendes Delpino, LÃlian Munhoz Figueiredo, Taiciane GonÃsalves da Silva, ThaynÃ Ramos Flores

Study Type : Meta Analysis, Review

Additional Links

Substances : Blueberry : CK(721) : AC(250), Cranberry : CK(564) : AC(121)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

The results of the study indicate a pronounced ability of bilberry paste to reduce glucose levels, inhibit the development of inflammation.

Pubmed Data : Georgian Med News. 2021 Oct(319):133-137. PMID: [34749338](#)

Article Published Date : Sep 30, 2021

Authors : S Osipenko, L Khromagina, I Khodakov, O Makarenko

Study Type : Animal Study

Additional Links

Substances : Blueberry : CK(721) : AC(250)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Inflammation : CK(9572) : AC(3089)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Hypoglycemic Agents : CK(5366) : AC(1338)

The results thus support previous observations regarding health benefits of berries

Pubmed Data : PLoS One. 2017 ;12(11):e0188173. Epub 2017 Nov 15. PMID: [29141041](#)

Article Published Date : Dec 31, 2016

Authors : Anne Nilsson, Ilkka Salo, Merichel Plaza, Inger BjÃrck

Study Type : Human Study

Additional Links

Substances : Black Currant : CK(351) : AC(70), Blueberry : CK(721) : AC(250), Lingonberry : CK(54) : AC(22), Strawberry : CK(384) : AC(112), Tomato : CK(1225) : AC(303)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Neuroprotective Agents : CK(10404) : AC(4396)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

These results indicate a promising use of these berries in T2DM management.

Pubmed Data : Crit Rev Food Sci Nutr. 2018 Jan 18:1-13. Epub 2018 Jan 18. PMID: [29345498](#)

Article Published Date : Jan 17, 2018

Authors : Daniela Mayumi Usuda Prado Rocha, Ana Paula Silva Caldas, Bárbara Pereira da Silva, Helen Hermana Miranda Hermsdorff, Rita de Cássia Gonçalves Alfenas

Study Type : Review

Additional Links

Substances : Blueberry : CK(721) : AC(250), Cranberry : CK(564) : AC(121)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

This study suggested supplementary of blueberry and blackcurrant with oat bran might be a potential source of bioactive products for antidiabetic activity.

Pubmed Data : Food Res Int. 2020 Dec ;138(Pt A):109756. Epub 2020 Oct 8. PMID: [33292939](#)

Article Published Date : Nov 30, 2020

Authors : Xiaodan Hui, Gang Wu, Duo Han, Letitia Stipkovits, Xiyang Wu, Shuze Tang, Margaret A Brennan, Charles S Brennan

Study Type : In Vitro Study

Additional Links

Substances : Black Currant : CK(351) : AC(70), Blueberry : CK(721) : AC(250), Oat Bran : CK(83) : AC(16)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110), Alpha-glucosidase inhibitor : CK(274) : AC(201)

Cinnamon (AC 20) (CK 93)

A nutraceutical combination of cinnamon, purple onion, and tea linked with key enzymes on treatment of type 2 diabetes.

Pubmed Data : J Food Biochem. 2021 Dec ;45(12):e13971. Epub 2021 Oct 26. PMID: [34698393](#)

Article Published Date : Nov 30, 2021

Authors : Lebin Weng, Ting-Hsu Chen, Liyue Huang, Dong Lai, Ning Kang, Yaw-Syan Fu, Ching-Feng Weng

Study Type : In Vitro Study

Additional Links

Substances : Cinnamon : CK(406) : AC(150), Onion : CK(420) : AC(124)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110), Alpha-glucosidase inhibitor : CK(274) : AC(201), Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Superiority of Natural Substances versus Drugs : CK(1644) : AC(347)

A polyphenol extracted from cinnamon increases insulin-dependent in vitro glucose metabolism 20-fold.

Pubmed Data : Mol Cancer Ther. 2007 Mar;6(3):1013-21. Epub 2007 Mar 5. PMID: [14709014](#)

Article Published Date : Mar 01, 2007

Authors : Richard A Anderson, C Leigh Broadhurst, Marilyn M Polansky, Walter F Schmidt, Alam Khan, Vincent P Flanagan, Norberta W Schoene, Donald J Graves

Study Type : In Vitro Study

Additional Links

Substances : Cinnamon : CK(406) : AC(150)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Anti-diabetic activity of cinnamon extract was found significant in hyperglycemia.

Pubmed Data : J Diabetes Metab Disord. 2019 Dec ;18(2):505-512. Epub 2019 Nov 19. PMID: [31890676](#)

Article Published Date : Nov 30, 2019

Authors : Anas Sarwar Qureshi, Junaid Ghaffor, Muhammad Usman, Nazia Ehsan, Zaima Umar, Adeel Sarfraz

Study Type : Animal Study

Additional Links

Substances : Cinnamon : CK(406) : AC(150)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperglycemia : CK(1494) : AC(453)
Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Cinnamaldehyde and berberine have greater anti-diabetic efficacy than metformin.

Pubmed Data : Chin Med J (Engl). 2008 Nov 5;121(21):2124-8. PMID: [19080170](#)

Article Published Date : Nov 05, 2008

Authors : Wei Zhang, Yan-cheng Xu, Fang-jian Guo, Ye Meng, Ming-li Li

Study Type : Animal Study

Additional Links

Substances : Berberine : CK(1280) : AC(627), Cinnamaldehyde : CK(118) : AC(78), Cinnamon : CK(406) : AC(150)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Additional Keywords : Drug: Metformin : CK(192) : AC(27), Metformin Alternatives : CK(19) : AC(6), Superiority of Natural Substances versus Drugs : CK(1644) : AC(347)

Cinnamaldehyde protects from the hypertension associated with type 1 and type 2 diabetes.

Pubmed Data : Food Chem Toxicol. 2011 Aug 5. Epub 2011 Aug 5. PMID: [21840367](#)

Article Published Date : Aug 05, 2011

Authors : Hany M El-Bassossy, Ahmed Fahmy, Dina Badawy

Study Type : Animal Study

Additional Links

Substances : Cinnamaldehyde : CK(118) : AC(78), Cinnamon : CK(406) : AC(150)

Diseases : Diabetes: Cardiovascular Illness : CK(707) : AC(111), Diabetes: Hypertension : CK(12) : AC(2), Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Insulin Sensitizers : CK(1185) : AC(244)

Cinnamon and rhodiola have significant blood sugar lowering and antioxidant activity.

Pubmed Data : Biofactors. 2006;26(3):209-19. PMID: [16971752](#)

Article Published Date : Jan 01, 2006

Authors : Sung Hee Kim, Sun Hee Hyun, Se Young Choung

Study Type : Animal Study

Additional Links

Substances : Cinnamon : CK(406) : AC(150), Rhodiola (Tibetan Ginseng) : CK(169) : AC(39)

Diseases : Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Glutathione Upregulation : CK(299) : AC(96)

Cinnamon extract and/or cinnamon improves fasting blood sugar in people with type 2 diabetes or prediabetes.

Pubmed Data : J Med Food. 2011 Sep ;14(9):884-9. Epub 2011 Apr 11. PMID: [21480806](#)

Article Published Date : Sep 01, 2011

Authors : Paul A Davis, Wallace Yokoyama

Study Type : Meta Analysis

Additional Links

Substances : Cinnamon : CK(406) : AC(150)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperglycemia : CK(1494) : AC(453)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Cinnamon has a potential role in the prevention of insulin resistance, metabolic syndrome, and type 2 diabetes.

Pubmed Data : J Diabetes Sci Technol. 2010 May;4(3):685-93. Epub 2010 May 1. PMID: [20513336](#)

Article Published Date : May 01, 2010

Authors : Bolin Qin, Kiran S Panickar, Richard A Anderson

Study Type : Review

Additional Links

Substances : Cinnamon : CK(406) : AC(150)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792), Metabolic Syndrome X : CK(2073) : AC(376)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Cinnamon has the potential to be a useful add-on therapy in the discipline of integrative medicine in managing type 2 diabetes.

Pubmed Data : Nutr J. 2015 ;14(1):108. Epub 2015 Oct 16. PMID: [26475130](#)

Article Published Date : Dec 31, 2014

Authors : Arjuna B Medagama

Study Type : Review

Additional Links

Substances : Cinnamon : CK(406) : AC(150)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Cinnamon improves insulin action via increasing glucose uptake in vivo, at least in part through enhancing the insulin-signaling pathway in skeletal muscle.

Pubmed Data : Diabetes Res Clin Pract. 2003 Dec;62(3):139-48. PMID: [14625128](#)

Article Published Date : Dec 01, 2003

Authors : Bolin Qin, Masaru Nagasaki, Ming Ren, Gustavo Bajotto, Yoshiharu Oshida, Yuzo Sato

Study Type : Animal Study

Additional Links

Substances : Cinnamon : CK(406) : AC(150)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Cinnamon oil has an antidiabetic effect in a type 2 diabetic mice experimental model.

Pubmed Data : Food Chem Toxicol. 2010 Aug-Sep;48(8-9):2344-9. Epub 2010 Jun 1. PMID: [20561948](#)

Article Published Date : Aug 01, 2010

Authors : Hua Ping, Guijun Zhang, Guixing Ren

Study Type : Animal Study

Additional Links

Substances : Cinnamon : CK(406) : AC(150)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Cinnamon reduces glucose, A1C and significantly improves blood lipid profiles.

Pubmed Data : Phytomedicine. 2007 Jan;14(1):15-22. Epub 2006 Nov 30. PMID: [17140783](#)

Article Published Date : Jan 01, 2007

Authors : P Subash Babu, S Prabuseenivasan, S Ignacimuthu

Study Type : Animal Study

Additional Links

Substances : Cinnamaldehyde : CK(118) : AC(78), Cinnamon : CK(406) : AC(150)

Diseases : Diabetes: Glycation/A1C : CK(210) : AC(33), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Additional Keywords : Cinnamaldehyde : CK(3) : AC(2)

Cinnamon supplementation significantly decreased systolic blood pressure and diastolic blood pressure of patients with type 2 diabetes.

Pubmed Data : Diabetes Metab Syndr. 2020 Jan 30 ;14(2):119-125. Epub 2020 Jan 30. PMID: [32032898](#)

Article Published Date : Jan 29, 2020

Authors : Navid Jamali, Mohammad Jalali, Javad Saffari-Chaleshtori, Mohammad Samare-Najaf, Ali Samareh

Study Type : Meta Analysis, Review

Additional Links

Substances : Cinnamon : CK(406) : AC(150)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antihypertensive Agents : CK(4527) : AC(683)

Encapsulation of cinnamon oil in whey protein counteracts the disturbances in biochemical parameters in the liver and pancreas of diabetic rats.

Pubmed Data : Environ Sci Pollut Res Int. 2020 Jan ;27(3):2829-2843. Epub 2019 Dec 13. PMID: [31834580](#)

Article Published Date : Dec 31, 2019

Authors : Kamal A A Mohammed, Helmy M S Ahmed, Hafiza A Sharaf, Aziza A El-Nekeety, Sekena H Abdel-Aziem, Fathy M Mehaya, Mosaad A Abdel-Wahhab

Study Type : Animal Study

Additional Links

Substances : Cinnamon : CK(406) : AC(150), Whey : CK(540) : AC(111)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hepatoprotective : CK(5098) : AC(2264), Malonaldehyde (MDA) Down-Regulation : CK(62) : AC(15), Pancreato Protective Agents : CK(358) : AC(194)

Kanuka honey was associated with a reduction in weight

and improvements in lipid parameters and reduced systolic blood pressure in individuals with type 2 diabetes.

Pubmed Data : Eur J Nutr. 2015 May 19. Epub 2015 May 19. PMID: [25986159](#)

Article Published Date : May 18, 2015

Authors : Patricia Whitfield, Amber Parry-Strong, Emily Walsh, Mark Weatherall, Jeremy D Krebs

Study Type : Human Study

Additional Links

Substances : Chromium : CK(66) : AC(13), Cinnamon : CK(406) : AC(150), Kanuka Honey : CK(34) : AC(5), Magnesium : CK(2442) : AC(317)

Diseases : Diabetes: Hypertension : CK(12) : AC(2), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antihypertensive Agents : CK(4527) : AC(683), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Significant Treatment Outcome : CK(3903) : AC(462)

Proanthocyanidins are the major anti-diabetic components of cinnamon water extract.

Pubmed Data : Food Chem Toxicol. 2013 Mar 7 ;56C:398-405. Epub 2013 Mar 7. PMID: [23499750](#)

Article Published Date : Mar 06, 2013

Authors : Lihua Jiao, Xin Zhang, Lianqi Huang, Hao Gong, Biao Cheng, Yue Sun, Yixuan Li, Qi Liu, Ling Zheng, Kun Huang

Study Type : In Vitro Study

Additional Links

Substances : Cinnamon : CK(406) : AC(150), Proanthocyanidins : CK(68) : AC(31)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

The herbal remedies examined had significantly beneficial effects on cholesterol in T2D patients.

Pubmed Data : Rev Diabet Stud. 2014 Fall-Winter;11(3-4):258-66. Epub 2015 Feb 10. PMID: [26177486](#)

Article Published Date : Aug 31, 2014

Authors : Paria Azimi, Reza Ghiasvand, Awat Feizi, Mitra Hariri, Behnoud Abbasi

Study Type : Human Study

Additional Links

Substances : Cardamom : CK(42) : AC(11), Cinnamon : CK(406) : AC(150), Ginger : CK(1261) :

AC(363), Saffron : CK(864) : AC(189)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

The intake of 2g of cinnamon for 12 weeks significantly reduces the HbA1c, systolic and diastolic blood pressures among poorly controlled type 2 diabetes patients.

Pubmed Data : Photochem Photobiol. 2004 Nov-Dec;80(3):579-82. PMID: [20854384](#)

Article Published Date : Nov 01, 2004

Authors : R Akilen, A Tsiami, D Devendra, N Robinson

Study Type : Human Study

Additional Links

Substances : Cinnamon : CK(406) : AC(150)

Diseases : Advanced Glycation End products (AGE) : CK(440) : AC(176), Diabetes: Cardiovascular Illness : CK(707) : AC(111), Diabetes: Glycation/A1C : CK(210) : AC(33), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypertension : CK(6384) : AC(950)

This article presents a comprehensive analysis of the botanical, chemical, and pharmacological aspects of cinnamon.

Pubmed Data : J Tradit Complement Med. 2015 Apr ;5(2):66-70. Epub 2015 Jan 16. PMID: [26151013](#)

Article Published Date : Mar 31, 2015

Authors : Rafie Hamidpour, Mohsen Hamidpour, Soheila Hamidpour, Mina Shahlari

Study Type : Review

Additional Links

Substances : Cinnamon : CK(406) : AC(150)

Diseases : Alzheimer's Disease : CK(3372) : AC(1307), Cancers: All : CK(28241) : AC(10590), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Gastric Ulcer : CK(470) : AC(212), Gram-Negative Bacterial Infections : CK(105) : AC(72), Gram-Positive Bacterial Infections : CK(76) : AC(70)

Pharmacological Actions : Angiogenesis Inhibitors : CK(488) : AC(296), Anti-Bacterial Agents : CK(2894) : AC(1251), Anticholesteremic Agents : CK(3078) : AC(530), Antifungal Agents : CK(494) : AC(306), Antioxidants : CK(21528) : AC(8856), Vascular Endothelial Growth Factor Inhibitors : CK(435) : AC(247)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Zingiber officinale, Phyllanthus emblica, Cinnamomum

verum, and Curcuma longa to prevent type 2 diabetes.

Pubmed Data : Curr Diabetes Rev. 2022 Nov 24. Epub 2022 Nov 24. PMID: [36424773](#)

Article Published Date : Nov 23, 2022

Authors : Uththara Subodhini Wijewardhana, Madhura Arunoda Jayasinghe, Isuru Wijesekara, K K D S Ranaweera

Study Type : Review

Additional Links

Substances : Amla Fruit : CK(125) : AC(55), Cinnamon : CK(406) : AC(150), Curcumin : CK(5598) : AC(2788), Ginger : CK(1261) : AC(363), Turmeric : CK(7078) : AC(3169)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Omega-3 Fatty Acids (AC 12) (CK 88)

A flax and pumpkin seed mixture has anti-atherogenic and hepatoprotective effects.

Pubmed Data : Food Chem Toxicol. 2008 Dec;46(12):3714-20. Epub 2008 Oct 1. PMID: [18938206](#)

Article Published Date : Dec 01, 2008

Authors : M Makni, H Fetoui, N K Gargouri, El M Garoui, H Jaber, J Makni, T Boudawara, N Zeghal

Study Type : Animal Study

Additional Links

Substances : Flaxseed : CK(902) : AC(174), Omega-3 Fatty Acids : CK(4672) : AC(633), Pumpkin Seed Oil/Meal : CK(115) : AC(26)

Diseases : Arteriosclerosis : CK(497) : AC(139), High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hepatoprotective : CK(5098) : AC(2264)

A low glycemic and monounsaturated and omega-3 fatty acid rich formula improves metabolic responses in type 2 diabetes.

Pubmed Data : Nutrition. 2008 Oct;24(10):990-7. Epub 2008 Aug 21. PMID: [18718737](#)

Article Published Date : Oct 01, 2008

Authors : Anne Coble Voss, Kevin C Maki, W Timothy Garvey, Deborah S Husted, Carolyn Alish, Brenda Fix, Vikkie A Mustad

Study Type : Human Study

Additional Links

Substances : Monounsaturated fatty acids : CK(90) : AC(9), Omega-3 Fatty Acids : CK(4672) : AC(633)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Therapeutic Actions : Dietary Modification: Low Glycemic Diet : CK(71) : AC(8)

Pharmacological Actions : Glucagon Like peptide 1 (GLP-1) Up-regulation : CK(129) : AC(35), Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Beta Cell Protection : CK(61) : AC(25)

A modified Mediterranean-type diet rich in omega-3 fatty acids efficiently potentiated the cholesterol-lowering effect of simvastatin, counteracted the fasting insulin-elevating effect of simvastatin, and, unlike simvastatin, did not decrease serum levels

Pubmed Data : JAMA. 2002 Feb 6;287(5):598-605. PMID: [11829698](#)

Article Published Date : Feb 06, 2002

Authors : Antti Jula, Jukka Marniemi, Risto Huupponen, Arja Virtanen, Merja Rastas, Tapani R  nnemaa

Study Type : Human Study

Additional Links

Substances : Omega-3 Fatty Acids : CK(4672) : AC(633)

Diseases : High Cholesterol : CK(2715) : AC(455), Hypertension : CK(6384) : AC(950)

Therapeutic Actions : Dietary Modification: Mediterranean Diet : CK(1580) : AC(186)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

Additional Keywords : Therapeutic Action Synergy with Drugs : CK(27) : AC(8)

A novel krill-oil derived preparation of omega-3 rich phospholipids had a positive impact on cardiovascular disease risk factors.

Pubmed Data : Lipids Health Dis. 2017 Jan 17 ;16(1):11. Epub 2017 Jan 17. PMID: [28095913](#)

Article Published Date : Jan 16, 2017

Authors : Petter-Arnt Hals, Xiaoli Wang, Yong-Fu Xiao

Study Type : Animal Study

Additional Links

Substances : Krill : CK(203) : AC(52), Omega-3 Fatty Acids : CK(4672) : AC(633)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Dyslipidemias : CK(1104) : AC(241)

Pharmacological Actions : Cardioprotective : CK(5377) : AC(1675)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Colon targeted DHA and EPA have potential as novel diabetes medications that promote intrinsic GLP-1 secretion.

Pubmed Data : J Control Release. 2008 Dec 8;132(2):99-104. Epub 2008 Sep 6. PMID: [18804128](#)

Article Published Date : Dec 08, 2008

Authors : Mariko Morishita, Tomohiro Tanaka, Takayuki Shida, Kozo Takayama

Study Type : Animal Study

Additional Links

Substances : DHA (Docosahexaenoic Acid) : CK(1117) : AC(204), EPA (Eicosapentaenoic Acid) : CK(974) : AC(140), Omega-3 Fatty Acids : CK(4672) : AC(633)

Diseases : Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Glucagon Like peptide 1 (GLP-1) Up-regulation : CK(129) : AC(35), Hypoglycemic Agents : CK(5366) : AC(1338)

Effect of vitamin D3 in combination with omega-3 polyunsaturated fatty acids on NETosis in type 2 diabetes mellitus patients.

Pubmed Data : Oxid Med Cell Longev. 2021 ;2021:8089696. Epub 2021 Oct 22. PMID: [34721760](#)

Article Published Date : Dec 31, 2020

Authors : Liliya Yu Basyreva, Tatyana V Vakhrusheva, Zoya V Letkeman, Dmitry I Maximov, Evgeniya A Fedorova, Ďžleg M Panasenko, Evgeny M Ostrovsky, Sergey A Gusev

Study Type : Human Study

Additional Links

Substances : Omega-3 Fatty Acids : CK(4672) : AC(633), Vitamin D : CK(8897) : AC(1260)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Vitamin D Deficiency : CK(5643) : AC(661), Wound Healing : CK(1362) : AC(477)

Eicosapentaenoic acid and docosahexaenoic acid supplementation may increase adiponectin and reduce

TNF-Î± levels.

Pubmed Data : Diabetes Metab J. 2018 Apr ;42(2):101-116. PMID: [29676540](#)

Article Published Date : Mar 31, 2018

Authors : Tarik Becic, Christian Studenik

Study Type : Meta Analysis, Review

Additional Links

Substances : DHA (Docosahexaenoic Acid) : CK(1117) : AC(204), EPA (Eicosapentaenoic Acid) : CK(974) : AC(140), Omega-3 Fatty Acids : CK(4672) : AC(633)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Prediabetes : CK(192) : AC(23)

Pharmacological Actions : Adiponectin upregulation : CK(217) : AC(39), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Niacin and omega-3 fatty acids may correct non-HDL lipoprotein and apolipoprotein B abnormalities.

Pubmed Data : Am J Chin Med. 2004;32(2):175-83. PMID: [19545870](#)

Article Published Date : Jan 01, 2004

Authors : Robert S Rosenson

Study Type : Commentary

Additional Links

Substances : Niacin : CK(296) : AC(53), Omega-3 Fatty Acids : CK(4672) : AC(633)

Diseases : Apolipoprotein Disorders : CK(49) : AC(10), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Dyslipidemias : CK(1104) : AC(241), Metabolic Syndrome X : CK(2073) : AC(376)

Omega-3 fatty acids and their interaction with the gut microbiome in the prevention and amelioration of type-2 diabetes.

Pubmed Data : Nutrients. 2022 Apr 21 ;14(9). Epub 2022 Apr 21. PMID: [35565691](#)

Article Published Date : Apr 20, 2022

Authors : Manoj Kumar, Namrata Pal, Poonam Sharma, Manoj Kumawat, Devojit Kumar Sarma, Bilkees Nabi, Vinod Verma, Rajnarayan R Tiwari, Swasti Shubham, Bahram Arjmandi, Ravinder Nagpal

Study Type : Review

Additional Links

Substances : Omega-3 Fatty Acids : CK(4672) : AC(633)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Gastrointestinal Agents : CK(3145) : AC(843)

Omega-3 fatty acids improve macro- and microvascular function in subjects with type 2 diabetes mellitus.

Pubmed Data : Am J Clin Nutr. 2010 Jan 13. Epub 2010 Jan 13. PMID: [20071644](#)

Article Published Date : Jan 13, 2010

Authors : Alin Stirban, Simona Nandrea, Christian Götting, Ronald Tamler, Alexandra Pop, Monica Negrean, Thomas Gawlowski, Bernd Stratmann, Diethelm Tschoepe

Study Type : Human Study

Additional Links

Substances : Omega-3 Fatty Acids : CK(4672) : AC(633)

Diseases : Diabetes: Cardiovascular Illness : CK(707) : AC(111), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

The consumption of omega-3 fatty acid supplements decreases homocysteine levels in diabetic patients.

Pubmed Data : Nutr Metab Cardiovasc Dis. 2010 Jun;20(5):326-31. Epub 2009 Jun 21. PMID: [19540739](#)

Article Published Date : Jun 01, 2010

Authors : Sh Pooya, M Djalali Jalali, A Djazayeri Jazayeri, A Saedisomeolia, M Reza Eshraghian, F Toorang

Study Type : Human Study

Additional Links

Substances : Omega-3 Fatty Acids : CK(4672) : AC(633)

Diseases : Diabetes: Cardiovascular Illness : CK(707) : AC(111), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Homocysteine: Elevated : CK(706) : AC(105)

Walnuts may improve metabolic parameters in type II diabetes.

Pubmed Data : Eur J Clin Nutr. 2009 Aug ;63(8):1008-15. Epub 2009 Apr 8. PMID: [19352378](#)

Article Published Date : Aug 01, 2009

Authors : L C Tapsell, M J Batterham, G Teuss, S-Y Tan, S Dalton, C J Quick, L J Gillen, K E Charlton

Study Type : Human Study

Additional Links

Substances : Omega-3 Fatty Acids : CK(4672) : AC(633), Walnut : CK(589) : AC(137)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperinsulinism : CK(326) : AC(70), Metabolic Syndrome X : CK(2073) : AC(376)

Flavonoids (AC 30) (CK 84)

Anti-hypoglycemic and hepatocyte-protective effects of hyperoside against high-carbohydrate/high-fat diet and alloxan-induced diabetes.

Pubmed Data : Int J Mol Med. 2018 Jan ;41(1):77-86. Epub 2017 Oct 25. PMID: [29115390](#)

Article Published Date : Dec 31, 2017

Authors : Yali Zhang, Mimi Wang, Huanhuan Dong, Xiaomin Yu, Jingfang Zhang

Study Type : Animal Study

Additional Links

Substances : Flavonoids : CK(2352) : AC(870)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), High Fat Diet : CK(1267) : AC(602)

Pharmacological Actions : Anti-Apoptotic : CK(2905) : AC(1672), Antioxidants : CK(21528) : AC(8856), Hepatoprotective : CK(5098) : AC(2264), Hypoglycemic Agents : CK(5366) : AC(1338), NF-kappaB Inhibitor : CK(3536) : AC(2098)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Antidiabetic activity of gossypin, a pentahydroxyflavone glucoside, in streptozotocin-induced experimental diabetes in rats.

Pubmed Data : J Diabetes. 2012 Mar ;4(1):41-6. PMID: [21722326](#)

Article Published Date : Feb 29, 2012

Authors : Thamizhiniyan Venkatesan, Subramanian Sorimuthu Pillai

Study Type : Animal Study

Additional Links

Substances : Flavonoids : CK(2352) : AC(870)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Baicalin suppresses the progression of Type 2 diabetes-induced liver tumor.

Pubmed Data : Phytomedicine. 2022 Jan ;94:153823. Epub 2021 Oct 25. PMID: [34763315](#)

Article Published Date : Dec 31, 2021

Authors : Hongpeng Jiang, Qianqian Yao, Yongbo An, Linlin Fan, Jing Wang, Huiying Li

Study Type : Animal Study

Additional Links

Substances : Flavonoids : CK(2352) : AC(870)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Liver Cancer : CK(2460) : AC(1189)

Pharmacological Actions : Chemopreventive : CK(5374) : AC(1717)

Chrysanthemum morifolium flavonoids alleviate diabetes by targeting $\hat{\alpha}$ -glucosidase and the PTP-1B signalling pathway.

Pubmed Data : Eur J Med Chem. 2019 Sep 15 ;178:108-115. Epub 2019 May 30. PMID: [31176093](#)

Article Published Date : Sep 14, 2019

Authors : Mingzhu Chen, Kaili Wang, Yinan Zhang, Mengdi Zhang, Yujiao Ma, Haifeng Sun, Zongxin Jin, Hang Zheng, He Jiang, Peng Yu, Yongmin Zhang, Hua Sun

Study Type : In Vitro Study

Additional Links

Substances : Chrysanthemum Morifolium : CK(4) : AC(3), Flavonoids : CK(2352) : AC(870)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-glucosidase inhibitor : CK(274) : AC(201), Hypoglycemic Agents : CK(5366) : AC(1338)

Corn silk has potential as a therapeutic treatment for diabetic conditions.

Pubmed Data : Molecules. 2015 Dec 23 ;21(1):E7. Epub 2015 Dec 23. PMID: [26703560](#)

Article Published Date : Dec 22, 2015

Authors : Yan Zhang, Liying Wu, Zhongsu Ma, Jia Cheng, Jingbo Liu

Study Type : Animal Study

Additional Links

Substances : Corn Silk : CK(2) : AC(2), Flavonoids : CK(2352) : AC(870)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

Dietary flavonoid intake at midlife and healthy aging in women.

Pubmed Data : Am J Clin Nutr. 2014 Dec ;100(6):1489-97. Epub 2014 Oct 29. PMID: [25411284](#)

Article Published Date : Nov 30, 2014

Authors : CÃ©cilia Samieri, Qi Sun, Mary K Townsend, Eric B Rimm, Francine Grodstein

Study Type : Human Study

Additional Links

Substances : , Berries: All : CK(3814) : AC(1087), Flavonoids : CK(2352) : AC(870), Onion : CK(420) : AC(124), Orange : CK(345) : AC(71)

Diseases : Aging : CK(3728) : AC(933), Cancers: All : CK(28241) : AC(10590), Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypertension : CK(6384) : AC(950), Stroke : CK(2862) : AC(421)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Epigenetic modulation of autophagy genes linked to diabetic nephropathy by administration of isorhamnetin.

Pubmed Data : Epigenomics. 2021 Feb ;13(3):187-202. Epub 2021 Jan 7. PMID: [33406900](#)

Article Published Date : Jan 31, 2021

Authors : Marwa Matboli, Doaa Ibrahim, Amany H Hasanin, Mohamed K Hassan, Eman K Habib, Miram M Bekhet, Ahmed M Afifi, Sanaa Eissa

Study Type : Animal Study

Additional Links

Substances : Flavonoids : CK(2352) : AC(870)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Nephropathy : CK(707) : AC(277)

Pharmacological Actions : MicroRNA modulator : CK(1023) : AC(618), Renoprotective : CK(2404) : AC(1075)

Additional Keywords : Epigenetic Modification : CK(417) : AC(164)

Flavonoid and stilbene glycoside extracts of fenugreek improved the hyperglycemia in the T2DM mice model.

Pubmed Data : Animal Model Exp Med. 2018 Mar ;1(1):68-73. Epub 2018 Apr 19. PMID: [30891549](#)

Article Published Date : Feb 28, 2018

Authors : Xiao-Yan Li, Shuang-Shuang Lu, Hong-Lun Wang, Gang Li, Yan-Feng He, Xiao-Yu Liu, Rong Rong, Ji Li, Xuan-Cheng Lu

Study Type : Animal Study

Additional Links

Substances : Fenugreek : CK(452) : AC(115), Flavonoids : CK(2352) : AC(870), Stilbenes : CK(211) : AC(124)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

Flavonoids extracted from mulberry leaf improve skeletal muscle mitochondrial function by activating AMPK in type 2 diabetes.

Pubmed Data : J Ethnopharmacol. 2019 Oct 19:112326. Epub 2019 Oct 19. PMID: [31639486](#)

Article Published Date : Oct 18, 2019

Authors : Qinghai Meng, Xu Qi, Yu Fu, Qi Chen, Peng Cheng, Xichao Yu, Xin Sun, Jingzhen Wu, Wenwen Li, Qichun Zhang, Yu Li, Huimin Bian

Study Type : Animal Study

Additional Links

Substances : Flavonoids : CK(2352) : AC(870), White Mulberry : CK(140) : AC(54)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Galangin inhibits α -glucosidase activity and formation of non-enzymatic glycation products.

Pubmed Data : Food Chem. 2019 Jan 15 ;271:70-79. Epub 2018 Jul 24. PMID: [30236734](#)

Article Published Date : Jan 14, 2019

Authors : Li Zeng, Huafang Ding, Xing Hu, Guowen Zhang, Deming Gong

Study Type : In Vitro Study

Additional Links

Substances : Flavonoids : CK(2352) : AC(870)

Diseases : Advanced Glycation End products (AGE) : CK(440) : AC(176), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-glucosidase inhibitor : CK(274) : AC(201), Anti-Glycation Agents : CK(197) : AC(100)

Hyperoside attenuates neuroinflammation, cognitive impairment and oxidative stress.

Pubmed Data : Nutr Neurosci. 2021 Mar 16:1-11. Epub 2021 Mar 16. PMID: [33722183](#)

Article Published Date : Mar 15, 2021

Authors : Xiao Chen, Ademola C Famurewa, Jian Tang, Oladipupo Odunayo Olatunde, Opeyemi Joshua Olatunji

Study Type : Animal Study

Additional Links

Substances : Flavonoids : CK(2352) : AC(870)

Diseases : Brain: Oxidative Stress : CK(438) : AC(244), Brain Inflammation : CK(1101) : AC(567), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Interleukin-1 beta downregulation : CK(3041) : AC(1567), NF-kappaB Inhibitor : CK(3536) : AC(2098), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Hyperoside has protective effect on pancreatic β -cell function and may be a beneficial supplement for prevention and adjuvant therapy of T2DM.

Pubmed Data : Free Radic Biol Med. 2021 01 ;162:412-422. Epub 2020 Nov 5. PMID: [33161043](#)

Article Published Date : Dec 31, 2020

Authors : Yali Zhang, Xiaomin Yu, Mimi Wang, Yan Ding, Hui Guo, Jiankang Liu, Ying Cheng

Study Type : Animal Study

Additional Links

Substances : Flavonoids : CK(2352) : AC(870)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Pancreato Protective Agents : CK(358) : AC(194)

Hypoglycaemic and hypolipidaemic effects of fractions from kolaviron.

Pubmed Data : J Pharm Pharmacol. 2006 Jan ;58(1):121-8. PMID: [16393472](#)

Article Published Date : Dec 31, 2005

Authors : O A Adaramoye, E O Adeyemi

Study Type : Animal Study

Additional Links

Substances : Flavonoids : CK(2352) : AC(870), Garcinia kola : CK(23) : AC(4)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Icariin may exert as a protector in type 2 diabetes mellitus-induced diabetic cardiomyopathy.

Pubmed Data : Pharmacology. 2020 ;105(9-10):576-585. Epub 2020 Feb 25. PMID: [32097949](#)

Article Published Date : Dec 31, 2019

Authors : Chen Qiao, Hui Wang, Zhengyu Song, Yuyin Ding, Junye Tao, Jiye Aa, Xuansheng Ding

Study Type : Animal Study

Additional Links

Substances : Flavonoids : CK(2352) : AC(870), Icariin : CK(10) : AC(7)

Diseases : Cardiomyopathy : CK(222) : AC(82), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Cardioprotective : CK(5377) : AC(1675)

Kolaviron modulates dysregulated metabolism in oxidative pancreatic injury and inhibits intestinal glucose absorption.

Pubmed Data : Arch Physiol Biochem. 2020 Aug 17:1-11. Epub 2020 Aug 17. PMID: [32799570](#)

Article Published Date : Aug 16, 2020

Authors : Veronica F Salau, Ochuko L Erukainure, Neil A Koorbanally, Md Shahidul Islam

Study Type : Animal Study

Additional Links

Substances : Flavonoids : CK(2352) : AC(870), Garcinia kola : CK(23) : AC(4)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338), Pancreato Protective Agents : CK(358) : AC(194)

Licorice ethanolic extract may be effective in preventing and ameliorating diabetes, ameliorating abdominal obesity and preventing hypertension (three facets of metabolic syndrome).

Pubmed Data : J Nutr. 2003 Nov;133(11):3369-77. PMID: [14608046](#)

Article Published Date : Nov 01, 2003

Authors : Tatsumasa Mae, Hideyuki Kishida, Tozo Nishiyama, Misuzu Tsukagawa, Eisaku Konishi, Minpei Kuroda, Yoshihiro Mimaki, Yutaka Sashida, Kazuma Takahashi, Teruo Kawada, Kaku Nakagawa, Mikio Kitahara

Study Type : Animal Study

Additional Links

Substances : Flavonoids : CK(2352) : AC(870), Licorice : CK(697) : AC(305)

Diseases : Abdominal Obesity (Midsection Fat) : CK(460) : AC(66), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypertension : CK(6384) : AC(950), Metabolic Syndrome X : CK(2073) : AC(376)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Liquorice flavonoid oil suppresses hyperglycaemia.

Pubmed Data : Int J Food Sci Nutr. 2019 May ;70(3):294-302. Epub 2018 Oct 10. PMID: [30304967](#)

Article Published Date : Apr 30, 2019

Authors : Yoko Yamashita, Hideyuki Kishida, Kaku Nakagawa, Yasukiyo Yoshioka, Hitoshi Ashida

Study Type : Animal Study

Additional Links

Substances : Flavonoids : CK(2352) : AC(870), Licorice : CK(697) : AC(305)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Morus alba leaves flavonoid extract and Morus alba leaves powder treatment could be useful agents in diabetes improvement.

Pubmed Data : Cell Mol Biol (Noisy-le-grand). 2016 May 30 ;62(6):112-8. Epub 2016 May 30.

PMID: [27262814](#)

Article Published Date : May 29, 2016

Authors : Z Salemi, S Barzin Tond, S Fallah, A Shojaii, M Seifi

Study Type : Animal Study

Additional Links

Substances : Flavonoids : CK(2352) : AC(870), White Mulberry : CK(140) : AC(54)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Hypoglycemic Agents : CK(5366) : AC(1338), Hypoglycemic Agents : CK(5366) : AC(1338), Hypoglycemic Agents : CK(5366) : AC(1338), Hypoglycemic Agents : CK(5366) : AC(1338), Phytotherapy : CK(3062) : AC(812), Plant Extracts : CK(14140) : AC(5210), Plant Extracts : CK(14140) : AC(5210)

Oleuropein inhibits the cytotoxicity induced by amylin amyloids, a hallmark feature of type 2 diabetes.

Pubmed Data : Biochemistry. 2017 Sep 26 ;56(38):5035-5039. Epub 2017 Sep 13. PMID:

[28829122](#)

Article Published Date : Sep 25, 2017

Authors : Ling Wu, Paul Velander, Dongmin Liu, Bin Xu

Study Type : In Vitro Study

Additional Links

Substances : Flavonoids : CK(2352) : AC(870), Oleuropein : CK(226) : AC(136)

Diseases : Amyloidosis : CK(23) : AC(8), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Neuroprotective Agents : CK(10404) : AC(4396)

Problem Substances : Insulin : CK(384) : AC(68)

Purification of flavonoids from Chinese bayberry fruit extracts and α -glucosidase inhibitory activities.

Pubmed Data : Molecules. 2016 Aug 31 ;21(9). Epub 2016 Aug 31. PMID: [27589714](#)

Article Published Date : Aug 30, 2016

Authors : Shuxia Yan, Xianan Zhang, Xin Wen, Qiang Lv, Changjie Xu, Chongde Sun, Xian Li

Study Type : In Vitro Study

Additional Links

Substances : Barberry : CK(51) : AC(18), Flavonoids : CK(2352) : AC(870)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-glucosidase inhibitor : CK(274) : AC(201)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Pycnogenol has antidiabetic action in patients with type 2 diabetes.

Pubmed Data : Life Sci. 2004 Oct 8;75(21):2505-13. PMID: [15363656](#)

Article Published Date : Oct 08, 2004

Authors : Ximing Liu, Junping Wei, Fengsen Tan, Shengming Zhou, Gudrun WÃ¼rthwein, Peter Rohdewald

Study Type : Human Study

Additional Links

Substances : Flavonoids : CK(2352) : AC(870), Pycnogenol (Pine Bark) : CK(1027) : AC(180)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Pycnogenol has antidiabetic activity through inhibition of alpha-glucosidase.

Pubmed Data : Diabetes Res Clin Pract. 2007 Jul;77(1):41-6. Epub 2006 Nov 13. PMID: [17098323](#)

Article Published Date : Jul 01, 2007

Authors : Angelika SchÃ¶fer, Petra HÃ¶gger

Study Type : In Vitro Study

Additional Links

Substances : Catechin : CK(718) : AC(253), Flavonoids : CK(2352) : AC(870), Pycnogenol (Pine

Bark) : CK(1027) : AC(180)

Diseases : Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-glucosidase inhibitor : CK(274) : AC(201)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210), Proanthocyanidins : CK(374) : AC(121)

Pycnogenol improves diabetes control, lowers cardiovascular disease risk factors, and reduces the need for hypertension medication in type diabetic patients.

Pubmed Data : Nutr Res. 2008 May;28(5):315-20. PMID: [19083426](#)

Article Published Date : May 01, 2008

Authors : Sherma Zibadi, Peter J Rohdewald, Danna Park, Ronald Ross Watson

Study Type : Human Study

Additional Links

Substances : Flavonoids : CK(2352) : AC(870), Pycnogenol (Pine Bark) : CK(1027) : AC(180)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes: Cardiovascular Illness : CK(707) : AC(111), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypertension : CK(6384) : AC(950)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Drug Sparing : CK(451) : AC(50), Plant Extracts : CK(14140) : AC(5210)

Radix scutellariae and baicalin inhibited CYP7A1 expression, improved bile acid, and glycolipid metabolism in T2DM.

Pubmed Data : J Ethnopharmacol. 2022 Jul 15 ;293:115238. Epub 2022 Mar 26. PMID: [35351576](#)

Article Published Date : Jul 14, 2022

Authors : Xiumei Yan, Yulong Zhang, Ying Peng, Xiaobo Li

Study Type : Animal Study

Additional Links

Substances : Flavonoids : CK(2352) : AC(870), Skullcap: Chinese : CK(143) : AC(75)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Research progress of active ingredients of *Scutellaria baicalensis* in the treatment of type 2 diabetes and its complications.

Pubmed Data : Biomed Pharmacother. 2022 Feb 11 ;148:112690. Epub 2022 Feb 11. PMID: [35158145](#)

Article Published Date : Feb 10, 2022

Authors : Wang Yingrui, Liu Zheng, Liu Guoyan, Wang Hongjie

Study Type : Review

Additional Links

Substances : Flavonoids : CK(2352) : AC(870), Skullcap: Chinese : CK(143) : AC(75)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Insulin Sensitizers : CK(1185) : AC(244), Renoprotective : CK(2404) : AC(1075)

Short-term cocoa consumption significantly reduces blood cholesterol.

Pubmed Data : Am J Clin Nutr. 2010 Jul;92(1):218-25. Epub 2010 May 26. PMID: [20504978](#)

Article Published Date : Jul 01, 2010

Authors : Lei Jia, Xuan Liu, Yong Yi Bai, Shao Hua Li, Kai Sun, Chen He, Rutai Hui

Study Type : Human Study

Additional Links

Substances : Flavonoids : CK(2352) : AC(870), Polyphenols : CK(1878) : AC(700)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Sprouting buckwheat triggers a variety of nutritional changes increasing hypocholesterolemic, hypotriglyceridemic, and antioxidative activities.

Pubmed Data : J Agric Food Chem. 2008 Feb 27;56(4):1216-23. Epub 2008 Jan 24. PMID: [18217700](#)

Article Published Date : Feb 27, 2008

Authors : Li-Yun Lin, Chiung-Chi Peng, Ya-Lu Yang, Robert Y Peng

Study Type : In Vitro Study

Additional Links

Substances : Buckwheat : CK(69) : AC(29), Flavonoids : CK(2352) : AC(870), Polyphenols :

CK(1878) : AC(700), Quercetin : CK(1179) : AC(590), Rutin : CK(289) : AC(142), Sprouts : CK(88) :

AC(39), Vitamin C : CK(4687) : AC(1149)

Diseases : High Cholesterol : CK(2715) : AC(455), Hyperlipidemia : CK(1569) : AC(402), Triglycerides: Elevated : CK(916) : AC(152)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Taxifolin is a potent antihyperglycemic and antihyperuricemic phytochemical in the T2D state.

Pubmed Data : Curr Issues Mol Biol. 2021 Sep 26 ;43(3):1293-1306. Epub 2021 Sep 26. PMID: [34698101](#)

Article Published Date : Sep 25, 2021

Authors : Shinji Kondo, Shin-Ichi Adachi, Fumiaki Yoshizawa, Kazumi Yagasaki

Study Type : Animal Study, In Vitro Study

Additional Links

Substances : Flavonoids : CK(2352) : AC(870)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperuricemia : CK(510) : AC(118)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

The inhibitory effects of flavonoids on $\hat{\pm}$ -amylase and $\hat{\pm}$ -glucosidase.

Pubmed Data : Crit Rev Food Sci Nutr. 2019 Jan 13:1-14. Epub 2019 Jan 13. PMID: [30638035](#)

Article Published Date : Jan 12, 2019

Authors : Jianzhong Zhu, Chun Chen, Bin Zhang, Qiang Huang

Study Type : Review

Additional Links

Substances : Flavonoids : CK(2352) : AC(870)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110), Alpha-glucosidase inhibitor : CK(274) : AC(201)

This study provided useful information concerning sinensetin preventing and treating type 2 diabetes and its related complications.

Pubmed Data : Int J Biol Macromol. 2021 Jan 1 ;166:259-267. Epub 2020 Oct 26. PMID: [33115652](#)

Article Published Date : Dec 31, 2020

Authors : Dan Liu, Xiangyu Cao, Yuchi Kong, Teng Mu, Jianli Liu

Study Type : In Vitro Study

Additional Links

Substances : Flavonoids : CK(2352) : AC(870)

Diseases : Advanced Glycation End products (AGE) : CK(440) : AC(176), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-glucosidase inhibitor : CK(274) : AC(201), Anti-Glycation Agents : CK(197) : AC(100)

Psyllium (AC 9) (CK 84)

A moderate carbohydrate diet with psyllium reduces fasting plasma insulin and tumor necrosis factor- $\hat{\pm}$ in patients with type 2 diabetes mellitus.

Pubmed Data : J Diet Suppl. 2018 Jul 4 ;15(4):507-515. Epub 2017 Sep 28. PMID: [28956658](#)

Article Published Date : Jul 03, 2018

Authors : Mahdiah Kamalpour, Hamid Ghalandari, Javad Nasrollahzadeh

Study Type : Human Study

Additional Links

Substances : Psyllium : CK(273) : AC(36)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

A randomized controlled trial of a herbal compound for improving metabolic parameters in diabetic patients with uncontrolled dyslipidemia.

Pubmed Data : Endocr Metab Immune Disord Drug Targets. 2019 Feb 6. Epub 2019 Feb 6. PMID: [30727929](#)

Article Published Date : Feb 05, 2019

Authors : Ahmad Ghorbani, Mahdi Zarvandi, Hassan Rakhshandeh

Study Type : Human Study

Additional Links

Substances : Aloe Vera : CK(725) : AC(189), Fenugreek : CK(452) : AC(115), Milk Thistle : CK(349) : AC(86), Nigella sativa (aka Black Seed) : CK(1250) : AC(356), Psyllium : CK(273) : AC(36)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Dyslipidemias : CK(1104) : AC(241)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Both flaxseed and psyllium may decrease constipation symptoms, weight, glycemic and lipid levels, with flaxseed appearing to be superior to psyllium.

Pubmed Data : Clin Nutr ESPEN. 2019 Feb ;29:41-48. Epub 2018 Nov 17. PMID: [30661699](#)

Article Published Date : Jan 31, 2019

Authors : Nouredin Soltanian, Mohsen Janghorbani

Study Type : Human Study

Additional Links

Substances : Flaxseed : CK(902) : AC(174), Psyllium : CK(273) : AC(36)

Diseases : Constipation : CK(645) : AC(88), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221), Laxative : CK(42) : AC(6)

Additional Keywords : Anti-Obesity Agents : CK(2925) : AC(774)

Cookies enriched with psyllium or oat bran lower plasma LDL cholesterol in normal and hypercholesterolemic men.

Pubmed Data : J Pharmacol Sci. 2007 Aug;104(4):355-65. Epub 2007 Aug 10. PMID: [9853540](#)

Article Published Date : Aug 01, 2007

Authors : A L Romero, J E Romero, S Galaviz, M L Fernandez

Study Type : Human Study

Additional Links

Substances : Fiber : CK(1411) : AC(184), Oats : CK(451) : AC(76), Psyllium : CK(273) : AC(36)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Plantain husks (psyllium) reduce blood sugar in type 1 and 2 diabetes by inhibiting intestinal glucose absorption.

Pubmed Data : Br J Nutr. 2006 Jul;96(1):131-7. PMID: [16870001](#)

Article Published Date : Jul 01, 2006

Authors : J M A Hannan, L Ali, J Khaleque, M Akhter, P R Flatt, Y H A Abdel-Wahab

Study Type : Animal Study

Additional Links

Substances : [Psyllium](#) : CK(273) : AC(36)

Diseases : [Diabetes Mellitus: Type 1](#) : CK(1605) : AC(471), [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Psyllium significantly improves metabolic control of type 2 diabetics.

Pubmed Data : Eur J Clin Nutr. 2002 Sep;56(9):830-42. PMID: [12209371](#)

Article Published Date : Sep 01, 2002

Authors : M Sierra, J J Garc a, N Fern ndez, M J Diez, A P Calle

Study Type : Human Study

Additional Links

Substances : [Psyllium](#) : CK(273) : AC(36)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Psyllium would be an effective addition to a lifestyle-intervention program in patients at risk of and patients being treated for type 2 diabetes mellitus.

Pubmed Data : Am J Clin Nutr. 2015 Nov 11. Epub 2015 Nov 11. PMID: [26561625](#)

Article Published Date : Nov 10, 2015

Authors : Roger D Gibb, Johnson W McRorie, Darrell A Russell, Vic Hasselblad, David A D'Alessio

Study Type : Meta Analysis

Additional Links

Substances : [Psyllium](#) : CK(273) : AC(36)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Diabetes Mellitus: Type 2: Prevention](#) : CK(1075) : AC(148)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

Additional Keywords : [Dietary Modification](#) : CK(366) : AC(55), [Risk Reduction](#) : CK(15144) : AC(1708)

Soluble fibers from psyllium improve glycemic response and body weight among diabetes type 2 patients.

Pubmed Data : Nutr J. 2016 10 12 ;15(1):86. Epub 2016 Oct 12. PMID: [27733151](#)

Article Published Date : Jan 11, 2016

Authors : Ayman S Abutair, Ihab A Naser, Amin T Hamed

Study Type : Human Study

Additional Links

Substances : [Psyllium](#) : CK(273) : AC(36)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338), [Hypolipidemic](#) : CK(5358) : AC(1221)

Swimming training and Plantago psyllium ameliorate cognitive impairment and glucose tolerance in streptozotocin-nicotinamide-induced type 2 diabetes.

Pubmed Data : [J Physiol Sci. 2021 Nov 27 ;71\(1\):37. Epub 2021 Nov 27. PMID: 34837961](#)

Article Published Date : Nov 26, 2021

Authors : Hesam Parsa, Zahra Moradi-Khaligh, Sara Rajabi, Kamal Ranjbar, Alireza Komaki

Study Type : Animal Study

Additional Links

Substances : [Psyllium](#) : CK(273) : AC(36)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Therapeutic Actions : [Exercise: Swimming](#) : CK(8) : AC(4)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338), [Hypolipidemic](#) : CK(5358) : AC(1221)

Saffron (AC 12) (CK 78)

A hydroalcoholic Saffron extract has beneficial effects in patients with type 2 diabetes mellitus.

Pubmed Data : [Phytother Res. 2019 Apr 3. Epub 2019 Apr 3. PMID: 30942510](#)

Article Published Date : Apr 02, 2019

Authors : Armaghan Moravej Aleali, Reza Amani, Hajieh Shahbazian, Frough Namjooyan, Seyed Mahmoud Latifi, Bahman Cheraghian

Study Type : Human Study

Additional Links

Substances : [Saffron](#) : CK(864) : AC(189)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Anticholesteremic Agents](#) : CK(3078) : AC(530), [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Antidiabetic potential of saffron and its active constituents.

Pubmed Data : J Cell Physiol. 2018 Dec 4. Epub 2018 Dec 4. PMID: [30515777](#)

Article Published Date : Dec 03, 2018

Authors : Habib Yaribeygi, Vahid Zare, Alexandra E Butler, George E Barreto, Amirhossein Sahebkar

Study Type : Review

Additional Links

Substances : Saffron : CK(864) : AC(189)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Insulin Sensitizers : CK(1185) : AC(244)

Jujube, barberry and saffron have beneficial effects in diabetic rats and may be associated with increased adiponectin levels.

Pubmed Data : Pak J Pharm Sci. 2015 Nov ;28(6):2095-9. PMID: [26639503](#)

Article Published Date : Oct 31, 2015

Authors : Mina Hemmati, Somaye Asghari, Elham Zohoori, Mehdi Karamian

Study Type : Animal Study

Additional Links

Substances : Barberry : CK(51) : AC(18), Jujube : CK(86) : AC(41), Saffron : CK(864) : AC(189)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Triglycerides: Elevated : CK(916) : AC(152)

Pharmacological Actions : Adiponectin upregulation : CK(217) : AC(39), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Saffron could be used for the treatment in diabetes.

Pubmed Data : Zhongguo Ying Yong Sheng Li Xue Za Zhi. 2018 Feb 8 ;34(2):173-176. PMID: [29926685](#)

Article Published Date : Feb 07, 2018

Authors : Shi-Ping Jiang, Qian Shen, Yu Lu, Yong-Qiu Yan, Ying-Peng Tong, Ping Wang

Study Type : Animal Study

Additional Links

Substances : Saffron : CK(864) : AC(189)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Saffron hydroalcoholic extract may improve blood glucose control by reducing fasting blood sugar in T2D patients.

Pubmed Data : J Res Med Sci. 2018 ;23:16. Epub 2018 Feb 20. PMID: [29531568](#)

Article Published Date : Dec 31, 2017

Authors : Alireza Milajerdi, Shima Jazayeri, Najmeh Hashemzadeh, Elham Shirzadi, Zhaleh Derakhshan, Abolghassem Djazayeri, Shahin Akhondzadeh

Study Type : Human Study

Additional Links

Substances : Saffron : CK(864) : AC(189)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Saffron improves life and sleep quality, glycaemic status, lipid profile and liver function in diabetic patients.

Pubmed Data : Int J Clin Pract. 2021 May 7:e14334. Epub 2021 May 7. PMID: [33960081](#)

Article Published Date : May 06, 2021

Authors : Aynaz Tajaddini, Neda Roshanravan, Majid Mobasseri, Aydin Aeinehchi, Pouria Sefid-Mooye Azar, Amir Hadi, Alireza Ostadrahimi

Study Type : Human Study

Additional Links

Substances : Saffron : CK(864) : AC(189)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Saffron may have a favourable effect on fasting blood glucose.

Pubmed Data : Nutrients. 2020 May 14 ;12(5). Epub 2020 May 14. PMID: [32423173](#)

Article Published Date : May 13, 2020

Authors : Parthena Giannoulaki, Evangelia Kotzakioulafi, Michail Chourdakis, Apostolos

Hatzitolios, Triantafyllos Didangelos

Study Type : Review

Additional Links

Substances : Saffron : CK(864) : AC(189)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Dyslipidemias : CK(1104) : AC(241), Hyperglycemia : CK(1494) : AC(453), Metabolic Syndrome X : CK(2073) : AC(376)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

The effects of saffron in conjunction with concurrent training on body composition, glycaemic status, and inflammatory markers.

Pubmed Data : Br J Clin Pharmacol. 2022 Jan 9. Epub 2022 Jan 9. PMID: [35001410](#)

Article Published Date : Jan 08, 2022

Authors : Babak Hooshmand Moghadam, Amir Rashidlamir, Seyyed Reza Attarzadeh Hosseini, Abbas Ali Gaeini, Mojtaba Kaviani

Study Type : Human Study

Additional Links

Substances : Saffron : CK(864) : AC(189)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Therapeutic Actions : Exercise : CK(4855) : AC(736)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Interleukin-10 upregulation : CK(105) : AC(24), Interleukin-1 beta downregulation : CK(3041) : AC(1567), Interleukin-6 Downregulation : CK(5029) : AC(1994), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

The herbal remedies examined had significantly beneficial effects on cholesterol in T2D patients.

Pubmed Data : Rev Diabet Stud. 2014 Fall-Winter;11(3-4):258-66. Epub 2015 Feb 10. PMID: [26177486](#)

Article Published Date : Aug 31, 2014

Authors : Paria Azimi, Reza Ghiasvand, Awat Feizi, Mitra Hariri, Behnoud Abbasi

Study Type : Human Study

Additional Links

Substances : Cardamom : CK(42) : AC(11), Cinnamon : CK(406) : AC(150), Ginger : CK(1261) : AC(363), Saffron : CK(864) : AC(189)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

The results indicate the beneficial effect of saffron on the mild to moderate comorbid depression- anxiety in type 2 diabetic patients.

Pubmed Data : Complement Ther Med. 2018 Dec ;41:196-202. Epub 2018 Sep 26. PMID: [30477839](#)

Article Published Date : Nov 30, 2018

Authors : Alireza Milajerdi, Shima Jazayeri, Elham Shirzadi, Najmeh Hashemzadeh, Atieh Azizgol, Abolghassem Djazayeri, Ahmad Esmailzadeh, Shahin Akhondzadeh

Study Type : Human Study

Additional Links

Substances : Saffron : CK(864) : AC(189)

Diseases : Depression : CK(6233) : AC(1096), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antidepressive Agents : CK(4882) : AC(874)

This report shows that daily supplementation with 100 mg C. sativus powder improved systolic blood pressure.

Pubmed Data : Avicenna J Phytomed. 2019 Jul-Aug;9(4):322-333. PMID: [31309071](#)

Article Published Date : Jun 30, 2019

Authors : Fatemeh Ebrahimi, Naheed Aryaeian, Naseh Pahlavani, Davood Abbasi, Agha Fatemeh Hosseini, Soudabeh Fallah, Nariman Moradi, Iraj Heydari

Study Type : Human Study

Additional Links

Substances : Saffron : CK(864) : AC(189)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antihypertensive Agents : CK(4527) : AC(683)

White saffron attenuates diabetes and improves pancreatic β^2 -cell regeneration in streptozotocin-induced diabetic rats.

Pubmed Data : Toxicol Rep. 2022 ;9:1213-1221. Epub 2022 May 20. PMID: [36518402](#)

Article Published Date : Dec 31, 2021

Authors : Dwiwati Pujimulyani, Wisnu Adi Yulianto, Astuti Setyowati, Prastyo Prastyo, Sulkhan Windrayahya, Ali Maruf

Study Type : Animal Study

Additional Links

Substances : Saffron : CK(864) : AC(189)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Interleukin-6 Downregulation : CK(5029) : AC(1994), Interleukin-8 downregulation : CK(581) : AC(231), Malondialdehyde Down-regulation : CK(2065) : AC(678), Pancreato Protective Agents : CK(358) : AC(194), Superoxide Dismutase Up-regulation : CK(1403) : AC(551), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Almond (AC 8) (CK 73)

A diet high in plant sterols, vegetable proteins, viscous fibers and almonds is as effective as the statin drug lovastatin in managing hypercholesterolemia.

Pubmed Data : JAMA. 2003 Jul 23;290(4):502-10. PMID: [12876093](#)

Article Published Date : Jul 23, 2003

Authors : David J A Jenkins, Cyril W C Kendall, Augustine Marchie, Dorothea A Faulkner, Julia M W Wong, Russell de Souza, Azadeh Emam, Tina L Parker, Edward Vidgen, Karen G Lapsley, Elke A Trautwein, Robert G Josse, Lawrence A Leiter, Philip W Connelly

Study Type : Human Study

Additional Links

Substances : Almond : CK(421) : AC(59), Fiber : CK(1411) : AC(184), Vegetables: All : CK(2009) : AC(209)

Diseases : C-Reactive Protein : CK(3134) : AC(310), High Cholesterol : CK(2715) : AC(455), Hyperlipidemia : CK(1569) : AC(402)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Additional Keywords : Natural Substances Versus Drugs : CK(2375) : AC(479)

A nut-enriched diet has cholesterol-lowering properties, and olive oil has a cholesterol-lowering property independent of its fatty acid content.

Pubmed Data : Nutr Metab Cardiovasc Dis. 2011 Jun ;21 Suppl 1:S14-20. Epub 2011 Mar 21. PMID: [21421296](#)

Article Published Date : May 31, 2011

Authors : N R T Damasceno, A PÃ©rez-Heras, M Serra, M CofÃ©n, A Sala-Vila, J Salas-SalvadÃ©, E Ros

Study Type : Human Study

Additional Links

Substances : Almond : CK(421) : AC(59), Olive : CK(1072) : AC(393), Walnut : CK(589) : AC(137)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), High Cholesterol : CK(2715) : AC(455), Inflammation : CK(9572) : AC(3089), Lipid Peroxidation : CK(1632) : AC(631)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Cardioprotective : CK(5377) : AC(1675)

A review of almonds as a source of nutrients and health-promoting compounds.

Pubmed Data : Nutrients. 2020 Mar 1 ;12(3). Epub 2020 Mar 1. PMID: [32121549](#)

Article Published Date : Feb 29, 2020

Authors : Davide Barreca, Seyed Mohammad Nabavi, Antoni Sureda, Mahsa Rasekhian, Roberto Raciti, Ana Sanches Silva, Giuseppe Annunziata, Angela Arnone, Gian Carlo Tenore, Å°pek SÅ¼antar, Giuseppina Mandalari

Study Type : Review

Additional Links

Substances : Almond : CK(421) : AC(59)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Metabolic Diseases : CK(828) : AC(178), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Almond consumption improves glycemic control and lipid profiles in patients with type 2 diabetes mellitus.

Pubmed Data : Metabolism. 2011 Apr ;60(4):474-9. Epub 2010 May 23. PMID: [20580779](#)

Article Published Date : Apr 01, 2011

Authors : Sing-Chung Li, Yen-Hua Liu, Jen-Fang Liu, Wen-Hsin Chang, Chiao-Ming Chen, C-Y Oliver Chen

Study Type : Human Study

Additional Links

Substances : Almond : CK(421) : AC(59)

Diseases : Cholesterol: LDL/HDL ratio : CK(556) : AC(67), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperglycemia : CK(1494) : AC(453), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

Almond fruits could be beneficial in combating erectile

dysfunction associated with diabetes.

Pubmed Data : Andrologia. 2022 Nov 8:e14636. Epub 2022 Nov 8. PMID: [36349403](#)

Article Published Date : Nov 07, 2022

Authors : Adeniyi A Adebayo, Ganiyu Oboh, Ayokunle O Ademosun

Study Type : Animal Study

Additional Links

Substances : Almond : CK(421) : AC(59)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Erectile Dysfunction : CK(472) : AC(84)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Nrf2 activation : CK(1584) : AC(916)

Almond ingestion at mealtime reduces postprandial glycemia and chronic ingestion reduces hemoglobin A(1c) in individuals with well-controlled type 2 diabetes mellitus.

Pubmed Data : Metabolism. 2011 Apr 11. Epub 2011 Apr 11. PMID: [21489570](#)

Article Published Date : Apr 11, 2011

Authors : Ashley E Cohen, Carol S Johnston

Study Type : Human Study

Additional Links

Substances : Almond : CK(421) : AC(59)

Diseases : A1C : CK(277) : AC(35), Diabetes: Glycation/A1C : CK(210) : AC(33), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperglycemia : CK(1494) : AC(453)

The data suggest that consumption of almond could not improve lipid profile in patients with T2DM.

Pubmed Data : Arch Physiol Biochem. 2021 Oct 8:1-8. Epub 2021 Oct 8. PMID: [34624199](#)

Article Published Date : Oct 07, 2021

Authors : Ping Wang, Yingtao Sheng, Mehnoosh Samadi

Study Type : Meta Analysis, Review

Additional Links

Substances : Almond : CK(421) : AC(59)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

The effects of almonds on gut microbiota,

glycometabolism, and inflammatory markers in patients with type 2 diabetes.

Pubmed Data : Nutrients. 2021 Sep 26 ;13(10). Epub 2021 Sep 26. PMID: [34684378](#)

Article Published Date : Sep 25, 2021

Authors : Omorogieva Ojo, Xiao-Hua Wang, Osarhumwese Osaretin Ojo, Amanda Rodrigues Amorim Adegboye

Study Type : Human Study

Additional Links

Substances : Almond : CK(421) : AC(59)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Gastrointestinal Agents : CK(3145) : AC(843)

Simvastatin (AC 5) (CK 70)

Simvastatin contributes to insulin resistance in non-diabetic patients.

Pubmed Data : Diabetes Res Clin Pract. 2010 Jan ;87(1):98-107. Epub 2009 Nov 12. PMID: [19913318](#)

Article Published Date : Jan 01, 2010

Authors : William L Baker, Ripple Talati, C Michael White, Craig I Coleman

Study Type : Meta Analysis

Additional Links

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperglycemia : CK(1494) : AC(453), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Problem Substances : Simvastatin : CK(791) : AC(164)

Adverse Pharmacological Actions : Diabetogenic : CK(328) : AC(56), Endocrine Disruptor: Insulin Resistance : CK(151) : AC(37)

Statin drugs reduce coq10 levels which may result in mitochondrial dysfunction and cellular damage.

Pubmed Data : J Clin Pharmacol. 1993 Mar;33(3):226-9. PMID: [8463436](#)

Article Published Date : Mar 01, 1993

Authors : G Ghirlanda, A Oradei, A Manto, S Lippa, L Uccioli, S Caputo, A V Greco, G P Littarru

Study Type : Human Study

Additional Links

Diseases : Drug-Induced Toxicity : CK(562) : AC(83), High Cholesterol : CK(2715) : AC(455), Myopathies : CK(253) : AC(54)

Additional Keywords : Drug-Nutrient Depletion : CK(53) : AC(8), Statin-Coq10 Depletion : CK(36) : AC(5)

Problem Substances : Lovastatin : CK(267) : AC(68), Pravastatin : CK(251) : AC(42), Simvastatin : CK(791) : AC(164), Statin Drugs : CK(4587) : AC(553)

Adverse Pharmacological Actions : Cytotoxic : CK(285) : AC(125)

Statin therapy is associated with 14% increased risk of type 2 diabetes.

Pubmed Data : Diabetes Care. 2012 Dec 17. Epub 2012 Dec 17. PMID: [23248196](#)

Article Published Date : Dec 16, 2012

Authors : Goodarz Danaei, Luis A GarcÃa RodrÃguez, Oscar Fernandez Cantero, Miguel A HernÃn

Study Type : Human Study

Additional Links

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetes Mellitus: Type 2: Prevention : CK(1075) : AC(148)

Problem Substances : Atorvastatin : CK(551) : AC(106), Simvastatin : CK(791) : AC(164), Statin Drugs : CK(4587) : AC(553)

Adverse Pharmacological Actions : Diabetogenic : CK(328) : AC(56)

The addition of POMx to simvastatin therapy in hypercholesterolemic patients improved oxidative stress and lipid status in the patient's serum and in their HMDM.

Pubmed Data : Atherosclerosis. 2014 Jan ;232(1):204-10. Epub 2013 Nov 19. PMID: [24401239](#)

Article Published Date : Dec 31, 2013

Authors : Shadi Hamoud, Tony Hayek, Nina Volkova, Judith Attias, Danit Moscoviz, Mira Rosenblat, Michael Aviram

Study Type : Human Study

Additional Links

Substances : Pomegranate : CK(1222) : AC(405)

Diseases : Atherosclerosis : CK(1390) : AC(487), High Cholesterol : CK(2715) : AC(455), Oxidative Stress : CK(9437) : AC(3550), Triglycerides: Elevated : CK(916) : AC(152)

Pharmacological Actions : Anti-atherogenic : CK(348) : AC(120), Antioxidants : CK(21528) : AC(8856), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Natural Substance/Drug Synergy : CK(957) : AC(485), Plant Extracts : CK(14140) : AC(5210)

Problem Substances : Simvastatin : CK(791) : AC(164), Statin Drugs : CK(4587) : AC(553)

The use of statins for LDL suppression is associated with increased risk for cancer.

Pubmed Data : J Am Coll Cardiol. 2007 Jul 31 ;50(5):409-18. Epub 2007 Jul 16. PMID: [17662392](#)

Article Published Date : Jul 31, 2007

Authors : Alawi A Alsheikh-Ali, Prasad V Maddukuri, Hui Han, Richard H Karas

Study Type : Meta Analysis

Additional Links

Diseases : Cancers: All : CK(28241) : AC(10590), Chemically-Induced Liver Damage : CK(1565) : AC(721), High Cholesterol : CK(2715) : AC(455), Statin-Induced Pathologies : CK(1848) : AC(368)

Problem Substances : Lovastatin : CK(267) : AC(68), Pravastatin : CK(251) : AC(42), Simvastatin : CK(791) : AC(164), Statin Drugs : CK(4587) : AC(553)

Adverse Pharmacological Actions : Carcinogenic : CK(1048) : AC(155)

Turmeric (AC 15) (CK 67)

An Ayurvedic formulation of Emblica officinalis and Curcuma longa alleviates insulin resistance in diabetic rats.

Pubmed Data : J Ayurveda Integr Med. 2021 Aug 7. Epub 2021 Aug 7. PMID: [34376352](#)

Article Published Date : Aug 06, 2021

Authors : Vandana Panda, Amol Deshmukh, Sneha Singh, Taasin Shah, Lal Hingorani

Study Type : Animal Study

Additional Links

Substances : Amla Fruit : CK(125) : AC(55), Curcuminoids : CK(6042) : AC(2905), Polyphenols : CK(1878) : AC(700), Turmeric : CK(7078) : AC(3169)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Curcuma longa extracts may be effective in both the prevention of diabetes mellitus and in attenuating the development of complications.

Pubmed Data : Exp Ther Med. 2015 Nov ;10(5):1681-1688. Epub 2015 Sep 2. PMID: [26640536](#)

Article Published Date : Oct 31, 2015

Authors : Denisa Marginăf, Octavian Tudorel Olaru, Mihaela Ilie, Daniela Grăfdinaru, Claudia GuÈşu, Sorina Voicu, Anca Dinischiotu, Demetrios A Spandidos, Aristidis M Tsatsakis

Study Type : In Vitro Study

Additional Links

Substances : Turmeric : CK(7078) : AC(3169)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetes Mellitus: Type 2: Prevention : CK(1075) : AC(148), Hyperglycemia : CK(1494) : AC(453)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Curcumin is beneficial for improving Type 2 diabetes complications and assists in preventing oxidative stress and inflammation.

Pubmed Data : Br J Pharmacol. 2012 Mar 27. Epub 2012 Mar 27. PMID: [22452372](#)

Article Published Date : Mar 27, 2012

Authors : B Stefanska

Study Type : Review

Additional Links

Substances : Curcumin : CK(5598) : AC(2788), Turmeric : CK(7078) : AC(3169)

Diseases : Atherosclerosis : CK(1390) : AC(487), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Nephropathy : CK(239) : AC(58), Neuropathy : CK(652) : AC(208), Obesity : CK(6879) : AC(1686)

Curcuminoids have anti-cholinesterase and anti-diabetic activities.

Pubmed Data : Nat Prod Res. 2017 Mar 13:1-4. Epub 2017 Mar 13. PMID: [28287280](#)

Article Published Date : Mar 12, 2017

Authors : Zeynep Kalaycıoğlu, İzzet Gazioğlu, F Bedia Erim

Study Type : In Vitro Study

Additional Links

Substances : Bisdemethoxycurcumin : CK(66) : AC(43), Curcuminoids : CK(6042) : AC(2905),

Demethoxycurcumin : CK(36) : AC(21), Turmeric : CK(7078) : AC(3169)

Diseases : Alzheimer's Disease : CK(3372) : AC(1307), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Acetylcholinesterase Inhibitor : CK(170) : AC(95), Alpha-glucosidase inhibitor : CK(274) : AC(201), Antioxidants : CK(21528) : AC(8856)

Effectiveness of written dietary advice for improving blood lipids.

Pubmed Data : Nutrients. 2022 Feb 28 ;14(5). Epub 2022 Feb 28. PMID: [35267997](#)

Article Published Date : Feb 27, 2022

Authors : Andreas Rydell, Mikael Hellsten, Martin Lindow, David Iggman

Study Type : Human Study

Additional Links

Substances : Turmeric : CK(7078) : AC(3169)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Hypolipidemic : CK(5358) : AC(1221)

Passion fruit peel flour and turmeric flour interventions showed significant effects on glycemic control.

Pubmed Data : Curr Diabetes Rev. 2019 Oct 26. Epub 2019 Oct 26. PMID: [31738145](#)

Article Published Date : Oct 25, 2019

Authors : Danilo F Sousa, Vivian S Veras, Vanessa Emille C S Freire, Maria L Paula, Maria Aparecida A O Serra, Ana Cristina P J Costa, Maria da Conceição S O Cunha, Maria Veraci O Queiroz, Marta Maria C Damasceno, Francisco Elvino R Paes, Roberto Wagner J F Freitas, Márcio Flávio M Araújo

Study Type : Meta Analysis, Review

Additional Links

Substances : Passion fruit : CK(96) : AC(23), Turmeric : CK(7078) : AC(3169)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Safely effective hypoglycemic action of stevia and turmeric extracts on diabetic Albino rats.

Pubmed Data : J Food Biochem. 2020 Nov 8:e13549. Epub 2020 Nov 8. PMID: [33161596](#)

Article Published Date : Nov 07, 2020

Authors : Abdalla El-Hadary, Mahmoud Sitohy

Study Type : Animal Study

Additional Links

Substances : Stevia : CK(115) : AC(46), Turmeric : CK(7078) : AC(3169)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

This review focusses on some medicinal plants that have antidiabetic effects.

Pubmed Data : West Indian Med J. 2016 Apr 18. Epub 2016 Apr 18. PMID: [27399905](#)

Article Published Date : Apr 17, 2016

Authors : T Khaliq, M Sarfraz, M A Ashraf

Study Type : Review

Additional Links

Substances : Black Pepper : CK(497) : AC(217), Dates : CK(170) : AC(75), Turmeric : CK(7078) : AC(3169)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210), Risk Reduction : CK(15144) : AC(1708)

Three months treatment with *C. longa* significantly decreases arterial stiffness as compared with placebo in type 2 diabetes mellitus patients.

Pubmed Data : Phytother Res. 2019 Jun 2. Epub 2019 Jun 2. PMID: [31155769](#)

Article Published Date : Jun 01, 2019

Authors : Akila Srinivasan, Sandhiya Selvarajan, Sadishkumar Kamalanathan, Tamilarasu Kadhiraavan, Nakka Chandrasekhar Prasanna Lakshmi, Surendiran Adithan

Study Type : Human Study

Additional Links

Substances : Turmeric : CK(7078) : AC(3169)

Diseases : Arterial Hardening: Elasticity : CK(352) : AC(39), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Endothelial Dysfunction : CK(2115) : AC(440)

Pharmacological Actions : Cardioprotective : CK(5377) : AC(1675)

Turmeric has significant blood-sugar lowering activity in type 2 diabetic mice.

Pubmed Data : Biol Pharm Bull. 2005 May;28(5):937-9. PMID: [15863912](#)

Article Published Date : May 01, 2005

Authors : Minpei Kuroda, Yoshihiro Mimaki, Tozo Nishiyama, Tatsumasa Mae, Hideyuki Kishida, Misuzu Tsukagawa, Kazuma Takahashi, Teruo Kawada, Kaku Nakagawa, Mikio Kitahara

Study Type : Animal Study

Additional Links

Substances : [Turmeric : CK\(7078\) : AC\(3169\)](#)

Diseases : [Diabetes Mellitus: Type 2 : CK\(8552\) : AC\(1714\)](#)

Turmeric inhibits LDL oxidation and cholesterol lowering effects in rabbits with experimental atherosclerosis.

Pubmed Data : Atherosclerosis. 1999 Dec;147(2):371-8. PMID: [10559523](#)

Article Published Date : Dec 01, 1999

Authors : M C Ram rez-Tortosa, M D Mesa, M C Aguilera, J L Quiles, L Bar s, C L Ramirez-Tortosa, E Martinez-Victoria, A Gil

Study Type : Animal Study

Additional Links

Substances : [Turmeric : CK\(7078\) : AC\(3169\)](#)

Diseases : [Arteriosclerosis : CK\(497\) : AC\(139\)](#), [Atherosclerosis : CK\(1390\) : AC\(487\)](#), [Cholesterol: Oxidation : CK\(599\) : AC\(140\)](#), [High Cholesterol : CK\(2715\) : AC\(455\)](#), [Oxidative Stress : CK\(9437\) : AC\(3550\)](#)

Pharmacological Actions : [Anticholesteremic Agents : CK\(3078\) : AC\(530\)](#), [Antioxidants : CK\(21528\) : AC\(8856\)](#), [Hypolipidemic : CK\(5358\) : AC\(1221\)](#)

Additional Keywords : [Plant Extracts : CK\(14140\) : AC\(5210\)](#)

Turmeric powder combined with milk as therapeutic properties in an animal model of both type 1 and type 2 diabetes.

Pubmed Data : Indian J Clin Biochem. 2010 Apr ;25(2):175-81. Epub 2010 May 27. PMID: [23105906](#)

Article Published Date : Mar 31, 2010

Authors : P K Rai, D Jaiswal, S Mehta, D K Rai, B Sharma, Geeta Watal

Study Type : Animal Study

Additional Links

Substances : [Turmeric : CK\(7078\) : AC\(3169\)](#)

Diseases : [Diabetes Mellitus: Type 1 : CK\(1605\) : AC\(471\)](#), [Diabetes Mellitus: Type 2 : CK\(8552\) : AC\(1714\)](#)

Pharmacological Actions : [Hepatoprotective : CK\(5098\) : AC\(2264\)](#)

Turmeric supplementation could be an adjuvant to T2DM on metformin treatment having a beneficial effect on blood glucose, oxidative stress and inflammation.

Pubmed Data : Indian J Clin Biochem. 2015 Apr ;30(2):180-6. Epub 2014 May 8. PMID: [25883426](#)

Article Published Date : Mar 31, 2015

Authors : N Maithili Karpaga Selvi, M G Sridhar, R P Swaminathan, R Sripradha

Study Type : Human Study

Additional Links

Substances : Turmeric : CK(7078) : AC(3169)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Inflammation : CK(9572) : AC(3089), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Significant Treatment Outcome : CK(3903) : AC(462)

Zingiber officinale, Phyllanthus emblica, Cinnamomum verum, and Curcuma longa to prevent type 2 diabetes.

Pubmed Data : Curr Diabetes Rev. 2022 Nov 24. Epub 2022 Nov 24. PMID: [36424773](#)

Article Published Date : Nov 23, 2022

Authors : Uththara Subodhini Wijewardhana, Madhura Arunoda Jayasinghe, Isuru Wijesekara, K K D S Ranaweera

Study Type : Review

Additional Links

Substances : Amla Fruit : CK(125) : AC(55), Cinnamon : CK(406) : AC(150), Curcumin : CK(5598) : AC(2788), Ginger : CK(1261) : AC(363), Turmeric : CK(7078) : AC(3169)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

curcuma is a potent factor for reducing the oxidative severity of zinc deficiency in experimental diabetes.

Pubmed Data : Arch Physiol Biochem. 2019 Jun 19:1-8. Epub 2019 Jun 19. PMID: [31215830](#)

Article Published Date : Jun 18, 2019

Authors : Imene Tebboub, Zine Kechrid

Study Type : Animal Study

Additional Links

Substances : Turmeric : CK(7078) : AC(3169)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Oxidative Stress : CK(9437) : AC(3550),

Zinc Deficiency : CK(258) : AC(40)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

Atorvastatin (AC 8) (CK 66)

Acute onset and worsening of diabetes concurrent with administration of statins has been reported.

Pubmed Data : Endocr J. 2005 Jun ;52(3):369-72. PMID: [16006732](#)

Article Published Date : Jun 01, 2005

Authors : Chie Ohmura, Hirotaka Watada, Takahisa Hirose, Yasushi Tanaka, Ryuzo Kawamori

Study Type : Human: Case Report

Additional Links

Diseases : A1C : CK(277) : AC(35), Diabetes: Glycation/A1C : CK(210) : AC(33), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Problem Substances : Atorvastatin : CK(551) : AC(106), Pravastatin : CK(251) : AC(42), Statin Drugs : CK(4587) : AC(553)

Adverse Pharmacological Actions : Diabetogenic : CK(328) : AC(56)

Atorvastatin causes insulin resistance and increases ambient glycemia in hypercholesterolemic patients

Pubmed Data : J Am Coll Cardiol. 2010 Mar 23 ;55(12):1209-16. PMID: [20298928](#)

Article Published Date : Mar 23, 2010

Authors : Kwang Kon Koh, Michael J Quon, Seung Hwan Han, Yonghee Lee, Soo Jin Kim, Eak Kyun Shin

Study Type : Human Study

Additional Links

Diseases : High Cholesterol : CK(2715) : AC(455), Hyperglycemia : CK(1494) : AC(453), Insulin Resistance : CK(3522) : AC(792), Statin-Induced Pathologies : CK(1848) : AC(368)

Problem Substances : Atorvastatin : CK(551) : AC(106), Insulin : CK(384) : AC(68), Statin Drugs : CK(4587) : AC(553)

Adverse Pharmacological Actions : Endocrine Disruptor: Insulin Resistance : CK(151) : AC(37)

Atorvastatin increases myocardial indices of oxidative stress in a porcine model of hypercholesterolemia and chronic ischemia.

Pubmed Data : J Card Surg. 2008 Jul-Aug;23(4):312-20. PMID: [18598320](#)

Article Published Date : Jul 01, 2008

Authors : Neel R Sodha, Munir Boodhwani, Basel Ramlawi, Richard T Clements, Shigetoshi Mieno, Jun Feng, Shu-Hua Xu, Cesario Bianchi, Frank W Sellke

Study Type : Animal Study

Additional Links

Diseases : Endothelial Dysfunction : CK(2115) : AC(440), High Cholesterol : CK(2715) : AC(455), Oxidative Stress : CK(9437) : AC(3550)

Problem Substances : Atorvastatin : CK(551) : AC(106), Statin Drugs : CK(4587) : AC(553)

Adverse Pharmacological Actions : Oxidant : CK(595) : AC(235)

Atorvastatin reduces serum coenzyme Q10 levels (reduced and oxidized forms) in patients with high cholesterol.

Pubmed Data : J Atheroscler Thromb. 2005;12(2):111-9. PMID: [15942122](#)

Article Published Date : Jan 01, 2005

Authors : Hiroshi Mabuchi, Toshinori Higashikata, Masaaki Kawashiri, Shoji Katsuda, Mihoko Mizuno, Atsushi Nohara, Akihiro Inazu, Junji Koizumi, Junji Kobayashi

Study Type : Human Study

Additional Links

Diseases : Coenzyme Q10 Deficiency : CK(83) : AC(13), High Cholesterol : CK(2715) : AC(455), Statin-Induced Pathologies : CK(1848) : AC(368)

Problem Substances : Atorvastatin : CK(551) : AC(106), Statin Drugs : CK(4587) : AC(553)

Atorvastatin treatment is not effective in reducing inflammation (C-reactive protein) or outcome in patients with type 2 diabetes on hemodialysis.

Pubmed Data : Kidney Int. 2008 Dec;74(11):1461-7. Epub 2008 Sep 24. PMID: [18818679](#)

Article Published Date : Dec 01, 2008

Authors : Vera Krane, Karl Winkler, Christiane Drechsler, Jürg Lillenthal, Winfried März, Christoph Wanner,

Study Type : Human Study

Additional Links

Diseases : C-Reactive Protein : CK(3134) : AC(310), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hemodialysis : CK(950) : AC(99), Inflammation : CK(9572) : AC(3089)

Problem Substances : Atorvastatin : CK(551) : AC(106)

Statin drugs increase the risk of diabetes and cause abnormal liver enzyme elevations.

Pubmed Data : QJM. 2011 Sep 14. Epub 2011 Sep 14. PMID: [21920996](#)

Article Published Date : Sep 14, 2011

Authors : M Alberton, P Wu, E Druyts, M Briel, E J Mills

Study Type : Meta Analysis

Additional Links

Diseases : AST: Elevated : CK(46) : AC(6), Diabetes Insipidus : CK(35) : AC(5), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Elevated: ALT : CK(33) : AC(3), Elevated: Creatinine Kinase : CK(33) : AC(3), GGT : CK(63) : AC(9)

Problem Substances : Atorvastatin : CK(551) : AC(106), Statin Drugs : CK(4587) : AC(553)

Adverse Pharmacological Actions : Hepatotoxic : CK(361) : AC(110)

Statin therapy is associated with 14% increased risk of type 2 diabetes.

Pubmed Data : Diabetes Care. 2012 Dec 17. Epub 2012 Dec 17. PMID: [23248196](#)

Article Published Date : Dec 16, 2012

Authors : Goodarz Danaei, Luis A Garc a Rodr guez, Oscar Fernandez Cantero, Miguel A Hern n

Study Type : Human Study

Additional Links

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetes Mellitus: Type 2: Prevention : CK(1075) : AC(148)

Problem Substances : Atorvastatin : CK(551) : AC(106), Simvastatin : CK(791) : AC(164), Statin Drugs : CK(4587) : AC(553)

Adverse Pharmacological Actions : Diabetogenic : CK(328) : AC(56)

This systematic review suggests that there is an association between atorvastatin treatment and new onset diabetes mellitus.

Pubmed Data : Int J Endocrinol. 2018 ;2018:8380192. Epub 2018 Oct 22. PMID: [30425742](#)

Article Published Date : Dec 31, 2017

Authors : Angeliki M Angelidi, Emelina Stambolliu, Konstantina I Adamopoulou, Antonis A Kousoulis

Study Type : Review

Additional Links

Diseases : [Diabetes Mellitus: Type 1](#) : CK(1605) : AC(471), [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Statin-Induced Pathologies](#) : CK(1848) : AC(368)

Additional Keywords : [Increased Risk](#) : CK(6996) : AC(896)

Problem Substances : [Atorvastatin](#) : CK(551) : AC(106)

Fermented Foods and Beverages (AC 18) (CK 64)

A fermented milk containing whey protein concentrate has a positive effect on serum lipids and blood pressure in rats and healthy men.

Pubmed Data : J Dairy Sci. 2000 Feb;83(2):255-63. PMID: [10714858](#)

Article Published Date : Feb 01, 2000

Authors : M Kawase, H Hashimoto, M Hosoda, H Morita, A Hosono

Study Type : Human Study

Additional Links

Substances : [Fermented Foods and Beverages](#) : CK(2588) : AC(607), [Whey](#) : CK(540) : AC(111)

Diseases : [Cholesterol: LDL/HDL ratio](#) : CK(556) : AC(67), [High Cholesterol](#) : CK(2715) : AC(455), [Hypertension](#) : CK(6384) : AC(950), [Triglycerides: Elevated](#) : CK(916) : AC(152)

Pharmacological Actions : [Hypolipidemic](#) : CK(5358) : AC(1221), [Hypotensive](#) : CK(467) : AC(63)

A traditional Korean soybean fermentation food improves insulin resistance and hyperglycemia in type 2 diabetic mice.

Pubmed Data : J Med Food. 2008 Jun;11(2):215-23. PMID: [18598161](#)

Article Published Date : Jun 01, 2008

Authors : Dong-Ju Kim, Yong-Jin Jeong, Joong-Ho Kwon, Kwang-Deog Moon, Hye-Jin Kim, Seon-Min Jeon, Mi-Kyung Lee, Yong Bok Park, Myung-Sook Choi

Study Type : Animal Study

Additional Links

Substances : Fermented Foods and Beverages : CK(2588) : AC(607), Isoflavones : CK(845) : AC(171), Soy Protein : CK(331) : AC(56)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Antioxidative, antidiabetic, and hypolipidemic properties of probiotic-enriched fermented camel milk combined with *Salvia officinalis* leaves.

Pubmed Data : Antioxidants (Basel). 2022 Mar 30 ;11(4). Epub 2022 Mar 30. PMID: [35453353](#)

Article Published Date : Mar 29, 2022

Authors : Yousef M Alharbi, Sally S Sakr, Saleh M Albarrak, Tariq I Almundarij, Hassan Barakat, Mohamed F Y Hassan

Study Type : Animal Study

Additional Links

Substances : Camel Milk : CK(181) : AC(52), Fermented Foods and Beverages : CK(2588) : AC(607), Sage : CK(198) : AC(56)

Diseases : Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Carrot juice fermented with *Lactobacillus plantarum* NCU116 ameliorates type 2 diabetes in rats.

Pubmed Data : J Agric Food Chem. 2014 Dec 10 ;62(49):11884-91. Epub 2014 Nov 26. PMID: [25341087](#)

Article Published Date : Dec 09, 2014

Authors : Chuan Li, Qiao Ding, Shao-Ping Nie, Yan-Song Zhang, Tao Xiong, Ming-Yong Xie

Study Type : Animal Study

Additional Links

Substances : Carrot : CK(177) : AC(50), Fermented Foods and Beverages : CK(2588) : AC(607), *Lactobacillus plantarum* : CK(674) : AC(194)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Clove and fermented ginger supplementation possesses

anti-diabetic properties and may help in the control of hyperleptinaemia in type 2 diabetes.

Pubmed Data : Niger J Physiol Sci. 2018 Jun 30 ;33(1):89-93. Epub 2018 Jun 30. PMID: [30091738](#)

Article Published Date : Jun 29, 2018

Authors : A Abdulrazak, Y Tanko, A Mohammed, K A Mohammed, N M Sada, A Au Dikko

Study Type : Animal Study

Additional Links

Substances : Clove : CK(132) : AC(76), Fermented Foods and Beverages : CK(2588) : AC(607), Ginger : CK(1261) : AC(363)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Leptin: Elevated Levels : CK(36) : AC(14)

Pharmacological Actions : Leptin Down-Regulation : CK(23) : AC(8)

Daily supplementation with fermented red ginseng lowered postprandial glucose levels in subjects with impaired fasting glucose or type 2 diabetes.

Pubmed Data : BMC Complement Altern Med. 2014 Jul 11 ;14:237. Epub 2014 Jul 11. PMID: [25015735](#)

Article Published Date : Jul 10, 2014

Authors : Mi-Ra Oh, Soo-Hyun Park, Sun-Young Kim, Hyang-Im Back, Min-Gul Kim, Ji-Young Jeon, Ki-Chan Ha, Won-Taek Na, Youn-Soo Cha, Byung-Hyun Park, Tae-sun Park, Soo-Wan Chae

Study Type : Human Study

Additional Links

Substances : Fermented Foods and Beverages : CK(2588) : AC(607), Ginseng : CK(2684) : AC(1192)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Evaluation of probiotic and antidiabetic attributes of Lactobacillus strains isolated from fermented beetroot.

Pubmed Data : Front Microbiol. 2022 ;13:911243. Epub 2022 Jun 14. PMID: [35774469](#)

Article Published Date : Dec 31, 2021

Authors : V B Chandana Kumari, Sujay S Huligere, Ramith Ramu, Shrisha Naik Bajpe, M Y Sreenivasa, Ekaterina Silina, Victor Stupin, Raghu Ram Achar

Study Type : In Vitro Study

Additional Links

Substances : Beet : CK(501) : AC(96), Fermented Foods and Beverages : CK(2588) : AC(607)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

Fermented *Herinaceus* juice may be used as one of the food-based health-promoting supplement to manage diabetes mellitus along with medication.

Pubmed Data : J Evid Based Integr Med. 2018 Jan-Dec;23:2515690X18765699. PMID: [29619846](#)

Article Published Date : Dec 31, 2017

Authors : Chaiyavat Chaiyasut, Sasimar Woraharn, Bhagavathi Sundaram Sivamaruthi, Narissara Lailerd, Periyana Kesika, Sartjin Peerajan

Study Type : Animal Study

Additional Links

Substances : [Fermented Foods and Beverages](#) : CK(2588) : AC(607), [Lactobacillus fermentum](#) : CK(35) : AC(12), [Lion's Mane \(Hericium Erinaceus\)](#) : CK(155) : AC(82)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Anti-Inflammatory Agents](#) : CK(20859) : AC(8334), [Interleukin-10 upregulation](#) : CK(105) : AC(24)

Fermented *Momordica charantia* L. juice modulates hyperglycemia, lipid profile, and gut microbiota in type 2 diabetic rats.

Pubmed Data : Food Res Int. 2019 Jul ;121:367-378. Epub 2019 Mar 26. PMID: [31108759](#)

Article Published Date : Jun 30, 2019

Authors : He Gao, Jia-Jia Wen, Jie-Lun Hu, Qi-Xing Nie, Hai-Hong Chen, Tao Xiong, Shao-Ping Nie, Ming-Yong Xie

Study Type : Animal Study

Additional Links

Substances : [Bitter Melon](#) : CK(254) : AC(112), [Fermented Foods and Beverages](#) : CK(2588) : AC(607)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338), [Hypolipidemic](#) : CK(5358) : AC(1221)

Fermented carrot juice attenuates type 2 diabetes by mediating gut microbiota in rats.

Pubmed Data : Food Funct. 2019 May 22 ;10(5):2935-2946. PMID: [31070649](#)

Article Published Date : May 21, 2019

Authors : Rongkang Hu, Feng Zeng, Linxiu Wu, Xuzhi Wan, Yongfang Chen, Jiachao Zhang, Bin Liu

Study Type : Animal Study

Additional Links

Substances : Carrot : CK(177) : AC(50), Fermented Foods and Beverages : CK(2588) : AC(607)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Gastrointestinal Agents : CK(3145) : AC(843), Hypoglycemic Agents : CK(5366) : AC(1338), Pancreato Protective Agents : CK(358) : AC(194), Renoprotective : CK(2404) : AC(1075)

Fermented dairy foods rich in probiotics and cardiometabolic risk factors.

Pubmed Data : Crit Rev Food Sci Nutr. 2020 May 21:1-10. Epub 2020 May 21. PMID: [32436399](#)

Article Published Date : May 20, 2020

Authors : Judit Companys, Anna Pedret, Rosa M Valls, Rosa SolÀ , Vicente Pascual

Study Type : Review

Additional Links

Substances : , Fermented Foods and Beverages : CK(2588) : AC(607), Yoghurt : CK(1014) : AC(135)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Kimchi has antidiabetic activity in type 2 diabetic rats.

Pubmed Data : J Med Food. 2009 Apr;12(2):292-7. PMID: [19459728](#)

Article Published Date : Apr 01, 2009

Authors : Md Shahidul Islam, Haymie Choi

Study Type : Animal Study

Additional Links

Substances : Fermented Foods and Beverages : CK(2588) : AC(607), Kimchi : CK(98) : AC(50)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Additional Keywords : Fructose-Induced Insulin Resistance : CK(20) : AC(10)

Lactic-fermented egg white reduced serum cholesterol concentrations in mildly hypercholesterolemic Japanese men.

Pubmed Data : Lipids Health Dis. 2017 May 30 ;16(1):101. Epub 2017 May 30. PMID: [28558718](#)

Article Published Date : May 29, 2017

Authors : Ryosuke Matsuoka, Mika Usuda, Yasunobu Masuda, Masaaki Kunou, Kazunori Utsunomiya

Study Type : Human Study

Additional Links

Substances : Egg : CK(286) : AC(34), Fermented Foods and Beverages : CK(2588) : AC(607)

Diseases : High Cholesterol : CK(2715) : AC(455), Hypercholesterolemia : CK(2333) : AC(408)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Lactobacillus plantarum-fermented purple Jerusalem artichoke regulates blood glucose and has potential use as a dietary supplement.

Pubmed Data : Nutr Res Pract. 2016 Jun ;10(3):282-7. Epub 2016 Mar 2. PMID: [27247724](#)

Article Published Date : May 31, 2016

Authors : Zhiqiang Wang, Seung Hwan Hwang, Sun Youb Lee, Soon Sung Lim

Study Type : In Vitro Study

Additional Links

Substances : Artichoke : CK(284) : AC(65), Fermented Foods and Beverages : CK(2588) : AC(607), Lactobacillus plantarum : CK(674) : AC(194)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-glucosidase inhibitor : CK(274) : AC(201), Hypoglycemic Agents : CK(5366) : AC(1338)

Origin of hypoglycemic benefits of probiotic-fermented carrot pulp.

Pubmed Data : J Agric Food Chem. 2019 Jan 23 ;67(3):895-904. Epub 2019 Jan 14. PMID: [30608159](#)

Article Published Date : Jan 22, 2019

Authors : Yu-Jun Wan, Hui-Fang Shi, Rou Xu, Jun-Yi Yin, Shao-Ping Nie, Tao Xiong, Ming-Yong Xie

Study Type : In Vitro Study

Additional Links

Substances : Carrot : CK(177) : AC(50), Fermented Foods and Beverages : CK(2588) : AC(607), Probiotics : CK(7680) : AC(1196)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

Polysaccharide from fermented Momordica charantia L.

with *Lactobacillus plantarum* NCU116 ameliorates type 2 diabetes.

Pubmed Data : Carbohydr Polym. 2018 Dec 1 ;201:624-633. Epub 2018 Aug 27. PMID: [30241862](#)

Article Published Date : Nov 30, 2018

Authors : He Gao, Jia-Jia Wen, Jie-Lun Hu, Qi-Xing Nie, Hai-Hong Chen, Tao Xiong, Shao-Ping Nie, Ming-Yong Xie

Study Type : Animal Study

Additional Links

Substances : Bitter Melon : CK(254) : AC(112), Fermented Foods and Beverages : CK(2588) : AC(607)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Polysaccharides : CK(625) : AC(392)

Rice bran fermentation products can modulate the intestinal microbiota and improve T2DM-related biochemical abnormalities.

Pubmed Data : Front Microbiol. 2021 ;12:682290. Epub 2021 Jun 24. PMID: [34248898](#)

Article Published Date : Dec 31, 2020

Authors : Xiaojuan Ai, Cuiling Wu, Tingting Yin, Olena Zhur, Congling Liu, Xiaotao Yan, CuiPing Yi, Dan Liu, Linhu Xiao, Wenkai Li, Binbin Xie, Hailun He

Study Type : Animal Study

Additional Links

Substances : Fermented Foods and Beverages : CK(2588) : AC(607), *Lactobacillus fermentum* : CK(35) : AC(12), Rice Bran : CK(259) : AC(77)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Gastrointestinal Agents : CK(3145) : AC(843)

Yogurt containing two probiotic bacteria strains, *L. acidophilus* and *B. lactis*, had a cholesterol-lowering effect in hypercholesterolemic subjects.

Pubmed Data : Ann Nutr Metab. 2009;54(1):22-7. Epub 2009 Feb 20. PMID: [19229114](#)

Article Published Date : Jan 01, 2009

Authors : Asal Ataie-Jafari, Bagher Larijani, Hamid Alavi Majd, Farideh Tahbaz

Study Type : Human Study

Additional Links

Substances : *Bifidobacterium Lactis* : CK(60) : AC(7), Fermented Foods and Beverages : CK(2588)

: AC(607), Lactobacillus Acidophilus : CK(519) : AC(78), Yoghurt : CK(1014) : AC(135)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Arginine (AC 12) (CK 62)

Arginine may be beneficial for ameliorating vascular insulin resistance in obesity and diabetes.

Pubmed Data : Biofactors. 2009 Jan-Feb;35(1):21-7. PMID: [19319842](#)

Article Published Date : Jan 01, 2009

Authors : Guoyao Wu, Cynthia J Meininger

Study Type : Review

Additional Links

Substances : Arginine : CK(1086) : AC(190)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Endothelial Dysfunction : CK(2115) : AC(440), Insulin Resistance : CK(3522) : AC(792), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : Nitric Oxide Inhibitor : CK(498) : AC(258)

Coconut kernel protein favorably modifies the effect of coconut oil on serum lipids.

Pubmed Data : Plant Foods Hum Nutr. 1999;53(2):133-44. PMID: [10472790](#)

Article Published Date : Jan 01, 1999

Authors : K G Padmakumaran Nair, T Rajamohan, P A Kurup

Study Type : Human Study

Additional Links

Substances : Arginine : CK(1086) : AC(190), Coconut : CK(630) : AC(144), Coconut Oil : CK(341) : AC(85), Coconut Protein : CK(14) : AC(3)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anti-Adipogenic : CK(164) : AC(85), Hypolipidemic : CK(5358) : AC(1221)

Coconut protein is able to reduce hyperlipidemia and

peroxidative effect induced by high fat cholesterol containing diet and these effects are mainly mediated by the L-arginine present in it.

Pubmed Data : Clin Ther. 2010 May;32(5):909-14. PMID: [11883511](#)

Article Published Date : May 01, 2010

Authors : G Salil, T Rajamohan

Study Type : Animal Study

Additional Links

Substances : Arginine : CK(1086) : AC(190), Coconut : CK(630) : AC(144), Coconut Protein : CK(14) : AC(3)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Dietary L-arginine supplementation reduces fat mass in Zucker diabetic fatty rats.

Pubmed Data : J Nutr. 2005 Apr;135(4):714-21. PMID: [15795423](#)

Article Published Date : Apr 01, 2005

Authors : Wenjiang J Fu, Tony E Haynes, Ripla Kohli, Jianbo Hu, Wenjuan Shi, Thomas E Spencer, Raymond J Carroll, Cynthia J Meiningner, Guoyao Wu

Study Type : Animal Study

Additional Links

Substances : Arginine : CK(1086) : AC(190)

Diseases : Abdominal Obesity (Midsection Fat) : CK(460) : AC(66), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : Lipolytic : CK(49) : AC(18)

L-arginine protects against ischemia/reperfusion-induced endothelial dysfunction in patients with type 2 diabetes mellitus and coronary artery disease.

Pubmed Data : Atherosclerosis. 2009 May;204(1):73-8. Epub 2008 Sep 4. PMID: [18849028](#)

Article Published Date : May 01, 2009

Authors : M Settergren, F Bäckström, R E Malmström, K M Channon, J Pernow

Study Type : Human Study

Additional Links

Substances : Arginine : CK(1086) : AC(190)

Diseases : Coronary Artery Disease : CK(2089) : AC(226), Diabetes: Cardiovascular Illness : CK(707) : AC(111), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Endothelial Dysfunction :

CK(2115) : AC(440)

Pharmacological Actions : Cardiovascular Agents : CK(201) : AC(32), Vasodilator Agents : CK(626) : AC(169)

L-arginine increases circulating endothelial progenitor cells in hypercholesterolemic rabbits.

Pubmed Data : Int J Cardiol. 2010 Aug 20;143(2):213-6. Epub 2009 Jan 24. PMID: [19167766](#)

Article Published Date : Aug 20, 2010

Authors : Shaghayegh Haghjooy Javanmard, Yousof Gheisari, Masoud Soleimani, Mehdi Nematbakhsh, Alireza Monajemi

Study Type : Animal Study

Additional Links

Substances : Arginine : CK(1086) : AC(190)

Diseases : Atherosclerosis : CK(1390) : AC(487), High Cholesterol : CK(2715) : AC(455)

Additional Keywords : Endothelial Progenitor Cells (EPCs) : CK(17) : AC(6)

L-arginine prevents endothelial dysfunction in a hypercholesterolemic rabbit model.

Pubmed Data : Lipids Health Dis. 2008;7:27. Epub 2008 Aug 2. PMID: [18673573](#)

Article Published Date : Jan 01, 2008

Authors : Mehdi Nematbakhsh, Shaghayegh Haghjooyjavanmard, Farzaneh Mahmoodi, Ali Reza Monajemi

Study Type : Animal Study

Additional Links

Substances : Arginine : CK(1086) : AC(190)

Diseases : Aortic Plaques : CK(27) : AC(10), Aortic Stenosis : CK(42) : AC(9), Atherosclerosis : CK(1390) : AC(487), Endothelial Dysfunction : CK(2115) : AC(440), High Cholesterol : CK(2715) : AC(455), Intima Media Thickening : CK(153) : AC(34)

Pharmacological Actions : Apoptotic : CK(6986) : AC(5304), Cardioprotective : CK(5377) : AC(1675)

L-arginine supplementation improves endothelial function and myocardial perfusion in a swine model of chronic myocardial ischemia.

Pubmed Data : Surgery. 2005 Aug;138(2):291-8. PMID: [16153439](#)

Article Published Date : Aug 01, 2005

Authors : Yasunari Nakai, Pierre Voisine, Cesario Bianchi, Shu-Hua Xu, Jun Feng, Tamer Malik, Audrey Rosinberg, Frank W Sellke

Study Type : Animal Study

Additional Links

Substances : Arginine : CK(1086) : AC(190)

Diseases : Coronary Artery Disease : CK(2089) : AC(226), Endothelial Dysfunction : CK(2115) : AC(440), High Cholesterol : CK(2715) : AC(455), Myocardial Ischemia : CK(528) : AC(256)

Pharmacological Actions : Nitric Oxide Inhibitor : CK(498) : AC(258)

Long-term N-acetylcysteine and L-arginine administration reduces endothelial activation and systolic blood pressure in hypertensive patients with type 2 diabetes.

Pubmed Data : Diabetes Care. 2008 May;31(5):940-4. Epub 2008 Feb 11. PMID: [18268065](#)

Article Published Date : May 01, 2008

Authors : Valentino Martina, Andi Masha, Valentina Ramella Gigliardi, Loredana Brocato, Enzo Manzato, Arrigo Berchio, Paola Massarenti, Fabio Settanni, Lara Della Casa, Stefania Bergamini, Anna Iannone

Study Type : Human Study

Additional Links

Substances : Arginine : CK(1086) : AC(190), NAC (N-acetyl-L-cysteine) : CK(1046) : AC(266)

Diseases : C-Reactive Protein : CK(3134) : AC(310), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Endothelial Dysfunction : CK(2115) : AC(440), Fibrinogen: Elevated : CK(104) : AC(12), Hypertension : CK(6384) : AC(950), Intima Media Thickening : CK(153) : AC(34)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Vascular Cell Adhesion Molecule-1 Inhibitor : CK(123) : AC(34)

Long-term oral L-arginine administration improves peripheral and hepatic insulin sensitivity in type 2 diabetic patients.

Pubmed Data : Diabetes Care. 2001 May;24(5):875-80. PMID: [11347747](#)

Article Published Date : May 01, 2001

Authors : P M Piatti, L D Monti, G Valsecchi, F Magni, E Setola, F Marchesi, M Galli-Kienle, G Pozza, K G Alberti

Study Type : Human Study

Additional Links

Substances : Arginine : CK(1086) : AC(190)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypertension : CK(6384) : AC(950),

Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Hypotensive : CK(467) : AC(63), Insulin Sensitizers : CK(1185) : AC(244)

Long-term oral L-arginine treatment has a beneficial effect when added to a hypocaloric diet and exercise training program in obese, insulin-resistant type 2 diabetic patients.

Pubmed Data : Am J Physiol Endocrinol Metab. 2006 Nov;291(5):E906-12. Epub 2006 Jun 13. PMID: [16772327](#)

Article Published Date : Nov 01, 2006

Authors : Pietro Lucotti, Emanuela Setola, Lucilla D Monti, Elena Galluccio, Sabrina Costa, Emilia P Sandoli, Isabella Fermo, Giovanni Rabaiotti, Roberto Gatti, PierMarco Piatti

Study Type : Human Study

Additional Links

Substances : Arginine : CK(1086) : AC(190)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypertension : CK(6384) : AC(950), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Insulin Sensitizers : CK(1185) : AC(244)

Meta-Analysis: L-arginine has a wide range of potential therapeutic applications.

Pubmed Data : J Med. 1999;30(3-4):131-48. PMID: [17312667](#)

Article Published Date : Jan 01, 1999

Authors : E Z Fisman, A Tenenbaum, I Shapira, A Pines, M Motro

Study Type : Review

Additional Links

Substances : Arginine : CK(1086) : AC(190)

Diseases : Aging : CK(3728) : AC(933), Coronary Artery Disease : CK(2089) : AC(226), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Heart Failure : CK(1240) : AC(183), Hypercholesterolemia : CK(2333) : AC(408), Peripheral Vascular Diseases : CK(221) : AC(23), Smoking : CK(1226) : AC(220)

Olive Oil (AC 8) (CK 54)

Consumption of olive oil polyphenols decreased plasma LDL concentrations and LDL atherogenicity in healthy young men.

Pubmed Data : J Nutr. 2015 Jul 1. Epub 2015 Jul 1. PMID: [26136585](#)

Article Published Date : Jun 30, 2015

Authors : Ñ Ivaro HernÑez, Alan T Remaley, Marta FarrÑs, Sara FernÑndez-Castillejo, Isaac Subirana, Helmut SchrÑder, Mireia FernÑndez-Mampel, Daniel MuÑoz-Aguayo, Maureen Sampson, Rosa SolÑ, MagÑ FarrÑ, Rafael de la Torre, MarÑa-Carmen LÑpez-Sabater, Kristiina NyssÑnen, Hans-Joachim F Zunft, MarÑa-Isabel Covas, Montserrat FitÑ

Study Type : Human Study

Additional Links

Substances : Olive Oil : CK(599) : AC(128), Polyphenols : CK(1878) : AC(700)

Diseases : Atherosclerosis : CK(1390) : AC(487), Cholesterol: Oxidation : CK(599) : AC(140), High Cholesterol : CK(2715) : AC(455), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Antioxidants : CK(21528) : AC(8856)

Additional Keywords : Dietary Modification : CK(366) : AC(55), Risk Reduction : CK(15144) : AC(1708)

Effects of extra virgin olive oil polyphenols on beta-cell function and survival.

Pubmed Data : Plants (Basel). 2021 Feb 3 ;10(2). Epub 2021 Feb 3. PMID: [33546278](#)

Article Published Date : Feb 02, 2021

Authors : Nicola Marrano, Rosaria Spagnuolo, Giuseppina Biondi, Angelo Cignarelli, Sebastio Perrini, Leonardo Vincenti, Luigi Laviola, Francesco Giorgino, Annalisa Natalicchio

Study Type : In Vitro Study

Additional Links

Substances : Apigenin : CK(432) : AC(251), Hydroxytyrosol : CK(211) : AC(101), Olive Oil : CK(599) : AC(128)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Pancreato Protective Agents : CK(358) : AC(194)

Extra virgin olive oil diet intervention improves insulin resistance and islet performance in diet-induced diabetes in mice.

Pubmed Data : Sci Rep. 2019 Aug 5 ;9(1):11311. Epub 2019 Aug 5. PMID: [31383924](#)

Article Published Date : Aug 04, 2019

Authors : Enrique Jurado-Ruiz, Leticia Álvarez-Ivarez-Amor, Lourdes M Varela, Genoveva Bernáldez, María S Parra-Camacho, María J Oliveras-Lopez, Enrique Martínez-Force, Anabel Rojas, Abdelkrim Hmadcha, Bernat Soria, Franz Martínez

Study Type : Animal Study

Additional Links

Substances : Olive Oil : CK(599) : AC(128)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Insulin Sensitizers : CK(1185) : AC(244)

Extra-virgin olive oil might improve metabolic control and circulating inflammatory adipokines profile in overweight T2D patients.

Pubmed Data : J Endocrinol Invest. 2016 Jun 25. Epub 2016 Jun 25. PMID: [27344308](#)

Article Published Date : Jun 24, 2016

Authors : C Santangelo, C Filesi, R Varà, B Scazzocchio, T Filardi, V Fogliano, M D'Archivio, C Giovannini, A Lenzi, S Morano, R Masella

Study Type : Human Study

Additional Links

Substances : Olive Oil : CK(599) : AC(128)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Hypoglycemic Agents : CK(5366) : AC(1338)

Habitual consumption of a Mediterranean diet rich in extra virgin olive oil improves endothelial function in patients with prediabetes and diabetes.

Pubmed Data : Atherosclerosis. 2017 Dec 8 ;269:50-56. Epub 2017 Dec 8. PMID: [29274507](#)

Article Published Date : Dec 07, 2017

Authors : Jose D Torres-Peña, Antonio Garcia-Rios, Nieves Delgado-Casado, Purificación Gomez-Luna, Juan F Alcalá-Díaz, Elena M Yubero-Serrano, Francisco Gomez-Delgado, Ana Leon-Acuña, Javier Lopez-Moreno, Antonio Camargo, Francisco J Tinahones, Javier Delgado-Lista,

Jose M Ordovas, Pablo Perez-Martinez, Jose Lopez-Miranda

Study Type : Human Study

Additional Links

Substances : Olive Oil : CK(599) : AC(128)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Endothelial Dysfunction : CK(2115) : AC(440), Prediabetes : CK(192) : AC(23)

Therapeutic Actions : Dietary Modification: Mediterranean Diet : CK(1580) : AC(186)

Positive effects of extra-virgin olive oil supplementation and DietBra on inflammation and glycemic profiles.

Pubmed Data : Front Endocrinol (Lausanne). 2022 ;13:841971. Epub 2022 May 2. PMID: [35586621](#)

Article Published Date : Dec 31, 2021

Authors : Erika Aparecida Silveira, Lorena Pereira de Souza Rosa, Danilo Pires de Resende, Ana Paula Dos Santos Rodrigues, Adeliane Castro da Costa, Andr a Toledo de Oliveira Rezende, Matias Noll, Cesar de Oliveira, Ana Paula Junqueira-Kipnis

Study Type : Human Study

Additional Links

Substances : Olive Oil : CK(599) : AC(128)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : Adiponectin Down-Regulation : CK(27) : AC(8), Anti-Inflammatory Agents : CK(20859) : AC(8334), Interleukin-1 alpha downregulation : CK(102) : AC(42)

Post-prandial effects of high-polyphenolic extra virgin olive oil on endothelial function in adults at risk for type 2 diabetes.

Pubmed Data : Int J Cardiol. 2021 Feb 3. Epub 2021 Feb 3. PMID: [33548380](#)

Article Published Date : Feb 02, 2021

Authors : Valentine Y Njike, Rockiy Ayetey, Judith A Treu, Kimberly N Doughty, David L Katz

Study Type : Human Study

Additional Links

Substances : Olive Oil : CK(599) : AC(128)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Endothelial Dysfunction : CK(2115) : AC(440)

Pharmacological Actions : Cardioprotective : CK(5377) : AC(1675)

The fluid aspect of the Mediterranean diet in the

prevention and management of cardiovascular disease and diabetes.

Pubmed Data : Nutrients. 2019 Nov 19 ;11(11). Epub 2019 Nov 19. PMID: [31752333](#)

Article Published Date : Nov 18, 2019

Authors : Paola Ditano-Vázquez, José David Torres-Peña, Francisco Galeano-Valle, Ana Isabel Pérez-Caballero, Pablo Demelo-Rodríguez, José Lopez-Miranda, Niki Katsiki, Javier Delgado-Lista, Luis A Alvarez-Sala-Walther

Study Type : Review

Additional Links

Substances : Olive Oil : CK(599) : AC(128), Olive Oil : CK(599) : AC(128)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Therapeutic Actions : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Dietary Modification: Mediterranean Diet : CK(1580) : AC(186)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221), Insulin Sensitizers : CK(1185) : AC(244)

Moringa oleifera (AC 15) (CK 53)

Low doses of moringa leaf powder supplementation improves some metabolic parameters.

Pubmed Data : J Am Nutr Assoc. 2022 Mar 1;1-10. Epub 2022 Mar 1. PMID: [35512766](#)

Article Published Date : Feb 28, 2022

Authors : Norma A Lopez-Rodriguez, Laura K Sanchez-Ortiz, RosalAa Reynoso-Camacho, Juan R Riesgo-Escovar, Guadalupe Loarca-PiA±a

Study Type : Insect Study

Additional Links

Substances : Moringa oleifera : CK(460) : AC(245)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Moringa oleifera Lam. in diabetes mellitus: a systematic

review and meta-analysis.

Pubmed Data : Molecules. 2021 Jun 9 ;26(12). Epub 2021 Jun 9. PMID: [34207664](#)

Article Published Date : Jun 08, 2021

Authors : Shihori Watanabe, Hiyori Okoshi, Shizuko Yamabe, Masako Shimada

Study Type : Meta Analysis, Review

Additional Links

Substances : [Moringa oleifera](#) : CK(460) : AC(245)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Anticholesteremic Agents](#) : CK(3078) : AC(530)

Moringa oleifera has a cholesterol lowering effect in an animal model.

Pubmed Data : J Ethnopharmacol. 2003 Jun;86(2-3):191-5. PMID: [12738086](#)

Article Published Date : Jun 01, 2003

Authors : Komal Mehta, R Balaraman, A H Amin, P A Bafna, O D Gulati

Study Type : Animal Study

Additional Links

Substances : [Moringa oleifera](#) : CK(460) : AC(245)

Diseases : [Cholesterol: High](#) : CK(1592) : AC(244), [High Cholesterol](#) : CK(2715) : AC(455), [Hypercholesterolemia](#) : CK(2333) : AC(408)

Moringa oleifera has an ameliorating effect for glucose tolerance in rats.

Pubmed Data : J Clin Biochem Nutr. 2007 May;40(3):229-33. PMID: [18398501](#)

Article Published Date : May 01, 2007

Authors : Moussa Ndong, Mariko Uehara, Shin-Ichi Katsumata, Kazuharu Suzuki

Study Type : Animal Study

Additional Links

Substances : [Moringa oleifera](#) : CK(460) : AC(245)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Moringa oleifera leaf may be a potential agent in the treatment of type 2 diabetes.

Pubmed Data : J Med Assoc Thai. 2016 Mar ;99(3):308-13. PMID: [27276742](#)

Article Published Date : Feb 29, 2016

Authors : Pimjai Anthanont, Natchagorn Lumlerdkij, Pravit Akarasereenont, Sathit Vannasaeng, Apiradee Sriwijitkamol

Study Type : Human Study

Additional Links

Substances : [Moringa oleifera](#) : CK(460) : AC(245)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Insulin-releasing](#) : CK(122) : AC(49)

Additional Keywords : [Plant Extracts](#) : CK(14140) : AC(5210)

Potential of Moringa oleifera to improve glucose control for the prevention of diabetes and related metabolic alterations.

Pubmed Data : Nutrients. 2020 Jul 10 ;12(7). Epub 2020 Jul 10. PMID: [32664295](#)

Article Published Date : Jul 09, 2020

Authors : Esther Nova, Noemí Redondo-Useros, Rosa M Martínez-García, Sonia Gómez-Martínez, Ligia E Díaz-Prieto, Ascensión Marcos

Study Type : Review

Additional Links

Substances : [Moringa oleifera](#) : CK(460) : AC(245)

Diseases : [Diabetes Mellitus: Type 1](#) : CK(1605) : AC(471), [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

The aqueous extract of M. oleifera leaf protects pancreas against ROS-mediated damage.

Pubmed Data : Front Pharmacol. 2017 ;8:577. Epub 2017 Sep 12. PMID: [28955221](#)

Article Published Date : Dec 31, 2016

Authors : Washim Khan, Rabea Parveen, Karishma Chester, Shabana Parveen, Sayeed Ahmad

Study Type : Animal Study

Additional Links

Substances : [Moringa oleifera](#) : CK(460) : AC(245)

Diseases : [Diabetes Mellitus: Type 1](#) : CK(1605) : AC(471), [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Antioxidants](#) : CK(21528) : AC(8856), [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

Additional Keywords : [Plant Extracts](#) : CK(14140) : AC(5210)

The hypoglycemic and hypolipemic potentials of Moringa

oleifera leaf polysaccharide and polysaccharide-flavonoid complex.

Pubmed Data : Int J Biol Macromol. 2022 Jun 15 ;210:518-529. Epub 2022 May 6. PMID: [35523361](#)

Article Published Date : Jun 14, 2022

Authors : Yanqing Yang, Lianzhu Lin, Mouming Zhao, Xinyi Yang

Study Type : In Vitro Study

Additional Links

Substances : Moringa oleifera : CK(460) : AC(245)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-glucosidase inhibitor : CK(274) : AC(201), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Polysaccharides : CK(625) : AC(392)

These conclusions suggest that MC may be an effective dietary food for the prevention and treatment of obesity and type 2 diabetes.

Pubmed Data : Mol Nutr Food Res. 2015 Jun ;59(6):1013-24. Epub 2015 Apr 27. PMID: [25620073](#)

Article Published Date : May 31, 2015

Authors : Carrie Waterman, Patricio Rojas-Silva, Tugba Boyunegmez Tumer, Peter Kuhn, Allison J Richard, Shawna Wicks, Jacqueline M Stephens, Zhong Wang, Randy Mynatt, William Cefalu, Ilya Raskin

Study Type : Animal Study

Additional Links

Substances : Moringa oleifera : CK(460) : AC(245)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : Insulin Sensitizers : CK(1185) : AC(244)

Additional Keywords : Anti-Obesity Agents : CK(2925) : AC(774)

These findings suggest the protective role of Moringa oleifera against oxidative stress in the heart of diabetic rats.

Pubmed Data : Heliyon. 2019 Dec ;5(12):e02935. Epub 2019 Dec 4. PMID: [31872118](#)

Article Published Date : Nov 30, 2019

Authors : B Y Aju, R Rajalakshmi, S Mini

Study Type : Animal Study

Additional Links

Substances : [Moringa oleifera](#) : CK(460) : AC(245)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Antioxidants](#) : CK(21528) : AC(8856), [Cardioprotective](#) : CK(5377) : AC(1675)

These results help to increase information over the most popular use of *M. oleifera* and its safety.

Pubmed Data : BMC Complement Altern Med. 2018 Apr 10 ;18(1):127. Epub 2018 Apr 10. PMID: [29636032](#)

Article Published Date : Apr 09, 2018

Authors : A Villarruel-LÃ³pez, D A LÃ³pez-de la Mora, O D VÃ¡zquez-Paulino, A G Puebla-Mora, Ma R Torres-Vitela, L A Guerrero-Quiroz, K NuÃ±o

Study Type : Animal Study

Additional Links

Substances : [Moringa oleifera](#) : CK(460) : AC(245)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

These results indicate the potential antidiabetic benefits of *M. oleifera* ethanolic leaf extract.

Pubmed Data : J Med Food. 2017 May 3. Epub 2017 May 3. PMID: [28467233](#)

Article Published Date : May 02, 2017

Authors : Yujiao Tang, Eun-Ju Choi, Weon Cheol Han, Mirae Oh, Jin Kim, Ji-Young Hwang, Pyo-Jam Park, Sang-Ho Moon, Yon-Suk Kim, Eun-Kyung Kim

Study Type : Animal Study

Additional Links

Substances : [Moringa oleifera](#) : CK(460) : AC(245)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Antioxidants](#) : CK(21528) : AC(8856), [Cyclooxygenase 2 Inhibitors](#) : CK(1589) : AC(926), [Hypoglycemic Agents](#) : CK(5366) : AC(1338), [Hypolipidemic](#) : CK(5358) : AC(1221), [Interleukin-1 beta downregulation](#) : CK(3041) : AC(1567), [Interleukin-6 Downregulation](#) : CK(5029) : AC(1994), [Renoprotective](#) : CK(2404) : AC(1075)

Additional Keywords : [Plant Extracts](#) : CK(14140) : AC(5210)

These results showed that hypoglycemic effects of MOLE might be mediated through the stimulation of insulin release leading to enhanced glucose uptake and

glycogen synthesis.

Pubmed Data : J Basic Clin Physiol Pharmacol. 2015 Jun 27. Epub 2015 Jun 27. PMID: [26124050](#)

Article Published Date : Jun 26, 2015

Authors : Luqman A Olayaki, Justice E Irekpita, Musa T Yakubu, Opeolu O Ojo

Study Type : Animal Study

Additional Links

Substances : Moringa oleifera : CK(460) : AC(245)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypoglycemia : CK(345) : AC(83)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Hypoglycemic Agents : CK(5366) : AC(1338), Insulin-releasing : CK(122) : AC(49)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210), Superiority of Natural Substances versus Drugs : CK(1644) : AC(347)

Problem Substances : Metformin : CK(59) : AC(9)

This review provides evidence that moringa leaves have the possibility to be used as a glycemic control agent in diabetes and prediabetes.

Pubmed Data : Phytother Res. 2019 Aug 19. Epub 2019 Aug 19. PMID: [31429148](#)

Article Published Date : Aug 18, 2019

Authors : Jamil Ahmad, Imran Khan, Renald Blundell

Study Type : Review

Additional Links

Substances : Moringa oleifera : CK(460) : AC(245)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperglycemia : CK(1494) : AC(453), Prediabetes : CK(192) : AC(23)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Water-soluble lectin from Moringa oleifera as a potential hypoglycemic agent to be tested in T2DM patients.

Pubmed Data : An Acad Bras Cienc. 2021 ;93(3):e20201596. Epub 2021 May 10. PMID: [33978069](#)

Article Published Date : Dec 31, 2020

Authors : Narendra Vera-Nuñez, Ainhoa R Y Guirao, Josã© Dayvid F DA Silva, Isalira P Ramos, Marãlia K S Torres, Luana Cassandra B B Coelho, Thiago Henrique Napoleã£o, Patrãcia Maria G Paiva, Emiliano Medei

Study Type : Animal Study

Additional Links

Substances : Moringa oleifera : CK(460) : AC(245)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Anthocyanins (AC 14) (CK 51)

A review of dietary polyphenols and type 2 diabetes.

Pubmed Data : Crit Rev Food Sci Nutr. 2018 Jul 11:1-19. Epub 2018 Jul 11. PMID: [29993262](#)

Article Published Date : Jul 10, 2018

Authors : Hui Cao, Juanying Ou, Lei Chen, Yanbo Zhang, Tomasz Szkudelski, Dominique Delmas, Maria Daglia, Jianbo Xiao

Study Type : Review

Additional Links

Substances : Anthocyanins : CK(938) : AC(334), Chocolate : CK(1280) : AC(173), Cocoa : CK(1280) : AC(173), Coffee : CK(1460) : AC(180), Grape Seed Extract : CK(746) : AC(243), Polyphenols : CK(1878) : AC(700), Propolis: Bee : CK(138) : AC(50), Propolis: Bee : CK(138) : AC(50)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Administration of 240 mg of anthocyanins a day for 30 days caused a substantial increase of glutathione peroxidase and catalase activities. While decreasing the lead, aluminum and cooper concentrations.

Pubmed Data : Pol Merkur Lekarski. 2005 Nov ;19(113):651-3. PMID: [16498804](#)

Article Published Date : Oct 31, 2005

Authors : Edward Kowalczyk, PaweÅ, FijaÅ,kowski, Marcin Kura, PaweÅ, KrzesiÅ,ski, Jan BÅ,aszczyk, Jan Kowalski, Janusz Smigielski, Maciej Rutkowski, Maria Kopff

Study Type : Human Study

Additional Links

Substances : Anthocyanins : CK(938) : AC(334), Chokeberry : CK(375) : AC(120)

Diseases : High Cholesterol : CK(2715) : AC(455), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

Additional Keywords : Antioxidants : CK(21528) : AC(8856), Phytotherapy : CK(3062) : AC(812)

Problem Substances : Aluminum : CK(937) : AC(300), Lead : CK(526) : AC(162)

An anthocyanin mixture reduced the inflammatory response in hypercholesterolemic subjects.

Pubmed Data : Nutr Metab Cardiovasc Dis. 2013 Sep ;23(9):843-9. Epub 2012 Aug 17. PMID: [22906565](#)

Article Published Date : Aug 31, 2013

Authors : Y Zhu, W Ling, H Guo, F Song, Q Ye, T Zou, D Li, Y Zhang, G Li, Y Xiao, F Liu, Z Li, Z Shi, Y Yang

Study Type : Human Study

Additional Links

Substances : Anthocyanins : CK(938) : AC(334), Cyanidin 3-glucoside : CK(21) : AC(8), Delphinidin : CK(27) : AC(8)

Diseases : Atherosclerosis : CK(1390) : AC(487), C-Reactive Protein : CK(3134) : AC(310), High Cholesterol : CK(2715) : AC(455), Hypercholesterolemia : CK(2333) : AC(408)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Interleukin-1 beta downregulation : CK(3041) : AC(1567), Interleukin-6 Downregulation : CK(5029) : AC(1994), Vascular Cell Adhesion Molecule-1 Inhibitor : CK(123) : AC(34)

Additional Keywords : Dose Response : CK(1712) : AC(683), Natural Substance Synergy : CK(1094) : AC(506)

Anthocyanin supplementation exerts beneficial metabolic effects in subjects with type 2 diabetes by improving dyslipidemia, enhancing antioxidant capacity, and preventing insulin resistance.

Pubmed Data : J Nutr. 2015 Apr ;145(4):742-8. Epub 2015 Feb 4. PMID: [25833778](#)

Article Published Date : Mar 31, 2015

Authors : Dan Li, Yuhua Zhang, Yan Liu, Ruifang Sun, Min Xia

Study Type : Human Study

Additional Links

Substances : Anthocyanins : CK(938) : AC(334)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Dyslipidemias : CK(1104) : AC(241), Insulin Resistance : CK(3522) : AC(792), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Adiponectin upregulation : CK(217) : AC(39), Antioxidants : CK(21528) : AC(8856)

Anthocyanins from black carrot were found to be effective to control diabetes.

Pubmed Data : Med Chem. 2018 Feb 28. Epub 2018 Feb 28. PMID: [29493459](#)

Article Published Date : Feb 27, 2018

Authors : Suhas Gorakh Karkute, Tanmay Kumar Koley, Bijen Kumar Yengkhom, Ajay Tripathi, Shivani Srivastava, Arti Maurya, Bijendra Singh

Study Type : In Vitro Study

Additional Links

Substances : Anthocyanins : CK(938) : AC(334), Carrot : CK(177) : AC(50)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110), Alpha-glucosidase inhibitor : CK(274) : AC(201)

Antidiabetic and antioxidative potential of the blue congo variety of purple potato extract.

Pubmed Data : Molecules. 2019 Aug 28 ;24(17). Epub 2019 Aug 28. PMID: [31466303](#)

Article Published Date : Aug 27, 2019

Authors : Paulina StrugaÅ,a, Olha Dzydzan, Iryna Brodyak, Alicja Z Kucharska, Piotr Kuropka, Mariana Liuta, Katarzyna Kaleta-Kuratewicz, Agnieszka Przewodowska, Dorota MichaÅ,owska, Janina Gabrielska, Natalia Sybirna

Study Type : Animal Study

Additional Links

Substances : Anthocyanins : CK(938) : AC(334), Sweet Potato: Purple : CK(51) : AC(31)

Diseases : Diabetes: Oxidative Stress : CK(492) : AC(182), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Black bean coats are a good source of anthocyanins and other phenolics that have exceptional antidiabetes potential.

Pubmed Data : Food Chem. 2017 Aug 15 ;229:628-639. Epub 2017 Feb 27. PMID: [28372224](#)

Article Published Date : Aug 14, 2017

Authors : Luis Mojica, Mark Berhow, Elvira Gonzalez de Mejia

Study Type : In Vitro Study

Additional Links

Substances : Anthocyanins : CK(938) : AC(334), Black Bean : CK(3) : AC(2)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110), Alpha-glucosidase inhibitor : CK(274) : AC(201), Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Blueberry phytochemicals may affect gastrointestinal microflora and contribute to host health.

Pubmed Data : Adv Nutr. 2019 Jul 22. Epub 2019 Jul 22. PMID: [31329250](#)

Article Published Date : Jul 21, 2019

Authors : Wilhelmina Kalt, Aedin Cassidy, Luke R Howard, Robert Krikorian, April J Stull, Francois Tremblay, Raul Zamora-Ros

Study Type : Review

Additional Links

Substances : Anthocyanins : CK(938) : AC(334), Blueberry : CK(721) : AC(250)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Neurodegenerative Diseases : CK(8689) : AC(2653), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Neuroprotective Agents : CK(10404) : AC(4396)

Elderberry phenolics have potential as a functional food against diabetes.

Pubmed Data : J Agric Food Chem. 2017 Mar 24. Epub 2017 Mar 24. PMID: [28303711](#)

Article Published Date : Mar 23, 2017

Authors : Giang Thanh Thi Ho, Eili Tranheim Kase, Helle Wangensteen, Hilde Barsett

Study Type : In Vitro Study

Additional Links

Substances : Anthocyanins : CK(938) : AC(334), Elderberry : CK(147) : AC(48)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : 15-Lipoxygenase (15-LOX) Inhibitor : CK(8) : AC(6), Alpha-amylase inhibitor : CK(175) : AC(110), Alpha-glucosidase inhibitor : CK(274) : AC(201)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Health properties and composition of honeysuckle berry.

Pubmed Data : Molecules. 2020 Feb 9 ;25(3). Epub 2020 Feb 9. PMID: [32050498](#)

Article Published Date : Feb 08, 2020

Authors : Marta GoÅ,ba, Anna SokóÅ,-Å Ä™towska, Alicja Z Kucharska

Study Type : Review

Additional Links

Substances : Anthocyanins : CK(938) : AC(334), Blue Honeysuckle : CK(9) : AC(5)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Inflammation : CK(9572) : AC(3089), Neurodegenerative Diseases : CK(8689) : AC(2653), Ultraviolet Radiation Induced Damage : CK(461) : AC(215)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antimicrobial : CK(1209) : AC(582), Antioxidants : CK(21528) : AC(8856), Cardioprotective : CK(5377) : AC(1675), Hepatoprotective : CK(5098) : AC(2264), Neuroprotective Agents : CK(10404) : AC(4396), Photoprotective : CK(446) : AC(198), Radioprotective : CK(1668) : AC(521)

Pelargonidin-3-O-glucoside derived from wild raspberry exerts antihyperglycemic effect by Inducing autophagy and modulating gut microbiota.

Pubmed Data : J Agric Food Chem. 2019 Jul 29. Epub 2019 Jul 29. PMID: [31322351](#)

Article Published Date : Jul 28, 2019

Authors : Hongming Su, Lianghua Xie, Yang Xu, Huihui Ke, Tao Bao, Yuting Li, Wei Chen

Study Type : In Vitro Study

Additional Links

Substances : Anthocyanins : CK(938) : AC(334), Raspberry : CK(156) : AC(80)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperglycemia : CK(1494) : AC(453)

Pharmacological Actions : Autophagy Up-regulation : CK(518) : AC(349), Gastrointestinal Agents : CK(3145) : AC(843), Hypoglycemic Agents : CK(5366) : AC(1338)

Potential of anthocyanin as an anti-inflammatory agent.

Pubmed Data : Inflamm Res. 2021 Mar ;70(3):275-284. Epub 2021 Feb 12. PMID: [33576837](#)

Article Published Date : Feb 28, 2021

Authors : Elham Nikbakht, Indu Singh, Jelena Vider, Lauren T Williams, Lada Vugic, Almottesembellah Gaiz, Avinash Reddy Kundur, Natalie Colson

Study Type : Human Study

Additional Links

Substances : Anthocyanins : CK(938) : AC(334)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Inflammation : CK(9572) : AC(3089)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334)

Purple sweet potato anthocyanins have beneficial effects on diabetes-induced endothelial dysfunction and senescence.

Pubmed Data : J Nutr Biochem. 2015 Oct ;26(10):1029-40. Epub 2015 May 15. PMID: [26164602](#)

Article Published Date : Sep 30, 2015

Authors : Chunhui Sun, Shaohua Fan, Xin Wang, Jun Lu, Zifeng Zhang, Dongmei Wu, Qun Shan, Yuanlin Zheng

Study Type : In Vitro Study

Additional Links

Substances : Anthocyanins : CK(938) : AC(334), Sweet Potato: Purple : CK(51) : AC(31)

Diseases : Atherosclerosis : CK(1390) : AC(487), Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-atherogenic : CK(348) : AC(120), Anti-Inflammatory Agents : CK(20859) : AC(8334)

The significance of anthocyanins in the prevention and treatment of type 2 diabetes.

Pubmed Data : Adv Clin Exp Med. 2018 Jan ;27(1):135-142. PMID: [29521054](#)

Article Published Date : Dec 31, 2017

Authors : Dorota RÅÅÅska, BoÅÅÅRegulska-Ilow

Study Type : Review

Additional Links

Substances : Anthocyanins : CK(938) : AC(334)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetes Mellitus: Type 2: Prevention : CK(1075) : AC(148)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110), Alpha-glucosidase inhibitor : CK(274) : AC(201), Enzyme Inhibitors: Pancreatic Amylase : CK(8) : AC(6)

Additional Keywords : Enzyme Inhibitors: Pancreatic Amylase : CK(8) : AC(6), Anthocyanins : CK(7) : AC(6), Anthocyanins : CK(7) : AC(6), Anthocyanins : CK(7) : AC(6)

Green Tea (AC 20) (CK 51)

A fermented tea and loquat leaf extract suppresses blood glucose levels.

Pubmed Data : J Sci Food Agric. 2010 Apr 15;90(5):779-83. PMID: [20355112](#)

Article Published Date : Apr 15, 2010

Authors : Kei Tamaya, Toshiro Matsui, Asami Toshima, Mai Noguchi, Qiu Ju, Yuji Miyata, Takashi Tanaka, Kazunari Tanaka

Study Type : Animal Study

Additional Links

Substances : Green Tea : CK(3450) : AC(1057), Loquat Leaves : CK(19) : AC(13), Tea : CK(3620) : AC(755)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Enzyme Inhibitors: Maltase Inhibition : CK(2) : AC(1), Hypoglycemic Agents : CK(5366) : AC(1338)

A review of the healthy properties of green and white teas.

Pubmed Data : Food Funct. 2017 Jun 22. Epub 2017 Jun 22. PMID: [28640307](#)

Article Published Date : Jun 21, 2017

Authors : S Pastoriza, M MesÃas, C Cabrera, J A RufiÃn-Henares

Study Type : Review

Additional Links

Substances : Green Tea : CK(3450) : AC(1057), White Tea : CK(109) : AC(52)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Neurodegenerative Diseases : CK(8689) : AC(2653), Osteoarthritis : CK(1449) : AC(363)

Diet supplementation with green tea extract epigallocatechin gallate prevents progression to glucose intolerance in mice.

Pubmed Data : Nutr Metab (Lond). 2012 Feb 14 ;9(1):11. Epub 2012 Feb 14. PMID: [22333133](#)

Article Published Date : Feb 14, 2012

Authors : Henrik Ortsater, Nina Grankvist, Swen Wolfram, Nicolas Kuehn, Ake Sjöholm

Study Type : Animal Study

Additional Links

Substances : EGCG (Epigallocatechin gallate) : CK(1091) : AC(605), Green Tea : CK(3450) : AC(1057)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Additional Keywords : Beta Cell Protection : CK(61) : AC(25)

Dietary CCGG supplementation may exert potential effects on ameliorating hyperlipidaemia, insulin resistance, liver steatosis and related inflammation.

Pubmed Data : BMC Complement Altern Med. 2015 ;15:269. Epub 2015 Aug 12. PMID: [26264374](#)

Article Published Date : Dec 31, 2014

Authors : Chih-Wei Chang, Yi-Ju Hsu, Yi-Ming Chen, Wen-Ching Huang, Chi-Chang Huang, Mei-Chih Hsu

Study Type : Animal Study

Additional Links

Substances : Cocoa : CK(1280) : AC(173), Garcinia Mangostana : CK(9) : AC(1), Green Tea : CK(3450) : AC(1057)

Diseases : High Cholesterol : CK(2715) : AC(455), Hyperlipidemia : CK(1569) : AC(402), Insulin Resistance : CK(3522) : AC(792), Liver Steatosis : CK(103) : AC(38), Triglycerides: Elevated : CK(916) : AC(152)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Hypolipidemic : CK(5358) : AC(1221), Interleukin-6 Downregulation : CK(5029) : AC(1994), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Effects of hot water extracts from 26 herbs on α -glucosidase activity.

Pubmed Data : Mol Med Rep. 2020 Jul 31. Epub 2020 Jul 31. PMID: [32945423](#)

Article Published Date : Jul 30, 2020

Authors : Hidetomo Kikuchi, Nana Toyoda, Satoko Ezawa, Shiori Yoshida, Yasuhide Hibino, Katsuyoshi Sunaga

Study Type : In Vitro Study

Additional Links

Substances : Green Tea : CK(3450) : AC(1057), Rooibos : CK(143) : AC(62), Willow Bark : CK(29) : AC(10)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperglycemia : CK(1494) : AC(453)

Pharmacological Actions : Alpha-glucosidase inhibitor : CK(274) : AC(201)

Green tea and ginger extracts have a significant hypoglycemic effect in diabetic rabbits.

Pubmed Data : Acta Pol Pharm. 2015 May-Jun;72(3):497-506. PMID: [26642658](#)

Article Published Date : Apr 30, 2015

Authors : Ahmed Elkirdasy, Saad Shousha, Abdulmohsen H Alrohaimi, M Faiz Arshad

Study Type : Animal Study

Additional Links

Substances : Ginger : CK(1261) : AC(363), Green Tea : CK(3450) : AC(1057)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperlipidemia : CK(1569) : AC(402)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Green tea extract intake may have a beneficial value in

treatment of diabetic peripheral neuropathy.

Pubmed Data : Complement Ther Clin Pract. 2021 May ;43:101317. Epub 2021 Jan 23. PMID: [33517103](#)

Article Published Date : Apr 30, 2021

Authors : Ahmed Essmat, Mohammed Salah Hussein

Study Type : Human Study

Additional Links

Substances : Green Tea : CK(3450) : AC(1057)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Neuropathy : CK(244) : AC(65)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Green tea inhibits gluconeogenesis in rats.

Pubmed Data : Biomed Res.2009 Feb;30(1):25-9. PMID: [19265260](#)

Article Published Date : Feb 01, 2009

Authors : Koichi Abe, Norihisa Okada, Hiroki Tanabe, Ryuuta Fukutomi, Kensuke Yasui, Mamoru Isemura, Naohide Kinoue

Study Type : Animal Study

Additional Links

Substances : Green Tea : CK(3450) : AC(1057)

Diseases : Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Gluconeogenesis Inhibitor : CK(21) : AC(15)

Green tea inhibits the genetic expression of hepatic enzymes associated with gluconeogenesis in vivo.

Pubmed Data : South Med J. 2010 Aug;103(8):729-37. PMID: [15549673](#)

Article Published Date : Aug 01, 2010

Authors : Yu Koyama, Kouichi Abe, Yukimi Sano, Yuki Ishizaki, Marina Njelekela, Yutaka Shoji, Yukihiko Hara, Mamoru Isemura

Study Type : Animal Study

Additional Links

Substances : EGCG (Epigallocatechin gallate) : CK(1091) : AC(605), Green Tea : CK(3450) : AC(1057)

Diseases : Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Gluconeogenesis Inhibitor : CK(21) : AC(15)

Green tea polyphenols modify the gut microbiome which correlated with a blood glucose lowering effect.

Pubmed Data : Mol Nutr Food Res. 2019 Jan 22:e1801064. Epub 2019 Jan 22. PMID: [30667580](#)

Article Published Date : Jan 21, 2019

Authors : Tingting Chen, Anna B Liu, Shili Sun, Nadim J Ajami, Matthew C Ross, Hong Wang, Le Zhang, Kenneth Reuhl, Koichi Kobayashi, Janet C Onishi, Liping Zhao, Chung S Yang

Study Type : Animal Study

Additional Links

Substances : [Green Tea](#) : CK(3450) : AC(1057), [Polyphenols](#) : CK(1878) : AC(700)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

Higher consumption of green tea and coffee was associated with reduced all-cause mortality.

Pubmed Data : BMJ Open Diabetes Res Care. 2020 10 ;8(1). PMID: [33087342](#)

Article Published Date : Jan 09, 2020

Authors : Yuji Komorita, Masanori Iwase, Hiroki Fujii, Toshiaki Ohkuma, Hitoshi Ide, Tamaki Jodai-Kitamura, Masahito Yoshinari, Yutaro Oku, Taiki Higashi, Udai Nakamura, Takanari Kitazono

Study Type : Human Study

Additional Links

Substances : [Green Coffee Bean](#) : CK(298) : AC(42), [Green Tea](#) : CK(3450) : AC(1057)

Diseases : [Green Tea](#) : CK(3450) : AC(1057), [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Additional Keywords : [Risk Reduction](#) : CK(15144) : AC(1708)

Inhibition of α -glucosidases by tea polyphenols in rat intestinal extract and Caco-2 cells grown on Transwell.

Pubmed Data : Food Chem. 2021 Nov 1 ;361:130047. Epub 2021 May 11. PMID: [34029903](#)

Article Published Date : Oct 31, 2021

Authors : Lijiao Kan, Edoardo Capuano, Vincenzo Fogliano, Ruud Verkerk, Jurriaan J Mes, Monic M M Tomassen, Teresa Oliviero

Study Type : Animal Study

Additional Links

Substances : [Green Tea](#) : CK(3450) : AC(1057)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Alpha-glucosidase inhibitor](#) : CK(274) : AC(201)

Inhibitory effects of six types of tea on aging and high-fat diet-related amyloid formation activities.

Pubmed Data : Antioxidants (Basel). 2021 Sep 24 ;10(10). Epub 2021 Sep 24. PMID: [34679648](#)

Article Published Date : Sep 23, 2021

Authors : Juan Wan, Meiyang Feng, Wenjing Pan, Xin Zheng, Xinya Xie, Baozhu Hu, Cuiqin Teng, Yingzi Wang, Zhonghua Liu, Jianhua Wu, Shuxian Cai

Study Type : Animal Study

Additional Links

Substances : Black Tea : CK(745) : AC(176), Green Tea : CK(3450) : AC(1057)

Diseases : Aging : CK(3728) : AC(933), Cardiovascular Diseases : CK(12780) : AC(1983), Dementia : CK(1689) : AC(279), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), High Fat Diet : CK(1267) : AC(602)

Pharmacological Actions : Cardioprotective : CK(5377) : AC(1675), Neuroprotective Agents : CK(10404) : AC(4396)

Instant tea and matcha supplementation had beneficial effects on regulation of blood glucose and gut microbiota.

Pubmed Data : Can J Diabetes. 2020 Feb ;44(1):44-52. Epub 2019 May 8. PMID: [31378691](#)

Article Published Date : Jan 31, 2020

Authors : Hai-Hua Zhang, Jun Liu, Yang-Jun Lv, Yu-Lan Jiang, Jun-Xian Pan, Yue-Jin Zhu, Mei-Gui Huang, Shi-Kang Zhang

Study Type : Animal Study

Additional Links

Substances : Green Tea : CK(3450) : AC(1057)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Dysbiosis : CK(1527) : AC(422)

Pharmacological Actions : Gastrointestinal Agents : CK(3145) : AC(843), Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Matcha and Sencha green tea extracts with regard to their phenolics pattern and antioxidant and antidiabetic activity during in vitro digestion.

Pubmed Data : J Food Sci Technol. 2021 Sep ;58(9):3568-3578. Epub 2021 Apr 13. PMID: [34366474](#)

Article Published Date : Aug 31, 2021

Authors : Gordana Rusak, Ivana Å ola, Valerija VujÄ iÄ± Bok

Study Type : In Vitro Study

Additional Links

Substances : [Green Tea](#) : CK(3450) : AC(1057)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Antioxidants](#) : CK(21528) : AC(8856)

Matcha, a powdered green tea, ameliorates the progression of renal and hepatic damage in type 2 diabetic rats.

Pubmed Data : J Med Food. 2009 Aug;12(4):714-21. PMID: [19735169](#)

Article Published Date : Aug 01, 2009

Authors : Noriko Yamabe, Ki Sung Kang, Jong Moon Hur, Takako Yokozawa

Study Type : Animal Study

Additional Links

Substances : [Green Tea](#) : CK(3450) : AC(1057)

Diseases : [Advanced Glycation End products \(AGE\)](#) : CK(440) : AC(176), [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Diabetic Nephropathy](#) : CK(707) : AC(277)

Additional Keywords : [Plant Extracts](#) : CK(14140) : AC(5210)

Oligonol was shown to protect against diabetes-induced kidney damage.

Pubmed Data : Food Funct. 2016 Apr ;7(4):1941-9. PMID: [26960417](#)

Article Published Date : Mar 31, 2016

Authors : Hung-Wen Liu, Chu-Chun Wei, Sue-Joan Chang

Study Type : Animal Study

Additional Links

Substances : [Green Tea](#) : CK(3450) : AC(1057), [Litchi](#) : CK(29) : AC(17)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Oxidative Stress](#) : CK(9437) : AC(3550)

Pharmacological Actions : [Anti-Inflammatory Agents](#) : CK(20859) : AC(8334), [Hypoglycemic Agents](#) : CK(5366) : AC(1338), [Interleukin-6 Downregulation](#) : CK(5029) : AC(1994), [NF-kappaB Inhibitor](#) : CK(3536) : AC(2098), [Renoprotective](#) : CK(2404) : AC(1075)

Additional Keywords : [Renoprotective](#) : CK(2404) : AC(1075), [Renoprotective](#) : CK(2404) : AC(1075), [Renoprotective](#) : CK(2404) : AC(1075), [Renoprotective](#) : CK(2404) : AC(1075), [Renoprotective](#) : CK(2404) : AC(1075), [Plant Extracts](#) : CK(14140) : AC(5210)

Tea pomace extract significantly inhibits intestinal ß-

glucosidase, resulting in delayed glucose absorption and thereby suppressed postprandial hyperglycemia.

Pubmed Data : Int J Mol Sci. 2015 ;16(4):8811-25. Epub 2015 Apr 21. PMID: [25906471](#)

Article Published Date : Dec 31, 2014

Authors : Jungbae Oh, Sung-Hoon Jo, Justin S Kim, Kyoung-Soo Ha, Jung-Yun Lee, Hwang-Yong Choi, Seok-Yeong Yu, Young-In Kwon, Young-Cheul Kim

Study Type : Animal Study, In Vitro Study

Additional Links

Substances : Black Tea : CK(745) : AC(176), Green Tea : CK(3450) : AC(1057), Tea: Oolong : CK(2) : AC(1)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Postprandial Hypotension : CK(2) : AC(1)

Pharmacological Actions : Alpha-glucosidase inhibitor : CK(274) : AC(201), Antihypertensive Agents : CK(4527) : AC(683), Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

The aim of this review is to report on the available anti-diabetic polyphenols, medicinal plants, fruits and vegetables and their potential in the treatment of diabetes mellitus.

Pubmed Data : Curr Pharm Des. 2015 Nov 24. Epub 2015 Nov 24. PMID: [26601968](#)

Article Published Date : Nov 23, 2015

Authors : Md Solayman, Yousuf Ali, Fahmida Alam, Md Asiful Islam, Nadia Alam, Md Ibrahim Khalil, Siew Hua Gan

Study Type : Review

Additional Links

Substances : Apricot : CK(17) : AC(10), Blackberries : CK(1) : AC(1), Cocoa : CK(1280) : AC(173), Coffee : CK(1460) : AC(180), Eggplant : CK(30) : AC(16), Grapes : CK(26) : AC(7), Green Tea : CK(3450) : AC(1057), Polyphenols : CK(1878) : AC(700)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Glucose Uptake Optimization : CK(26) : AC(9), Insulin-releasing : CK(122) : AC(49)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

This systematic review and meta-analysis indicated that green tea significantly reduced the circulating levels of C-reactive protein.

Pubmed Data : Complement Ther Med. 2019 Oct ;46:210-216. Epub 2019 Aug 27. PMID: [31519281](#)

Article Published Date : Sep 30, 2019

Authors : Omid Asbaghi, Faezeh Fouladvand, Michael J Gonzalez, Vahideh Aghamohammadi, Razieh Choghakhori, Amir Abbasnezhad

Study Type : Review

Additional Links

Substances : Green Tea : CK(3450) : AC(1057)

Diseases : C-Reactive Protein : CK(3134) : AC(310), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Inflammation : CK(9572) : AC(3089), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Thymoquinone (AC 14) (CK 49)

A review of thymoquinone and its therapeutic potentials.

Pubmed Data : Pharmacol Res. 2015 May-Jun;95-96:138-58. Epub 2015 Mar 28. PMID: [25829334](#)

Article Published Date : Apr 30, 2015

Authors : Sara Darakhshan, Ali Bidmeshki Pour, Abasalt Hosseinzadeh Colagar, Sajjad Sisakhtnezhad

Study Type : Review

Additional Links

Substances : Thymoquinone : CK(774) : AC(451)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes: Reproductive : CK(3) : AC(2), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Lower Respiratory Infections : CK(181) : AC(27)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Gastroprotective : CK(955) : AC(388), Hepatoprotective : CK(5098) : AC(2264), Immunomodulatory : CK(4048) : AC(1475), Neuroprotective Agents : CK(10404) : AC(4396), Renoprotective : CK(2404) : AC(1075)

Antidiabetic activity of Nigella Sativa and its active

constituent thymoquinone.

Pubmed Data : Chonnam Med J. 2021 Sep ;57(3):169-175. Epub 2021 Sep 24. PMID: [34621636](#)

Article Published Date : Aug 31, 2021

Authors : Naina Mohamed Pakkir Maideen

Study Type : Review

Additional Links

Substances : Nigella sativa (aka Black Seed) : CK(1250) : AC(356), Thymoquinone : CK(774) : AC(451)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Black seed thymoquinone improved insulin secretion, hepatic glycogen storage, and oxidative stress in streptozotocin-induced diabetic male wistar rats.

Pubmed Data : Oxid Med Cell Longev. 2018 ;2018:8104165. Epub 2018 Mar 4. PMID: [29686746](#)

Article Published Date : Dec 31, 2017

Authors : Heba M A Abdelrazek, Omnia E Kilany, Muhammad A A Muhammad, Hend M Tag, Aaser M Abdelazim

Study Type : Animal Study

Additional Links

Substances : Nigella sativa (aka Black Seed) : CK(1250) : AC(356), Thymoquinone : CK(774) : AC(451)

Diseases : Diabetes: Oxidative Stress : CK(492) : AC(182), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Insulin-releasing : CK(122) : AC(49)

N. sativa seeds and its active ingredient, thymoquinone have a protective effect against streptozotocin-induced diabetes.

Pubmed Data : Cardiovasc Hematol Agents Med Chem. 2022 Dec 21. Epub 2022 Dec 21. PMID: [36545735](#)

Article Published Date : Dec 20, 2022

Authors : Samar Saeed Khan, Kamal Uddin Zaidi

Study Type : Animal Study

Additional Links

Substances : [Nigella sativa \(aka Black Seed\) : CK\(1250\) : AC\(356\)](#), [Thymoquinone : CK\(774\) : AC\(451\)](#)

Diseases : [Diabetes Mellitus: Type 2 : CK\(8552\) : AC\(1714\)](#)

Pharmacological Actions : [Anticholesteremic Agents : CK\(3078\) : AC\(530\)](#), [Hypoglycemic Agents : CK\(5366\) : AC\(1338\)](#), [Hypolipidemic : CK\(5358\) : AC\(1221\)](#)

Nigella sativa and Its active compound thymoquinone in the clinical management of diabetes.

Pubmed Data : [Int J Mol Sci. 2022 Oct 11 ;23\(20\). Epub 2022 Oct 11. PMID: 36292966](#)

Article Published Date : Oct 10, 2022

Authors : Mohamad Fawzi Mahomoodally, Muhammad Zakariyyah Aumeeruddy, Lesetja J Legoabe, Domenico Montesano, Gokhan Zengin

Study Type : Review

Additional Links

Substances : [Nigella sativa \(aka Black Seed\) : CK\(1250\) : AC\(356\)](#), [Thymoquinone : CK\(774\) : AC\(451\)](#)

Diseases : [Diabetes Mellitus: Type 1 : CK\(1605\) : AC\(471\)](#), [Diabetes Mellitus: Type 2 : CK\(8552\) : AC\(1714\)](#)

Pharmacological Actions : [Hypoglycemic Agents : CK\(5366\) : AC\(1338\)](#)

The antidiabetic effect of thymoquinone: A systematic review and meta-analysis of animal studies.

Pubmed Data : [Food Res Int. 2020 Jan ;127:108736. Epub 2019 Oct 15. PMID: 31882078](#)

Article Published Date : Dec 31, 2019

Authors : Mohammed Bule, Shekoufeh Nikfar, Mohsen Amini, Mohammad Abdollahi

Study Type : Meta Analysis, Review

Additional Links

Substances : [Thymoquinone : CK\(774\) : AC\(451\)](#)

Diseases : [Diabetes Mellitus: Type 2 : CK\(8552\) : AC\(1714\)](#)

Pharmacological Actions : [Hypoglycemic Agents : CK\(5366\) : AC\(1338\)](#)

This study demonstrates protective effect of thymoquinone against HFD-induced MetS on rats which might have been mediated via PPAR mechanism.

Pubmed Data : [Eur J Nutr. 2015 Oct ;54\(7\):1117-27. Epub 2014 Oct 28. PMID: 25347965](#)

Article Published Date : Sep 30, 2015

Authors : Pankaj Prabhakar, K H Reeta, S K Maulik, A K Dinda, Y K Gupta

Study Type : Animal Study

Additional Links

Substances : Thymoquinone : CK(774) : AC(451)

Diseases : High Cholesterol : CK(2715) : AC(455), High Fructose Diet : CK(383) : AC(147), Hyperglycemia : CK(1494) : AC(453), Insulin Resistance : CK(3522) : AC(792), Metabolic Diseases : CK(828) : AC(178), Oxidative Stress : CK(9437) : AC(3550), Triglycerides: Elevated : CK(916) : AC(152)

Pharmacological Actions : Antihypertensive Agents : CK(4527) : AC(683), Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Natural Substances Versus Drugs : CK(2375) : AC(479), Superiority of Natural Substances versus Drugs : CK(1644) : AC(347)

Problem Substances : Superiority of Natural Substances versus Drugs : CK(1644) : AC(347)

Thymoquinone and oleuropein significantly decrease serum glucose levels in STZ induced diabetic rats.

Pubmed Data : Pharmacogn Mag. 2015 Oct ;11(Suppl 2):S251-7. PMID: [26664013](#)

Article Published Date : Sep 30, 2015

Authors : Sibghatullah Muhammad Ali Sangi, Mansour Ibrahim Sulaiman, Mohammed Fawzy Abd El-Wahab, Elsamoual Ibrahim Ahmedani, Soad Shaker Ali

Study Type : Animal Study

Additional Links

Substances : Oleuropein : CK(226) : AC(136), Thymoquinone : CK(774) : AC(451)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Thymoquinone improves cardiovascular function and attenuates oxidative stress, inflammation and apoptosis in DM induced rats.

Pubmed Data : Mol Med Rep. 2016 Jan 28. Epub 2016 Jan 28. PMID: [26820252](#)

Article Published Date : Jan 27, 2016

Authors : Hui Liu, Hong-Yang Liu, Yi-Nong Jiang, Nan Li

Study Type : Animal Study

Additional Links

Substances : Thymoquinone : CK(774) : AC(451)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Anti-Apoptotic : CK(2905) : AC(1672), Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Cardioprotective : CK(5377) :

AC(1675), Interleukin-6 Downregulation : CK(5029) : AC(1994), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Thymoquinone lowers blood glucose and reduces oxidative stress in a rat model of diabetes.

Pubmed Data : Molecules. 2021 Apr 17 ;26(8). Epub 2021 Apr 17. PMID: [33920728](#)

Article Published Date : Apr 16, 2021

Authors : Mohamed Faisal Lutfi, Abdel-Moneim Hafez Abdel-Moneim, Ashwag Saleh Alsharidah, Mugahid A Mobark, Ahmed A H Abdellatif, Imran Y Saleem, Osamah Al Rugaie, Khalid M Mohany, Mansour Alsharidah

Study Type : Animal Study

Additional Links

Substances : Thymoquinone : CK(774) : AC(451)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Nephropathy : CK(707) : AC(277)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

Thymoquinone normalizes insulin secretion from pancreatic β^2 -cells under glucose overload.

Pubmed Data : Am J Physiol Endocrinol Metab. 2016 Jan 19;ajpendo.00250.2015. Epub 2016 Jan 19. PMID: [26786775](#)

Article Published Date : Jan 18, 2016

Authors : Joshua P Gray, Delaine Zayasbazan Burgos, Tao Yuan, Navindra Seeram, Rebecca Rebar, Rebecca Follmer, Emma A Heart

Study Type : In Vitro Study

Additional Links

Substances : Thymoquinone : CK(774) : AC(451)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Pancreato Protective Agents : CK(358) : AC(194)

Thymoquinone shows the diverse therapeutic actions by modulating multiple cell signaling pathways: single drug for multiple targets.

Pubmed Data : Curr Pharm Biotechnol. 2018 Nov 13. Epub 2018 Nov 13. PMID: [30421672](#)

Article Published Date : Nov 12, 2018

Authors : Masood A Khan, Hina Younus

Study Type : Review

Additional Links

Substances : Thymoquinone : CK(774) : AC(451)

Diseases : Asthma : CK(2488) : AC(486), Cancers: All : CK(28241) : AC(10590), Colitis : CK(840) : AC(406), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Immunomodulatory : CK(4048) : AC(1475), Interleukin-1 beta downregulation : CK(3041) : AC(1567), NF-kappaB Inhibitor : CK(3536) : AC(2098), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Thymoquinone significantly prevented hyperglycemia, hyperinsulinemia, hyperlipidemia, insulin resistance.

Pubmed Data : J Food Biochem. 2021 Jun 21:e13807. Epub 2021 Jun 21. PMID: [34152002](#)

Article Published Date : Jun 20, 2021

Authors : Saeed Alshahrani, Tarique Anwer, Mohammad Firoz Alam, Rayan A Ahmed, Gyas Khan, Sivagurunathan Moni Sivakumar, Ambreen Shoaib, Prawez Alam, Faizul Azam

Study Type : Animal Study, In Vitro Study

Additional Links

Substances : Thymoquinone : CK(774) : AC(451)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperglycemia : CK(1494) : AC(453)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Thymoquinone with metformin decreases fasting, post prandial glucose, and HbA1c in type 2 diabetic patients.

Pubmed Data : Drug Res (Stuttg). 2021 Mar 8. Epub 2021 Mar 8. PMID: [33684953](#)

Article Published Date : Mar 07, 2021

Authors : Shoukath M Ali, Paul Chen, Saifuddin Sheikh, Ateeq Ahmad, Moghis Ahmad, Mahesh Paithankar, Brijesh Desai, Piyush Patel, Mujtaba Khan, Alok Chaturvedi, Ronak Patel, Dharmendra T Panchal, Kuntal Shah, Vipul Chavda, Banshi D Saboo, Alpesh Patel, Imran Ahmad

Study Type : Animal Study, Human Study

Additional Links

Substances : Melatonin : CK(1911) : AC(647), Thymoquinone : CK(774) : AC(451)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Cocoa (AC 9) (CK 48)

A review of dietary polyphenols and type 2 diabetes.

Pubmed Data : Crit Rev Food Sci Nutr. 2018 Jul 11:1-19. Epub 2018 Jul 11. PMID: [29993262](#)

Article Published Date : Jul 10, 2018

Authors : Hui Cao, Juanying Ou, Lei Chen, Yanbo Zhang, Tomasz Szkudelski, Dominique Delmas, Maria Daglia, Jianbo Xiao

Study Type : Review

Additional Links

Substances : Anthocyanins : CK(938) : AC(334), Chocolate : CK(1280) : AC(173), Cocoa : CK(1280) : AC(173), Coffee : CK(1460) : AC(180), Grape Seed Extract : CK(746) : AC(243), Polyphenols : CK(1878) : AC(700), Propolis: Bee : CK(138) : AC(50), Propolis: Bee : CK(138) : AC(50)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Cocoa extract exerts sex-specific anti-diabetic effects in an aggressive type-2 diabetes model.

Pubmed Data : Biochem Biophys Res Commun. 2022 Oct 20 ;626:205-210. Epub 2022 Aug 11. PMID: [35994831](#)

Article Published Date : Oct 19, 2022

Authors : Kathryn C Racine, Lisard Iglesias-Carres, Jacob A Herring, Mario G Ferruzzi, Colin D Kay, Jeffery S Tessem, Andrew P Neilson

Study Type : Animal Study

Additional Links

Substances : Cocoa : CK(1280) : AC(173)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Cocoa flavanols reverse vascular dysfunction in diabetics.

Pubmed Data : Leuk Res. 2009 Jun;33(6):823-8. Epub 2008 Nov 17. PMID: [18510961](#)

Article Published Date : Jun 01, 2009

Authors : Jan Balzer, Tienush Rassaf, Christian Heiss, Petra Kleinbongard, Thomas Lauer, Marc Merx, Nicole Heussen, Heidrun B Gross, Carl L Keen, Hagen Schroeter, Malte Kelm

Study Type : Human Study

Additional Links

Substances : Cocoa : CK(1280) : AC(173)

Diseases : Diabetes: Cardiovascular Illness : CK(707) : AC(111), Diabetes: Vascular Dysfunction : CK(12) : AC(2), Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Endothelial Dysfunction : CK(2115) : AC(440)

Cocoa flavonoids protect hepatic cells against high-glucose-induced oxidative stress.

Pubmed Data : Mol Nutr Food Res. 2015 Apr ;59(4):597-609. Epub 2015 Feb 23. PMID: [25594685](#)

Article Published Date : Mar 31, 2015

Authors : Isabel Cordero-Herrera, MarÃa Angeles MartÃn, Luis Goya, Sonia Ramos

Study Type : In Vitro Study

Additional Links

Substances : Cocoa : CK(1280) : AC(173)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), High Sugar Diet : CK(313) : AC(80), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hepatoprotective : CK(5098) : AC(2264)

Dietary CCGG supplementation may exert potential effects on ameliorating hyperlipidaemia, insulin resistance, liver steatosis and related inflammation.

Pubmed Data : BMC Complement Altern Med. 2015 ;15:269. Epub 2015 Aug 12. PMID: [26264374](#)

Article Published Date : Dec 31, 2014

Authors : Chih-Wei Chang, Yi-Ju Hsu, Yi-Ming Chen, Wen-Ching Huang, Chi-Chang Huang, Mei-Chich Hsu

Study Type : Animal Study

Additional Links

Substances : Cocoa : CK(1280) : AC(173), Garcinia Mangostana : CK(9) : AC(1), Green Tea : CK(3450) : AC(1057)

Diseases : High Cholesterol : CK(2715) : AC(455), Hyperlipidemia : CK(1569) : AC(402), Insulin Resistance : CK(3522) : AC(792), Liver Steatosis : CK(103) : AC(38), Triglycerides: Elevated : CK(916) : AC(152)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Hypolipidemic : CK(5358) : AC(1221), Interleukin-6 Downregulation : CK(5029) : AC(1994), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Dietary administration of cocoa flavanols may be an effective and complementary tool for preventing or reverting T2D at an early stage of its development.

Pubmed Data : J Ethnopharmacol. 2019 Sep 30:112263. Epub 2019 Sep 30. PMID: [31580944](#)

Article Published Date : Sep 29, 2019

Authors : MarÃa Cecilia Castro, HernÃn VillagarcÃa, Ada Nazar, Luisa GonzÃlez ArbelÃez, MarÃa Laura Massa, HÃctor Del Zotto, JosÃ Luis RÃos, Guillermo R Schinella, Flavio Francini

Study Type : In Vitro Study

Additional Links

Substances : Cocoa : CK(1280) : AC(173)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), High Sugar Diet : CK(313) : AC(80), Prediabetes : CK(192) : AC(23), Sugar (Sucrose) Toxicity : CK(28) : AC(12)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Participants with high intake of chocolate products and cocoa-derived flavanols experience a reduced risk of developing T2D.

Pubmed Data : Eur J Clin Nutr. 2018 May 24. Epub 2018 May 24. PMID: [29795238](#)

Article Published Date : May 23, 2018

Authors : Gertraud Maskarinec, Simone Jacobs, Yurii Shvetsov, Carol J Boushey, Veronica W Setiawan, Laurence N Kolonel, Christopher A Haiman, LoÃc Le Marchand

Study Type : Human Study

Additional Links

Substances : Cocoa : CK(1280) : AC(173), Polyphenols : CK(1878) : AC(700)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

The aim of this review is to report on the available anti-diabetic polyphenols, medicinal plants, fruits and vegetables and their potential in the treatment of diabetes mellitus.

Pubmed Data : Curr Pharm Des. 2015 Nov 24. Epub 2015 Nov 24. PMID: [26601968](#)

Article Published Date : Nov 23, 2015

Authors : Md Solayman, Yousuf Ali, Fahmida Alam, Md Asiful Islam, Nadia Alam, Md Ibrahim Khalil, Siew Hua Gan

Study Type : Review

Additional Links

Substances : Apricot : CK(17) : AC(10), Blackberries : CK(1) : AC(1), Cocoa : CK(1280) : AC(173), Coffee : CK(1460) : AC(180), Eggplant : CK(30) : AC(16), Grapes : CK(26) : AC(7), Green Tea : CK(3450) : AC(1057), Polyphenols : CK(1878) : AC(700)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Glucose Uptake Optimization : CK(26) : AC(9), Insulin-releasing : CK(122) : AC(49)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

The results indicated the beneficial long-term effects of cocoa products intake on cardiometabolic biomarkers for T2D.

Pubmed Data : Int J Food Sci Nutr. 2022 Mar 6:1-17. Epub 2022 Mar 6. PMID: [35253583](#)

Article Published Date : Mar 05, 2022

Authors : Xiaoli Chen, Xiaoxian Guan, Yujun Tang, Jinlan Deng, Xiaofeng Zhang

Study Type : Meta Analysis, Review

Additional Links

Substances : Cocoa : CK(1280) : AC(173)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

EGCG (Epigallocatechin gallate) (AC 12) (CK 47)

Consumption of green tea EGCG resulted in a significant reduction of low-density lipoprotein cholesterol.

Pubmed Data : Int J Food Sci Nutr. 2016 Jun 20:1-8. Epub 2016 Jun 20. PMID: [27324590](#)

Article Published Date : Jun 19, 2016

Authors : Yuko Momose, Mari Maeda-Yamamoto, Hiroshi Nabetani

Study Type : Meta Analysis

Additional Links

Substances : EGCG (Epigallocatechin gallate) : CK(1091) : AC(605)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Diet supplementation with green tea extract epigallocatechin gallate prevents progression to glucose intolerance in mice.

Pubmed Data : Nutr Metab (Lond). 2012 Feb 14 ;9(1):11. Epub 2012 Feb 14. PMID: [22333133](#)

Article Published Date : Feb 14, 2012

Authors : Henrik Ortsater, Nina Grankvist, Swen Wolfram, Nicolas Kuehn, Ake Sjöholm

Study Type : Animal Study

Additional Links

Substances : EGCG (Epigallocatechin gallate) : CK(1091) : AC(605), Green Tea : CK(3450) : AC(1057)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Additional Keywords : Beta Cell Protection : CK(61) : AC(25)

EGCG protects the kidney in diabetic mice via anti-oxidative stress pathway.

Pubmed Data : Zhonghua Yi Xue Za Zhi. 2016 May 10 ;96(17):1330-5. PMID: [27180749](#)

Article Published Date : May 09, 2016

Authors : X H Yang, Y Q Li, C C Feng, L L Guo, H M Jin

Study Type : Animal Study

Additional Links

Substances : EGCG (Epigallocatechin gallate) : CK(1091) : AC(605)

Diseases : Diabetes: Oxidative Stress : CK(492) : AC(182), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Renoprotective : CK(2404) : AC(1075)

EGCG supplementation may be improved blood pressure, lipid profile, AIP, and oxidative status in patients with T2DM.

Pubmed Data : J Complement Integr Med. 2020 Dec 25 ;18(2):405-411. Epub 2020 Dec 25. PMID: [34187117](#)

Article Published Date : Dec 24, 2020

Authors : Hadi Bazyar, Seyed Ahmad Hosseini, Sirous Saradar, Delsa Mombaini, Mohammad Allivand, Maryam Labibzadeh, Meysam Alipour

Study Type : Human Study

Additional Links

Substances : EGCG (Epigallocatechin gallate) : CK(1091) : AC(605)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypertension : CK(6384) : AC(950)

Pharmacological Actions : Antihypertensive Agents : CK(4527) : AC(683), Antioxidants : CK(21528) : AC(8856), Hypolipidemic : CK(5358) : AC(1221)

Epigallocatechin-3-gallate (EGCG) improves cognitive deficits aggravated by an obesogenic diet.

Pubmed Data : Mol Neurobiol. 2019 Dec 14. Epub 2019 Dec 14. PMID: [31838720](#)

Article Published Date : Dec 13, 2019

Authors : Miren Ettcheto, Amanda Cano, Patricia R Manzine, Oriol Busquets, Ester Verdaguer, Rub n Dario Castro-Torres, Maria Luisa Garc a, Carlos Beas-Zarate, Jordi Olloquequi, Carme Auladell, Jaume Folch, Antoni Camins

Study Type : Animal Study

Additional Links

Substances : EGCG (Epigallocatechin gallate) : CK(1091) : AC(605)

Diseases : Alzheimer's Disease : CK(3372) : AC(1307), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Neuroprotective Agents : CK(10404) : AC(4396)

Epigallocatechin-3-gallate alleviates type 2 diabetes mellitus via β^2 -cell function improvement and insulin resistance reduction.

Pubmed Data : Iran J Basic Med Sci. 2022 Apr ;25(4):483-488. PMID: [35656076](#)

Article Published Date : Mar 31, 2022

Authors : Tiantian Zhu, Minghui Li, Moli Zhu, Xu Liu, Keke Huang, Wenru Li, Shuang-Xi Wang, Yaling Yin, Peng Li

Study Type : Animal Study

Additional Links

Substances : EGCG (Epigallocatechin gallate) : CK(1091) : AC(605)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Insulin Sensitizers : CK(1185) : AC(244)

Epigallocatechin-3-gallate ameliorates renal

endoplasmic reticulum stress-mediated inflammation in type 2 diabetes.

Pubmed Data : Exp Biol Med (Maywood). 2022 Jul 1;15353702221106479. Epub 2022 Jul 1. PMID: [35775606](#)

Article Published Date : Jun 30, 2022

Authors : Rui Yang, Jinwu Chen, Qiang Jia, Xingxing Yang, Shomaila Mehmood

Study Type : Animal Study

Additional Links

Substances : EGCG (Epigallocatechin gallate) : CK(1091) : AC(605)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Nephropathy : CK(707) : AC(277)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Renoprotective : CK(2404) : AC(1075)

Green tea inhibits the genetic expression of hepatic enzymes associated with gluconeogenesis in vivo.

Pubmed Data : South Med J. 2010 Aug;103(8):729-37. PMID: [15549673](#)

Article Published Date : Aug 01, 2010

Authors : Yu Koyama, Kouichi Abe, Yukimi Sano, Yuki Ishizaki, Marina Njelekela, Yutaka Shoji, Yukihiko Hara, Mamoru Isemura

Study Type : Animal Study

Additional Links

Substances : EGCG (Epigallocatechin gallate) : CK(1091) : AC(605), Green Tea : CK(3450) : AC(1057)

Diseases : Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Gluconeogenesis Inhibitor : CK(21) : AC(15)

Polyphenols may have therapeutic value in a variety of diseases through modulating AMP-activated protein kinase which reduce fatty acid and cholesterol synthesis and gluconeogenesis.

Pubmed Data : N Biotechnol.2009 Oct 1;26(1-2):17-22. Epub 2009 Apr 2. PMID: [19818314](#)

Article Published Date : Oct 01, 2009

Authors : Jin-Taek Hwang, Dae Young Kwon, Suk Hoo Yoon

Study Type : Commentary

Additional Links

Substances : Berberine : CK(1280) : AC(627), EGCG (Epigallocatechin gallate) : CK(1091) : AC(605), Polyphenols : CK(1878) : AC(700), Quercetin : CK(1179) : AC(590), Resveratrol : CK(2037) : AC(1112)

Diseases : Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypertension : CK(6384) : AC(950), Metabolic Syndrome X : CK(2073) : AC(376), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : AMP-activated protein kinase modulation : CK(6) : AC(4), Gluconeogenesis Inhibitor : CK(21) : AC(15)

Preoperative oral administration of EGCG ameliorates acute kidney injury in a cardiopulmonary bypass model of diabetic rats.

Pubmed Data : Ann Thorac Surg. 2016 Apr ;101(4):1507-13. Epub 2015 Dec 8. PMID: [26675556](#)

Article Published Date : Mar 31, 2016

Authors : Masaki Funamoto, Hidetoshi Masumoto, Koji Takaori, Tomofumi Taki, Shuji Setozaki, Kazuhiro Yamazaki, Kenji Minakata, Tadashi Ikeda, Suong-Hyu Hyon, Ryuzo Sakata

Study Type : Animal Study

Additional Links

Substances : EGCG (Epigallocatechin gallate) : CK(1091) : AC(605)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Kidney Damage : CK(458) : AC(200)

Pharmacological Actions : Prophylactic Agents : CK(780) : AC(182), Renoprotective : CK(2404) : AC(1075)

Additional Keywords : Cardiopulmonary Bypass : CK(2) : AC(1)

Quercetin, epigallocatechin gallate, curcumin, and resveratrol: from dietary sources to human microRNA modulation.

Pubmed Data : Molecules. 2019 Dec 23 ;25(1). Epub 2019 Dec 23. PMID: [31878082](#)

Article Published Date : Dec 22, 2019

Authors : Erika Cione, Chiara La Torre, Roberto Cannataro, Maria Cristina Caroleo, Pierluigi Plastina, Luca Gallelli

Study Type : Review

Additional Links

Substances : Curcumin : CK(5598) : AC(2788), EGCG (Epigallocatechin gallate) : CK(1091) : AC(605), Quercetin : CK(1179) : AC(590), Resveratrol : CK(2037) : AC(1112)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : MicroRNA modulator : CK(1023) : AC(618)

Additional Keywords : Epigenetic Modification : CK(417) : AC(164)

Role of polyphenols in combating Type 2 Diabetes and insulin resistance.

Pubmed Data : Int J Biol Macromol. 2022 Mar 2 ;206:567-579. Epub 2022 Mar 2. PMID: [35247420](#)

Article Published Date : Mar 01, 2022

Authors : Moyad Shahwan, Fahad Alhumaydhi, Ghulam Md Ashraf, Prince M Z Hasan, Anas Shamsi

Study Type : Review

Additional Links

Substances : EGCG (Epigallocatechin gallate) : CK(1091) : AC(605), Polyphenols : CK(1878) : AC(700), Quercetin : CK(1179) : AC(590), Resveratrol : CK(2037) : AC(1112)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110), Alpha-glucosidase inhibitor : CK(274) : AC(201), Enzyme Inhibitors : CK(692) : AC(347), Hypoglycemic Agents : CK(5366) : AC(1338)

Lycopene (AC 9) (CK 46)

Caffeine and lycopene provided protective effects against experimentally induced diabetes mellitus.

Pubmed Data : Pancreas. 2015 Sep 24. Epub 2015 Sep 24. PMID: [26418913](#)

Article Published Date : Sep 23, 2015

Authors : Ozlem Ozmen, Senay Topsakal, Mehmet Haligur, Ahmet Aydogan, Dilnur Dincoglu

Study Type : Animal Study

Additional Links

Substances : Caffeine : CK(411) : AC(75), Lycopene : CK(886) : AC(249)

Diseases : Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Effects of lycopene on metabolism of glycolipid in type 2 diabetic rats.

Pubmed Data : Biomed Pharmacother. 2019 Jan ;109:2070-2077. Epub 2018 Nov 26. PMID: [30551463](#)

Article Published Date : Dec 31, 2018

Authors : Yimin Yin, Zicong Zheng, Zhuoqin Jiang

Study Type : Animal Study

Additional Links

Substances : Lycopene : CK(886) : AC(249)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334)

Lycopene ameliorated oxidative stress and inflammation in type 2 diabetes.

Pubmed Data : J Food Sci. 2019 May ;84(5):1194-1200. Epub 2019 Apr 23. PMID: [31012961](#)

Article Published Date : Apr 30, 2019

Authors : Zicong Zheng, Yimin Yin, Rongrong Lu, Zhuoqin Jiang

Study Type : Animal Study

Additional Links

Substances : Lycopene : CK(886) : AC(249)

Diseases : Diabetes: Oxidative Stress : CK(492) : AC(182), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Inflammation : CK(9572) : AC(3089)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856)

Lycopene combined with metformin may act synergistically in the control of postprandial glycemia, dyslipidemia and glycoxidative stress.

Pubmed Data : Diabetes Metab Syndr Obes. 2020 ;13:3117-3135. Epub 2020 Sep 7. PMID: [32982345](#)

Article Published Date : Dec 31, 2019

Authors : Ingrid Delbone Figueiredo, Tayra Ferreira Oliveira Lima, Maiara Destro Inácio, Mariana Campos Costa, Renata Pires Assis, Iguatemy Lourenço Brunetti, Amanda Martins Baviera

Study Type : Animal Study

Additional Links

Substances : Lycopene : CK(886) : AC(249)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Complications : CK(3199) : AC(1009)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

Lycopene: A potent antioxidant for the amelioration of type II diabetes mellitus.

Pubmed Data : Molecules. 2022 Apr 4 ;27(7). Epub 2022 Apr 4. PMID: [35408734](#)

Article Published Date : Apr 03, 2022

Authors : Hui Eng Leh, Lai Kuan Lee

Study Type : Review

Additional Links

Substances : Lycopene : CK(886) : AC(249)

Diseases : Diabetes: Oxidative Stress : CK(492) : AC(182), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

T2DM patients with a higher lycopene intake showed a greater peripheral antioxidant capacity and better glycaemic control.

Pubmed Data : Ann Med. 2021 Dec ;53(1):1058-1064. PMID: [34180336](#)

Article Published Date : Nov 30, 2021

Authors : Hui Eng Leh, Mastura Mohd Sopian, Mohamad Hafizi Abu Bakar, Lai Kuan Lee

Study Type : Human Study

Additional Links

Substances : Lycopene : CK(886) : AC(249)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

This review highlights the protective effects of carotenoids in the development and progression of diabetic microvascular complications.

Pubmed Data : Adv Nutr. 2016 Jan ;7(1):14-24. Epub 2016 Jan 15. PMID: [26773012](#)

Article Published Date : Dec 31, 2015

Authors : Ana Gabriela Murillo, Maria Luz Fernandez

Study Type : Review

Additional Links

Substances : Astaxanthin : CK(1010) : AC(437), Lutein : CK(454) : AC(97), Lycopene : CK(886) : AC(249), Zeaxanthin : CK(273) : AC(49)

Diseases : Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) :

AC(1714), Diabetic Complications : CK(3199) : AC(1009)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856)

This study provides the first evidence that lycopene inhibits cholesterol absorption in the intestinal cells.

Pubmed Data : Mol Nutr Food Res. 2015 Aug 12. Epub 2015 Aug 12. PMID: [26264562](#)

Article Published Date : Aug 11, 2015

Authors : Jun Zou, Dan Feng

Study Type : Human In Vitro

Additional Links

Substances : Lycopene : CK(886) : AC(249)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Additional Keywords : Dose Response : CK(1712) : AC(683)

This systematic review and meta-analyses suggested that lycopene intake exerted an FBG-decreasing effect.

Pubmed Data : Nutrients. 2022 Dec 27 ;15(1). Epub 2022 Dec 27. PMID: [36615780](#)

Article Published Date : Dec 26, 2022

Authors : Takuro Inoue, Kazutaka Yoshida, Erika Sasaki, Koichi Aizawa, Hiroharu Kamioka

Study Type : Meta Analysis, Review

Additional Links

Substances : Carotenoids : CK(3269) : AC(832), Lycopene : CK(886) : AC(249)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Rice Bran (AC 7) (CK 45)

Consumption of rice bran oil can reduce LDL-C and total cholesterol concentrations.

Pubmed Data : Horm Metab Res. 2016 Jun 16. Epub 2016 Jun 16. PMID: [27311126](#)

Article Published Date : Jun 15, 2016

Authors : N R Jolfaie, M H Rouhani, P J Surkan, F Siassi, L Azadbakht

Study Type : Meta Analysis, Review

Additional Links

Substances : [Rice Bran](#) : CK(259) : AC(77)

Diseases : [High Cholesterol](#) : CK(2715) : AC(455)

Pharmacological Actions : [Anticholesteremic Agents](#) : CK(3078) : AC(530)

Contribution of momilactones A and B to diabetes inhibitory potential of rice bran.

Pubmed Data : Saudi Pharm J. 2019 Jul ;27(5):643-649. Epub 2019 Mar 15. PMID: [31297018](#)

Article Published Date : Jun 30, 2019

Authors : Nguyen Van Quan, Tran Dang Xuan, Hoang-Dung Tran, Ateeque Ahmad, Tran Dang Khanh, Tran Dang Dat

Study Type : In Vitro Study

Additional Links

Substances : [Rice Bran](#) : CK(259) : AC(77)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Alpha-amylase inhibitor](#) : CK(175) : AC(110), [Alpha-glucosidase inhibitor](#) : CK(274) : AC(201)

Rice bran derived bioactive compounds modulate risk factors of cardiovascular disease and type 2 diabetes mellitus.

Pubmed Data : Nutrients. 2019 Nov 12 ;11(11). Epub 2019 Nov 12. PMID: [31718066](#)

Article Published Date : Nov 11, 2019

Authors : Nancy Saji, Nidhish Francis, Lachlan J Schwarz, Christopher L Blanchard, Abishek B Santhakumar

Study Type : Review

Additional Links

Substances : [Rice Bran](#) : CK(259) : AC(77)

Diseases : [Cardiovascular Diseases](#) : CK(12780) : AC(1983), [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Antioxidants](#) : CK(21528) : AC(8856)

Rice bran fermentation products can modulate the

intestinal microbiota and improve T2DM-related biochemical abnormalities.

Pubmed Data : Front Microbiol. 2021 ;12:682290. Epub 2021 Jun 24. PMID: [34248898](#)

Article Published Date : Dec 31, 2020

Authors : Xiaojuan Ai, Cuiling Wu, Tingting Yin, Olena Zhur, Congling Liu, Xiaotao Yan, CuiPing Yi, Dan Liu, Linhu Xiao, Wenkai Li, Binbin Xie, Hailun He

Study Type : Animal Study

Additional Links

Substances : Fermented Foods and Beverages : CK(2588) : AC(607), Lactobacillus fermentum : CK(35) : AC(12), Rice Bran : CK(259) : AC(77)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Gastrointestinal Agents : CK(3145) : AC(843)

Rice bran oil lowered cholesterol in mildly hypercholesteremic men.

Pubmed Data : Eur J Nutr. 2005 Mar ;44(3):163-73. Epub 2004 May 19. PMID: [15309429](#)

Article Published Date : Mar 01, 2005

Authors : Alvin Berger, Dietrich Rein, Angela SchÄœfer, Irina Monnard, GÄ©rard Gremaud, Pierre Lambelet, Constantin Bertoli

Study Type : Human Study

Additional Links

Substances : Rice Bran : CK(259) : AC(77)

Diseases : Dyslipidemias : CK(1104) : AC(241), High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Additional Keywords : Phytotherapy : CK(3062) : AC(812)

Rice bran phenolic extracts modulate insulin secretion and gene expression associated with Î²-cell function.

Pubmed Data : Nutrients. 2020 Jun 24 ;12(6). Epub 2020 Jun 24. PMID: [32599958](#)

Article Published Date : Jun 23, 2020

Authors : Nancy Saji, Nidhish Francis, Lachlan J Schwarz, Christopher L Blanchard, Abishek B Santhakumar

Study Type : In Vitro Study

Additional Links

Substances : Rice Bran : CK(259) : AC(77)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Pancreato Protective Agents : CK(358) : AC(194)

Stabilized rice bran can lower the level of HbA1c and blood lipids and increase blood adiponectin concentrations in type 2 diabetic subjects.

Pubmed Data : Ann Nutr Metab. 2009 Dec 15;56(1):45-51. Epub 2009 Dec 15. PMID: [20016147](#)

Article Published Date : Dec 15, 2009

Authors : Hsing-Hsien Cheng, Hsin-Yi Huang, Ya-Yen Chen, Chen-Ling Huang, Chun-Jen Chang, Hsiao-Lien Chen, Ming-Hoang Lai

Study Type : Human Study

Additional Links

Substances : Rice Bran : CK(259) : AC(77)

Diseases : Adiponectin: Low Levels : CK(233) : AC(48), Diabetes: Glycation/A1C : CK(210) : AC(33), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Royal Jelly (AC 7) (CK 45)

An Intervention with royal jelly for three months considerably lowered the total cholesterol and LDL-c levels.

Pubmed Data : Pharm Biol. 2017 Dec ;55(1):497-502. PMID: [27937077](#)

Article Published Date : Nov 30, 2017

Authors : Hui-Fang Chiu, Bo-Kai Chen, Yan-Ying Lu, Yi-Chun Han, You-Cheng Shen, Kamesh Venkatakrishnan, Oksana Golovinskaia, Chin-Kun Wang

Study Type : Human Study

Additional Links

Substances : Royal Jelly : CK(392) : AC(133)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), High Cholesterol : CK(2715) : AC(455), Triglycerides: Elevated : CK(916) : AC(152)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Royal jelly ameliorates insulin resistance in a fructose-

induced rat model of diabetes.

Pubmed Data : Biol Pharm Bull. 2008 Nov;31(11):2103-7 PMID: [18981581](#)

Article Published Date : Nov 01, 2008

Authors : Yoshito Zamami, Shingo Takatori, Mitsuhiro Goda, Toshihiro Koyama, Yukiko Iwatani, Xin Jin, Shima Takai-Doi, Hiromu Kawasaki

Study Type : Animal Study

Additional Links

Substances : Royal Jelly : CK(392) : AC(133)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Additional Keywords : Fructose-Induced Insulin Resistance : CK(20) : AC(10)

Royal jelly could improve glycemic status, lipid profiles and oxidative stress in diabetes mellitus.

Pubmed Data : Complement Ther Med. 2019 Apr ;43:20-27. Epub 2019 Jan 2. PMID: [30935531](#)

Article Published Date : Mar 31, 2019

Authors : Vahid Maleki, Hamed Jafari-Vayghan, Sevda Saleh-Ghadimi, Mahsa Adibian, Sorayya Kheirouri, Mohammad Alizadeh

Study Type : Review

Additional Links

Substances : Royal Jelly : CK(392) : AC(133)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Royal jelly intake may have favourable effects on serum total antioxidant capacity and HOMA-IR in diabetic patients.

Pubmed Data : Iran J Public Health. 2015 Jun ;44(6):797-803. PMID: [26258092](#)

Article Published Date : May 31, 2015

Authors : Farzad Shidfar, Shima Jazayeri, Seyedeh Neda Mousavi, Mojtaba Malek, Agha Fateme Hosseini, Basmeh Khoshpey

Study Type : Human Study

Additional Links

Substances : Royal Jelly : CK(392) : AC(133)

Diseases : Diabetes: Oxidative Stress : CK(492) : AC(182), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

Royal jelly may have desirable effects on serum glucose, Apo-A-I concentrations and ApoB/ApoA-I ratios in people with type 2 diabetes.

Pubmed Data : Can J Diabetes. 2016 Aug ;40(4):324-8. Epub 2016 Mar 22. PMID: [27026221](#)

Article Published Date : Jul 31, 2016

Authors : Basemeh Khoshpey, Shima Djazayeri, Fatemehsadat Amiri, Mojtaba Malek, Agha Fateme Hosseini, Sharieh Hosseini, Shahrzad Shidfar, Farzad Shidfar

Study Type : Human Study

Additional Links

Substances : Royal Jelly : CK(392) : AC(133)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Royal jelly supplementation may be beneficial in controlling diabetes outcomes.

Pubmed Data : Chin J Integr Med. 2014 May ;20(5):347-52. Epub 2014 Mar 7. PMID: [24610413](#)

Article Published Date : Apr 30, 2014

Authors : Samira Pourmoradian, Reza Mahdavi, Majid Mobasseri, Elnaz Faramarzi, Mehrnoosh Mobasseri

Study Type : Human Study

Additional Links

Substances : Royal Jelly : CK(392) : AC(133)

Diseases : Diabetes: Oxidative Stress : CK(492) : AC(182), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Therapeutic Actions : Placebo Effect : CK(283) : AC(28)

Pharmacological Actions : Malondialdehyde Down-regulation : CK(2065) : AC(678), Superoxide Dismutase Up-regulation : CK(1403) : AC(551)

[Effect of long-term treatment with royal jelly on insulin resistance in Otsuka Long-Evans Tokushima Fatty (OLETF) rats].

Pubmed Data : Yakugaku Zasshi. 2007 Nov ;127(11):1877-82. PMID: [17978564](#)

Article Published Date : Oct 31, 2007

Authors : Masataka Nomura, Naomi Maruo, Yoshito Zamami, Shingo Takatori, Shima Doi, Hiromu Kawasaki

Study Type : Animal Study

Additional Links

Substances : Royal Jelly : CK(392) : AC(133)

Diseases : Diabetes: Cardiovascular Illness : CK(707) : AC(111), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Hypotensive : CK(467) : AC(63), Insulin Sensitizers : CK(1185) : AC(244)

Soy Protein (AC 6) (CK 44)

A traditional Korean soybean fermentation food improves insulin resistance and hyperglycemia in type 2 diabetic mice.

Pubmed Data : J Med Food. 2008 Jun;11(2):215-23. PMID: [18598161](#)

Article Published Date : Jun 01, 2008

Authors : Dong-Ju Kim, Yong-Jin Jeong, Joong-Ho Kwon, Kwang-Deog Moon, Hye-Jin Kim, Seon-Min Jeon, Mi-Kyung Lee, Yong Bok Park, Myung-Sook Choi

Study Type : Animal Study

Additional Links

Substances : Fermented Foods and Beverages : CK(2588) : AC(607), Isoflavones : CK(845) : AC(171), Soy Protein : CK(331) : AC(56)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Dietary soy protein isolate attenuates metabolic syndrome in rats.

Pubmed Data : J Nutr. 2009 Aug;139(8):1431-8. Epub 2009 Jun 10. PMID: [19515742](#)

Article Published Date : Aug 01, 2009

Authors : Martin J Ronis, Ying Chen, Jamie Badeaux, Thomas M Badger

Study Type : Animal Study

Additional Links

Substances : Daidzein : CK(142) : AC(54), Genistein : CK(788) : AC(365), Isoflavones : CK(845) : AC(171), Soy Protein : CK(331) : AC(56)

Diseases : Fatty Liver : CK(2522) : AC(701), High Cholesterol : CK(2715) : AC(455), Insulin Resistance : CK(3522) : AC(792), Metabolic Syndrome X : CK(2073) : AC(376)

Soy inclusion in the diet can modify the risk factors of heart disease and improve kidney function in patients with type 2 diabetes with nephropathy.

Pubmed Data : Eur J Clin Nutr. 2003 Oct;57(10):1292-4. PMID: [14506491](#)

Article Published Date : Oct 01, 2003

Authors : L Azadbakht, R Shakerhosseini, S Atabak, M Jamshidian, Y Mehrabi, A Esmail-Zadeh

Study Type : Human Study

Additional Links

Substances : Soy Protein : CK(331) : AC(56)

Diseases : Diabetes: Cardiovascular Illness : CK(707) : AC(111), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperlipidemia : CK(1569) : AC(402), Proteinuria : CK(150) : AC(28)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Soy protein consumption significantly affected cardiovascular risk factors and kidney-related biomarkers among type 2 diabetic patients with nephropathy.

Pubmed Data : Diabetes Res. 1984 Nov;1(4):201-7. PMID: [18184902](#)

Article Published Date : Nov 01, 1984

Authors : Leila Azadbakht, Shahnaz Atabak, Ahmad Esmailzadeh

Study Type : Human Study

Additional Links

Substances : Soy Protein : CK(331) : AC(56)

Diseases : C-Reactive Protein : CK(3134) : AC(310), Diabetes: Cardiovascular Illness : CK(707) : AC(111), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Proteinuria : CK(150) : AC(28)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334)

Soy proteins given as part of the daily protein intake have beneficial effects on serum LDL cholesterol levels of renal transplant recipients with moderate hypercholesterolemia.

Pubmed Data : J Ren Nutr. 2004 Jan;14(1):31-5. PMID: [14740328](#)

Article Published Date : Jan 01, 2004

Authors : Adamasco Cupisti, Claudia D'Alessandro, Lorenzo Ghiadoni, Ester Morelli, Vincenzo Panichi, Giuliano Barsotti

Study Type : Human Study

Additional Links

Substances : [Soy Protein](#) : CK(331) : AC(56)

Diseases : [High Cholesterol](#) : CK(2715) : AC(455), [Kidney Transplant](#) : CK(65) : AC(8)

Soy-protein consumption reduces proteinuria in type 2 diabetes with nephropathy.

Pubmed Data : CNS Spectr. 1999 Dec;4(12):34-47. PMID: [19758824](#)

Article Published Date : Dec 01, 1999

Authors : Leila Azadbakht, Ahmad Esmailzadeh

Study Type : Human Study

Additional Links

Substances : [Soy Protein](#) : CK(331) : AC(56)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Proteinuria](#) : CK(150) : AC(28)

Cranberry (AC 5) (CK 43)

Cranberries improve postprandial glucose excursions in type 2 diabetes.

Pubmed Data : Food Funct. 2017 Sep 20 ;8(9):3083-3090. PMID: [28748974](#)

Article Published Date : Sep 19, 2017

Authors : Jace Schell, Nancy M Betts, Megan Foster, R Hal Scofield, Arpita Basu

Study Type : Human Study

Additional Links

Substances : [Cranberry](#) : CK(564) : AC(121)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Antioxidants](#) : CK(21528) : AC(8856), [Hypoglycemic Agents](#) : CK(5366) : AC(1338), [Malondialdehyde Down-regulation](#) : CK(2065) : AC(678)

Cranberry extract has a favorable effect on blood lipid profiles in patients with type 2 diabetes.

Pubmed Data : Diabet Med. 2008 Dec;25(12):1473-7. PMID: [19046248](#)

Article Published Date : Dec 01, 2008

Authors : I T Lee, Y C Chan, C W Lin, W J Lee, W H-H Sheu

Study Type : Human Study

Additional Links

Substances : Cranberry : CK(564) : AC(121)

Diseases : Cholesterol: LDL/HDL ratio : CK(556) : AC(67), Diabetes: Cardiovascular Illness : CK(707) : AC(111), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), High Cholesterol : CK(2715) : AC(455)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Dietary berries, insulin resistance and type 2 diabetes: an overview of human feeding trials.

Pubmed Data : Food Funct. 2019 Oct 16 ;10(10):6227-6243. PMID: [31591634](#)

Article Published Date : Oct 15, 2019

Authors : Aaron Calvano, Kenneth Izuora, Edwin C Oh, Jeffrey L Ebersole, Timothy J Lyons, Arpita Basu

Study Type : Review

Additional Links

Substances : Blueberry : CK(721) : AC(250), Cranberry : CK(564) : AC(121), Raspberry : CK(156) : AC(80), Strawberry : CK(384) : AC(112)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antihypertensive Agents : CK(4527) : AC(683), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

The consumption of blueberry and cranberry significantly reduced fasting blood glucose and glycated hemoglobin levels in individuals with diabetes.

Pubmed Data : Nutr Metab Cardiovasc Dis. 2022 May ;32(5):1093-1109. Epub 2022 Feb 17. PMID: [35282984](#)

Article Published Date : Apr 30, 2022

Authors : Felipe Mendes Delpino, LÃlian Munhoz Figueiredo, Taiciane GonÃsalves da Silva, ThaynÃ Ramos Flores

Study Type : Meta Analysis, Review

Additional Links

Substances : [Blueberry](#) : CK(721) : AC(250), [Cranberry](#) : CK(564) : AC(121)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

These results indicate a promising use of these berries in T2DM management.

Pubmed Data : Crit Rev Food Sci Nutr. 2018 Jan 18:1-13. Epub 2018 Jan 18. PMID: [29345498](#)

Article Published Date : Jan 17, 2018

Authors : Daniela Mayumi Usuda Prado Rocha, Ana Paula Silva Caldas, Bárbara Pereira da Silva, Helen Hermana Miranda Hermsdorff, Rita de Cássia Gonçalves Alfenas

Study Type : Review

Additional Links

Substances : [Blueberry](#) : CK(721) : AC(250), [Cranberry](#) : CK(564) : AC(121)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

Peanut (AC 5) (CK 42)

Diets containing peanuts improve serum lipoprotein profiles.

Pubmed Data : Lipids. 1997 Jul;32(7):687-95. PMID: [9252956](#)

Article Published Date : Jul 01, 1997

Authors : D J O'Byrne, D A Knauft, R B Shireman

Study Type : Human Study

Additional Links

Substances : [Peanut](#) : CK(254) : AC(45)

Diseases : [Cholesterol: LDL/HDL ratio](#) : CK(556) : AC(67), [High Cholesterol](#) : CK(2715) : AC(455)

Frequent nut and peanut butter consumption is associated with a significantly lower cardiovascular risk

in women with type 2 diabetes.

Pubmed Data : J Nutr. 2009 Jul;139(7):1333-8. Epub 2009 May 6. PMID: [19420347](#)

Article Published Date : Jul 01, 2009

Authors : Tricia Y Li, Aoife M Brennan, Nicole M Wedick, Christos Mantzoros, Nader Rifai, Frank B Hu

Study Type : Human Study

Additional Links

Substances : Nuts : CK(2290) : AC(337), Peanut : CK(254) : AC(45)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Cholesterol: LDL/HDL ratio : CK(556) : AC(67), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Peanut skin extract ameliorates the symptoms of type 2 diabetes mellitus.

Pubmed Data : Aging (Albany NY). 2020 Jul 22 ;12(14):13991-14018. Epub 2020 Jul 22. PMID: [32699185](#)

Article Published Date : Jul 21, 2020

Authors : Lan Xiang, Qiaobei Wu, Hiroyuki Osada, Minoru Yoshida, Wensheng Pan, Jianhua Qi

Study Type : Animal Study

Additional Links

Substances : Peanut : CK(254) : AC(45)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Gastrointestinal Agents : CK(3145) : AC(843), Interleukin-1 beta downregulation : CK(3041) : AC(1567), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Peanuts as a nighttime snack enrich butyrate-producing bacteria compared to an isocaloric lower-fat higher-carbohydrate snack.

Pubmed Data : Clin Nutr. 2022 Oct ;41(10):2169-2177. Epub 2022 Aug 13. PMID: [36067589](#)

Article Published Date : Sep 30, 2022

Authors : Philip A Sapp, Penny M Kris-Etherton, Elke A Arnesen, Jeremy R Chen See, Regina Lamendella, Kristina S Petersen

Study Type : Human Study

Additional Links

Substances : Peanut : CK(254) : AC(45)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Gastrointestinal Agents : CK(3145) : AC(843)

Regular consumption of peanuts lowers the total cholesterol and triacylglycerol concentrations among healthy Ghanaians.

Pubmed Data : Int J Food Sci Nutr. 2007 May;58(3):190-200. PMID: [17514537](#)

Article Published Date : May 01, 2007

Authors : Phoebe Lokko, Anna Lartey, Margaret Armar-Klemesu, Richard D Mattes

Study Type : Human Study

Additional Links

Substances : Peanut : CK(254) : AC(45)

Diseases : High Cholesterol : CK(2715) : AC(455), Hyperlipidemia : CK(1569) : AC(402), Triglycerides: Elevated : CK(916) : AC(152)

Oat Bran (AC 5) (CK 41)

An oat bran enriched diet improves the lipid profile in patients with an increased coronary heart disease risk. A controlled randomized lifestyle intervention study.

Pubmed Data : Ann Nutr Metab. 2003;47(6):306-11. PMID: [14520027](#)

Article Published Date : Jan 01, 2003

Authors : Aloys Berg, Daniel KÄ¶nig, Peter Deibert, Dominik Grathwohl, Andreas Berg, Manfred W Baumstark, Ingomar-Werner Franz

Study Type : Human Study

Additional Links

Substances : Oat Bran : CK(83) : AC(16), Oats : CK(451) : AC(76)

Diseases : Coronary Artery Disease : CK(2089) : AC(226), High Cholesterol : CK(2715) : AC(455)

Daily consumption of 40g of oat bran decreases insulin resistance parameters.

Pubmed Data : Nutr Hosp. 2016 02 16 ;33(1):123-130. Epub 2016 Feb 16. PMID: [27019267](#)

Article Published Date : Jan 16, 2016

Authors : Simone Raimondi de Souza, Gláucia Maria Moraes de Oliveira, Ronir Raggio Luiz, Glorimar Rosa

Study Type : Human Study

Additional Links

Substances : Fiber : CK(1411) : AC(184), Oat Bran : CK(83) : AC(16)

Diseases : High Cholesterol : CK(2715) : AC(455), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Insulin Sensitizers : CK(1185) : AC(244)

Oat bran concentrate bread products improve blood sugar, insulin and blood lipid levels.

Pubmed Data : J Am Diet Assoc. 1996 Dec;96(12):1254-61. PMID: [8948386](#)

Article Published Date : Dec 01, 1996

Authors : M E Pick, Z J Hawrysh, M I Gee, E Toth, M L Garg, R T Hardin

Study Type : Human Study

Additional Links

Substances : Oat Bran : CK(83) : AC(16), Oats : CK(451) : AC(76)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperlipidemia : CK(1569) : AC(402)

Oat bran flour high in beta-glucan had a low glycemic response and acted as an active ingredient decreasing postprandial glycemic response of an oral glucose load in subjects with type 2 diabetes.

Pubmed Data : Nutr Metab Cardiovasc Dis. 2005 Aug;15(4):255-61. PMID: [16054549](#)

Article Published Date : Aug 01, 2005

Authors : N Tapola, H Karvonen, L Niskanen, M Mikola, E Sarkkinen

Study Type : Human Study

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Fiber : CK(1411) : AC(184), Oat Bran : CK(83) : AC(16), Oats : CK(451) : AC(76)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

This study suggested supplementary of blueberry and blackcurrant with oat bran might be a potential source of bioactive products for antidiabetic activity.

Pubmed Data : Food Res Int. 2020 Dec ;138(Pt A):109756. Epub 2020 Oct 8. PMID: [33292939](#)

Article Published Date : Nov 30, 2020

Authors : Xiaodan Hui, Gang Wu, Duo Han, Letitia Stipkovits, Xiyang Wu, Shuze Tang, Margaret A Brennan, Charles S Brennan

Study Type : In Vitro Study

Additional Links

Substances : Black Currant : CK(351) : AC(70), Blueberry : CK(721) : AC(250), Oat Bran : CK(83) : AC(16)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110), Alpha-glucosidase inhibitor : CK(274) : AC(201)

Lactobacillus Acidophilus (AC 4) (CK 40)

Consumption of probiotic-fermented milk (kefir) in diabetic patients in comparison with conventional fermented milk decreased the fasting blood glucose and HbA1C levels.

Pubmed Data : Iran J Public Health. 2015 Feb ;44(2):228-37. PMID: [25905057](#)

Article Published Date : Jan 31, 2015

Authors : Alireza Ostadrahimi, Akbar Taghizadeh, Majid Mobasseri, Nazila Farrin, Laleh Payahoo, Zahra Beyramalipoor Gheshlaghi, Morteza Vahedjabbari

Study Type : Human Study

Additional Links

Substances : Bifidobacterium : CK(1219) : AC(176), Kefir : CK(207) : AC(74), Lactobacillus Acidophilus : CK(519) : AC(78), Lactobacillus casei : CK(532) : AC(98), Milk: Fermented : CK(1378) : AC(232)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Significantly lower Stool Lactobacillus Acidophilus PCR count among diabetic patients when compared to

healthy control individuals.

Pubmed Data : Curr Diabetes Rev. 2019 Feb 6. Epub 2019 Feb 6. PMID: [30727901](#)

Article Published Date : Feb 05, 2019

Authors : Mohamed R Halawa, Mouchira Abd El-Salam, Bassem M Mostafa, Salma S Sallout

Study Type : Human Study

Additional Links

Substances : Lactobacillus Acidophilus : CK(519) : AC(78)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Synbiotic supplementation in diabetic patients with coronary heart disease had beneficial effects on insulin metabolism and HDL-cholesterol levels.

Pubmed Data : Exp Clin Endocrinol Diabetes. 2017 Jan ;125(1):21-27. Epub 2016 May 24. PMID: [27219886](#)

Article Published Date : Dec 31, 2016

Authors : M Tajabadi-Ebrahimi, N Sharifi, A Farrokhian, F Raygan, F Karamali, R Razzaghi, S Taheri, Z Asemi

Study Type : Human Study

Additional Links

Substances : Bifidobacterium Bifidum : CK(114) : AC(13), Lactobacillus Acidophilus : CK(519) : AC(78), Lactobacillus casei : CK(532) : AC(98)

Diseases : Coronary Artery Disease : CK(2089) : AC(226), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Insulin Sensitizers : CK(1185) : AC(244)

Yogurt containing two probiotic bacteria strains, L. acidophilus and B. lactis, had a cholesterol-lowering effect in hypercholesterolemic subjects.

Pubmed Data : Ann Nutr Metab. 2009;54(1):22-7. Epub 2009 Feb 20. PMID: [19229114](#)

Article Published Date : Jan 01, 2009

Authors : Asal Ataie-Jafari, Bagher Larijani, Hamid Alavi Majd, Farideh Tahbaz

Study Type : Human Study

Additional Links

Substances : Bifidobacterium Lactis : CK(60) : AC(7), Fermented Foods and Beverages : CK(2588) : AC(607), Lactobacillus Acidophilus : CK(519) : AC(78), Yoghurt : CK(1014) : AC(135)

Diseases : High Cholesterol : CK(2715) : AC(455)

Meditation (AC 4) (CK 40)

Brain education-based meditation helps lower LDL cholesterol level and the inflammatory gene expression in patients with hypertension or T2D.

Pubmed Data : Medicine (Baltimore). 2019 May ;98(19):e15574. PMID: [31083232](#)

Article Published Date : Apr 30, 2019

Authors : Seung-Ho Lee, Sun-Mi Hwang, Do-Hyung Kang, Hyun-Jeong Yang

Study Type : Human Study

Additional Links

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypertension : CK(6384) : AC(950), Inflammation : CK(9572) : AC(3089)

Therapeutic Actions : Meditation : CK(1288) : AC(146)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Anticholesteremic Agents : CK(3078) : AC(530)

Additional Keywords : Gene Expression Regulation : CK(1141) : AC(501)

Buddhist walking meditation exercise produced a multitude of favourable effects in patients with type 2 diabetes.

Pubmed Data : Complement Ther Med. 2016 Jun ;26:92-7. Epub 2016 Mar 10. PMID: [27261988](#)

Article Published Date : May 31, 2016

Authors : Atikarn Gainey, Thep Himathongkam, Hirofumi Tanaka, Daroonwan Suksom

Study Type : Human Study

Additional Links

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Therapeutic Actions : Meditation : CK(1288) : AC(146)

Pharmacological Actions : Antihypertensive Agents : CK(4527) : AC(683), Hypoglycemic Agents : CK(5366) : AC(1338)

Raja yoga meditation lowered serum cholesterol and low-density lipoprotein-cholesterol in post-menopausal

women thus reducing the risk of coronary artery disease in them.

Pubmed Data : Indian J Physiol Pharmacol. 2008 Oct-Dec;52(4):420-4. PMID: [19585761](#)

Article Published Date : Oct 01, 2008

Authors : Rashmi Vyas, Kanti V Raval, Nirupama Dikshit

Study Type : Human Study

Additional Links

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), High Cholesterol : CK(2715) : AC(455)

Therapeutic Actions : Meditation : CK(1288) : AC(146), Yoga : CK(3023) : AC(340)

Through reduction of psychological stress by IAMÂ® practice, diabetic patients can attain a better glycaemic control.

Pubmed Data : Indian J Med Res. 2020 Nov ;152(5):508-514. PMID: [33707393](#)

Article Published Date : Oct 31, 2020

Authors : K S Sarika, Harish Kumar, Vandana Balakrishnan, K R Sundaram

Study Type : Human Study

Additional Links

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Therapeutic Actions : Meditation : CK(1288) : AC(146)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Ubiquinol (AC 4) (CK 40)

Amelioration of hypercholesterolemia and fatigue by ubiquinol-10 supplementation.

Pubmed Data : Redox Rep. 2013 ;18(1):12-9. PMID: [23394493](#)

Article Published Date : Dec 31, 2012

Authors : Takako Miyamae, Manabu Seki, Tomoko Naga, Shinya Uchino, Haruki Asazuma, Takuma Yoshida, Yuki Iizuka, Masako Kikuchi, Tomoyuki Imagawa, Yutaka Natsumeda, Shumpei Yokota, Yorihiro Yamamoto

Study Type : Human Study

Additional Links

Substances : Ubiquinol : CK(248) : AC(39)

Diseases : Fatigue : CK(778) : AC(119), Fibromyalgia : CK(1103) : AC(132), High Cholesterol : CK(2715) : AC(455), Mitochondrial Diseases : CK(486) : AC(195), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

Oral intake of liquid ubiquinol might benefit type 2 diabetes patients by increasing antioxidant enzyme activity levels

Pubmed Data : Br J Nutr. 2018 07 ;120(1):57-63. PMID: [29936921](#)

Article Published Date : Dec 31, 2017

Authors : Chi-Hua Yen, Ying-Ju Chu, Bor-Jen Lee, Yi-Chin Lin, Ping-Ting Lin

Study Type : Human Study

Additional Links

Substances : Ubiquinol : CK(248) : AC(39)

Diseases : Diabetes: Oxidative Stress : CK(492) : AC(182), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypertension : CK(6384) : AC(950)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

The reduced form of coenzyme Q10 improves glycemic control in patients with type 2 diabetes.

Pubmed Data : Biofactors. 2012 Aug 8. Epub 2012 Aug 8. PMID: [22887051](#)

Article Published Date : Aug 07, 2012

Authors : Morito Mezawa, Minoru Takemoto, Shunichiro Onishi, Ryoichi Ishibashi, Takahiro Ishikawa, Masaya Yamaga, Masaki Fujimoto, Emiko Okabe, Peng He, Kazuki Kobayashi, Koutaro Yokote

Study Type : Human Study

Additional Links

Substances : Ubiquinol : CK(248) : AC(39)

Diseases : Diabetes: Glycation/A1C : CK(210) : AC(33), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

Ubiquinol induces characteristic gene expression patterns, which are translated into reduced LDL cholesterol levels and altered parameters of erythropoiesis in humans.

Pubmed Data : IUBMB Life. 2011 Jan;63(1):42-8. PMID: [21280176](#)

Article Published Date : Jan 01, 2011

Authors : Constance Schmelzer, Petra Niklowitz, Jürgen G Okun, Dorothea Haas, Thomas Menke, Frank Döring

Study Type : Human Study

Additional Links

Substances : Ubiquinol : CK(248) : AC(39)

Diseases : Cholesterol: LDL/HDL ratio : CK(556) : AC(67), High Cholesterol : CK(2715) : AC(455)

Banana (AC 14) (CK 39)

A review of antidiabetic potential of banana.

Pubmed Data : J Pharm Pharmacol. 2018 Sep 25. Epub 2018 Sep 25. PMID: [30251387](#)

Article Published Date : Sep 24, 2018

Authors : Raquel de Oliveira Vilhena, Mariana M Fachi, Breno M Marson, Bruna L Dias, Flávia L D Pontes, Fernanda S Tonin, Roberto Pontarolo

Study Type : Review

Additional Links

Substances : Banana : CK(351) : AC(119)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Dose Response : CK(1712) : AC(683)

Antidiabetic potential and high synergistic antibacterial activity of silver nanoparticles synthesised with Musa Paradisiaca tepal extract.

Pubmed Data : Med J Malaysia. 2021 01 ;76(1):80-86. PMID: [33510114](#)

Article Published Date : Dec 31, 2020

Authors : C Shanmuga Sundaram, J Sivakumar, S Suresh, T Zin, U S Mahadeva Rao

Study Type : Animal Study

Additional Links

Substances : Banana : CK(351) : AC(119), Silver (nanoparticles) : CK(86) : AC(57)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Bacterial Agents : CK(2894) : AC(1251), Antioxidants : CK(21528) : AC(8856)

Additional Keywords : Natural Substance Synergy : CK(1094) : AC(506)

Antihyperglycemic and antidiabetic activity of Musa paradisiaca based diet in alloxan induced diabetic rats.

Pubmed Data : Food Sci Nutr. 2018 Jan ;6(1):137-145. Epub 2017 Nov 20. PMID: [29387371](#)

Article Published Date : Dec 31, 2017

Authors : Basiru O Ajiboye, Hussein O B Oloyede, Musa O Salawu

Study Type : Animal Study

Additional Links

Substances : Banana : CK(351) : AC(119)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Banana cultivars could be of use in the management of type-2 diabetes.

Pubmed Data : Scientifica (Cairo). 2016 ;2016:8391398. Epub 2016 Oct 30. PMID: [27872791](#)

Article Published Date : Dec 31, 2015

Authors : Bukola C Adedayo, Ganiyu Oboh, Sunday I Oyeleye, Tosin A Olasehinde

Study Type : In Vitro Study

Additional Links

Substances : Banana : CK(351) : AC(119)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110), Alpha-glucosidase inhibitor : CK(274) : AC(201), Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

Banana pulp has a cholesterol-lowering effect in the animal model.

Pubmed Data : Br J Nutr. 1992 Jul ;68(1):231-44. PMID: [1327100](#)

Article Published Date : Jun 30, 1992

Authors : T Horigome, E Sakaguchi, C Kishimoto

Study Type : Animal Study

Additional Links

Substances : Banana : CK(351) : AC(119)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Green bananas contain starch resistant to hydrolyzing enzymes which may be beneficial in diabetics.

Pubmed Data : Pac Health Dialog. 2010 Apr;16(1):49-59. PMID: [20968236](#)

Article Published Date : Apr 01, 2010

Authors : J Thakorlal, C O Perera, B Smith, L Englberger, A Lorens

Study Type : Review

Additional Links

Substances : Banana : CK(351) : AC(119), Resistant Starch : CK(29) : AC(6)

Diseases : Blood Sugar Problems : CK(15344) : AC(3066), Diabetes Mellitus: Type 1 : CK(1605) :

AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperglycemia : CK(1494) : AC(453)

M. acuminata leaf is rich in bioactive flavonoids with relatively high antioxidative, antidiabetic, and anti-inflammatory activities.

Pubmed Data : J Food Biochem. 2020 Jan 3:e13137. Epub 2020 Jan 3. PMID: [31899556](#)

Article Published Date : Jan 02, 2020

Authors : Ibukun Oluwabukola Oresanya, Mubo A Sonibare, Badara Gueye, Fatai Oladunni Balogun, Salmon Adebayo, Anofi Omotayo Tom Ashafa, Gertrud Morlock

Study Type : In Vitro Study

Additional Links

Substances : Banana : CK(351) : AC(119), Kaempferol : CK(102) : AC(65), Rutin : CK(289) : AC(142)

Diseases : Alzheimer's Disease : CK(3372) : AC(1307), Diabetes Mellitus: Type 2 : CK(8552) :

AC(1714), Inflammation : CK(9572) : AC(3089)

Pharmacological Actions : 15-Lipoxygenase (15-LOX) Inhibitor : CK(8) : AC(6),

Acetylcholinesterase Inhibitor : CK(170) : AC(95), Alpha-amylase inhibitor : CK(175) : AC(110),

Alpha-glucosidase inhibitor : CK(274) : AC(201), Anti-Inflammatory Agents : CK(20859) : AC(8334),

Enzyme Inhibitors : CK(692) : AC(347)

M. paradisiaca leaf and fruit peel hydroethanolic extracts may have antihyperlipidemic and cardioprotective potentials in NA/STZ-induced diabetic

rats.

Pubmed Data : Vet Med Sci. 2020 Dec 5. Epub 2020 Dec 5. PMID: [33277985](#)

Article Published Date : Dec 04, 2020

Authors : Osama M Ahmed, Sanaa M Abd El-Twab, Hessah M Al-Muzafar, Kamal Adel Amin, Sarah M Abdel Aziz, Mohammed Abdel-Gabbar

Study Type : Animal Study

Additional Links

Substances : Banana : CK(351) : AC(119)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Cardioprotective : CK(5377) : AC(1675), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Musa sapientum extract inhibited protein glycation, regenerated the islet cells and improved erythrocyte antioxidant status in diabetic rats.

Pubmed Data : Afr J Med Med Sci. 2015 Sep ;44(3):261-8. PMID: [27280239](#)

Article Published Date : Aug 31, 2015

Authors : E O Adewoye, B O Adele

Study Type : Animal Study

Additional Links

Substances : Banana : CK(351) : AC(119), Banana Leaf : CK(6) : AC(0)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Glycation Agents : CK(197) : AC(100), Antioxidants : CK(21528) : AC(8856), Superoxide Dismutase Up-regulation : CK(1403) : AC(551)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Obese type 2 diabetic patients who received a native banana starch supplement lost weight and exhibited reduced insulin levels.

Pubmed Data : Int J Environ Res Public Health. 2010 May;7(5):1953-62. Epub 2010 Apr 28. PMID: [20623003](#)

Article Published Date : May 01, 2010

Authors : Jorge L Ble-Castillo, MarÃa A Aparicio-TrÃpala, Mateo U Francisco-Luria, RubÃ©n CÃrdova-Uscanga, Arturo RodrÃguez-HernÃndez, JosÃ© D MÃ©ndez, Juan C DÃaz-Zagoya

Study Type : Human Study

Additional Links

Substances : Banana : CK(351) : AC(119)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792), Obesity : CK(6879) : AC(1686)

The fiber samples exhibited antioxidant activity and showed good results for glucose adsorption, amylase activity inhibition.

Pubmed Data : J Food Sci Technol. 2016 Mar ;53(3):1496-504. Epub 2015 Dec 3. PMID: [27570274](#)

Article Published Date : Feb 29, 2016

Authors : Sangeeta Saikia, Charu Lata Mahanta

Study Type : In Vitro Study

Additional Links

Substances : Banana : CK(351) : AC(119), Fiber : CK(1411) : AC(184), Grapes : CK(26) : AC(7), Orange: Mandarin : CK(53) : AC(26), Pineapple : CK(315) : AC(100), Star Fruit : CK(13) : AC(3), Watermelon : CK(187) : AC(38)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110), Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

This pilot study has demonstrated that daily consumption of banana is harmless both in diabetic and hypercholesterolemic volunteers and marginally beneficial to the later.

Pubmed Data : Indian J Exp Biol. 2014 Dec ;52(12):1173-81. PMID: [25651610](#)

Article Published Date : Nov 30, 2014

Authors : Ratchada Cressey, Warunee Kumsaiyai, Ampika Mangklabruks

Study Type : Human Study

Additional Links

Substances : Banana : CK(351) : AC(119)

Diseases : Adiponectin: Low Levels : CK(233) : AC(48), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypercholesterolemia : CK(2333) : AC(408)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

This study demonstrated the potentiality of an extract of *M. balbisiana* flower for correction of diabetes and diabetes-induced oxidative stress.

Pubmed Data : Assay Drug Dev Technol. 2019 Feb/Mar;17(2):68-76. PMID: [30869526](#)

Article Published Date : Dec 31, 2018

Authors : Farhin Ara, Adrija Tripathy, Debidas Ghosh

Study Type : Animal Study

Additional Links

Substances : [Banana](#) : CK(351) : AC(119)

Diseases : [Diabetes: Oxidative Stress](#) : CK(492) : AC(182), [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Anti-Apoptotic](#) : CK(2905) : AC(1672), [Antioxidants](#) : CK(21528) : AC(8856), [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

Additional Keywords : [Plant Extracts](#) : CK(14140) : AC(5210)

Unripe plantain products exert antihyperglycemic effects in animals.

Pubmed Data : Life Sci. 2015 Jul 15 ;133:8-14. Epub 2015 Apr 25. PMID: [25921768](#)

Article Published Date : Jul 14, 2015

Authors : Sidiqat A Shodehinde, Adedayo O Ademiluyi, Ganiyu Oboh, Afolabi A Akindahunsi

Study Type : Animal Study

Additional Links

Substances : [Banana](#) : CK(351) : AC(119)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Alpha-amylase inhibitor](#) : CK(175) : AC(110), [Alpha-glucosidase inhibitor](#) : CK(274) : AC(201), [Angiotensin-Converting Enzyme Inhibitors](#) : CK(99) : AC(54), [Antioxidants](#) : CK(21528) : AC(8856), [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

Selenium (AC 8) (CK 39)

Administration of selenium to type-2 diabetic patients can improve their glycemic and lipidemic profile.

Pubmed Data : Cureus. 2019 Dec 22 ;11(12):e64443. Epub 2019 Dec 22. PMID: [31998571](#)

Article Published Date : Dec 21, 2019

Authors : Dimitrios T Karalis

Study Type : Human Study

Additional Links

Substances : [Selenium](#) : CK(1322) : AC(290)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338), [Hypolipidemic](#) :

Higher selenium concentration was associated with lower all-cause and heart disease mortality among individuals with T2D.

Pubmed Data : Am J Clin Nutr. 2021 Oct 19. Epub 2021 Oct 19. PMID: [34664061](#)

Article Published Date : Oct 18, 2021

Authors : Zixin Qiu, Tingting Geng, Zhenzhen Wan, Qi Lu, Jingyu Guo, Liegang Liu, An Pan, Gang Liu

Study Type : Human Study

Additional Links

Substances : Selenium : CK(1322) : AC(290)

Diseases : Selenium : CK(1322) : AC(290), Cardiac Mortality : CK(1610) : AC(144), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Mineral Deficiencies: Selenium : CK(164) : AC(24)

Additional Keywords : Risk Factors : CK(12084) : AC(1737), Risk Reduction : CK(15144) : AC(1708)

Melatonin and selenium induced protective effects against diabetes-induced brain and erythrocyte oxidative injuries.

Pubmed Data : Brain Inj. 2015 Aug 5:1-7. Epub 2015 Aug 5. PMID: [26244700](#)

Article Published Date : Aug 04, 2015

Authors : Mehmet Cemal Kahya, Mustafa NaziroÄŸlu, Bilal ÄŸiÄŸ

Study Type : Animal Study

Additional Links

Substances : Melatonin : CK(1911) : AC(647), Selenium : CK(1322) : AC(290)

Diseases : Brain: Oxidative Stress : CK(438) : AC(244), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Neuroprotective Agents : CK(10404) : AC(4396)

Additional Keywords : Cytokines : CK(33) : AC(11)

Protective role of nano-selenium-enriched Bifidobacterium longum in delaying the onset of streptozotocin-induced diabetes.

Pubmed Data : R Soc Open Sci. 2018 Dec ;5(12):181156. Epub 2018 Dec 12. PMID: [30662733](#)

Article Published Date : Nov 30, 2018

Authors : Yan Lin, Yongzhe Ren, Yan Zhang, Junjie Zhou, Feng Zhou, Quan Zhao, Genxing Xu, Zichun Hua

Study Type : Animal Study

Additional Links

Substances : Bifidobacterium Longum : CK(287) : AC(63), Selenium : CK(1322) : AC(290)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Renoprotective : CK(2404) : AC(1075)

Selenium and zinc: antioxidants for healthy aging.

Pubmed Data : Z Gerontol Geriatr. 2020 May 28. Epub 2020 May 28. PMID: [32468295](#)

Article Published Date : May 27, 2020

Authors : Holger Steinbrenner, Lars-Oliver Klotz

Study Type : Review

Additional Links

Substances : Selenium : CK(1322) : AC(290), Zinc : CK(1486) : AC(267)

Diseases : Aging : CK(3728) : AC(933), Cognitive Decline/Dysfunction : CK(3236) : AC(654), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Neuroprotective Agents : CK(10404) : AC(4396)

Selenium has a positive effect on apolipoprotein B expression in hypercholesterolemia.

Pubmed Data : Lipids Health Dis. 2005;4:28. Epub 2005 Nov 5. PMID: [16271152](#)

Article Published Date : Jan 01, 2005

Authors : Sanjiv Dhingra, Mohinder P Bansal

Study Type : Animal Study

Additional Links

Substances : Selenium : CK(1322) : AC(290)

Diseases : Apolipoprotein A/B ratio imbalances : CK(36) : AC(6), High Cholesterol : CK(2715) : AC(455)

Selenium may have therapeutic value in lipid metabolism and disorders.

Pubmed Data : Chem Biol Interact. 2006 May 15;161(1):49-56. Epub 2006 Apr 3. PMID: [16581047](#)

Article Published Date : May 15, 2006

Authors : Sanjiv Dhingra, Mohinder P Bansal

Study Type : Animal Study

Additional Links

Substances : Selenium : CK(1322) : AC(290)

Diseases : Apolipoprotein A/B ratio imbalances : CK(36) : AC(6), Apolipoprotein Disorders : CK(49) : AC(10), High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : HMG-CoA reductase inhibitor : CK(5) : AC(4)

Vitamin D supplementation improves serum concentrations of magnesium and selenium in a gender-dependent manner.

Pubmed Data : Int J Vitam Nutr Res. 2014 ;84(1-2):27-34. PMID: [25835233](#)

Article Published Date : Dec 31, 2013

Authors : Nasser M Al-Daghri, Khalid M Alkharfy, Nasiruddin Khan, Hanan A Alfawaz, Abdulrahman S Al-Ajlan, Sobhy M Yakout, Majed S Alokail

Study Type : Human Study

Additional Links

Substances : Magnesium : CK(2442) : AC(317), Selenium : CK(1322) : AC(290), Vitamin D : CK(8897) : AC(1260)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Therapeutic Actions : Fasting/Caloric Restriction : CK(449) : AC(108)

Additional Keywords : Parathyroid Hormone : CK(52) : AC(5), Supplementation : CK(413) : AC(60)

Spirulina (AC 7) (CK 39)

Reno-pancreas protective effects of Spirulina platensis in alloxan induced diabetic rats.

Pubmed Data : Pak J Pharm Sci. 2020 Nov ;33(6):2511-2519. PMID: [33867324](#)

Article Published Date : Oct 31, 2020

Authors : Ismail Hossain, Sakila Akter, Nahida Sultana Nipa, Ummal Wara Khan Chowdhury, Abdus Sattar Bhuiyan, Taskina Ali, Kazi Rafiq

Study Type : Animal Study

Additional Links

Substances : Spirulina : CK(660) : AC(203)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Pancreato Protective Agents :

S. platensis could be an adjunctive therapy for the management of type 2 diabetes.

Pubmed Data : Br J Nutr. 2020 Jun 10:1-14. Epub 2020 Jun 10. PMID: [32517842](#)

Article Published Date : Jun 09, 2020

Authors : J M A Hannan, Prawej Ansari, Shofiul Azam, Peter R Flatt, Yasser H A Abdel Wahab

Study Type : Animal Study

Additional Links

Substances : Spirulina : CK(660) : AC(203)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Enzyme Inhibitors : CK(692) : AC(347)

S. versicolor extract could be used as a dietary supplement in diabetes management.

Pubmed Data : J Intercult Ethnopharmacol. 2016 Jan-Feb;5(1):57-64. Epub 2016 Jan 5. PMID: [27069726](#)

Article Published Date : Dec 31, 2015

Authors : Walaa G Hozayen, Ayman M Mahmoud, Hanan A Soliman, Sanura R Mostafa

Study Type : Animal Study

Additional Links

Substances : Spirulina : CK(660) : AC(203)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), High Fructose Diet : CK(383) : AC(147), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221), Insulin Sensitizers : CK(1185) : AC(244)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Spirulina has favorable effects on lipid profiles, immune variables and antioxidant capacity in healthy individuals.

Pubmed Data : Ann Nutr Metab. 2008;52(4):322-8. Epub 2008 Aug 19. PMID: [18714150](#)

Article Published Date : Jan 01, 2008

Authors : Hee Jung Park, Yun Jung Lee, Han Kyoung Ryu, Mi Hyun Kim, Hye Won Chung, Wha Young Kim

Study Type : Human Study

Additional Links

Substances : Spirulina : CK(660) : AC(203)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Cyclooxygenase 2 Inhibitors : CK(1589) : AC(926), Interleukin-2 upregulation : CK(51) : AC(13), Interleukin-6 Downregulation : CK(5029) : AC(1994)

The effect of spirulina on type 2 diabetes: a systematic review and meta-analysis.

Pubmed Data : J Diabetes Metab Disord. 2021 Jun ;20(1):883-892. Epub 2021 Mar 2. PMID: [34178867](#)

Article Published Date : May 31, 2021

Authors : Elaheh Hatami, Samira-Sadat Ghalishourani, Ameneh Najafgholizadeh, Makan Pourmasoumi, Amir Hadi, Cain C T Clark, Mostafa Assaroudi, Ammar Salehi-Sahlabadi, Farahnaz Joukar, Fariborz Mansour-Ghanaei

Study Type : Meta Analysis, Review

Additional Links

Substances : Spirulina : CK(660) : AC(203)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

The results suggest that spirulina supplementation was more effective at improving bone structural strength and stiffness in diabetic rats compared to metformin.

Pubmed Data : J Tradit Complement Med. 2022 May ;12(3):225-234. Epub 2021 Aug 3. PMID: [35493310](#)

Article Published Date : Apr 30, 2022

Authors : Sophia Ogechi Ekeuku, Pei Nee Chong, Hor Kuan Chan, Norazlina Mohamed, Gabriele R A Froemming, Patrick Nwabueze Okechukwu

Study Type : Animal Study

Additional Links

Substances : Spirulina : CK(660) : AC(203)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Osteoprotective : CK(971) : AC(351)

Additional Keywords : Superiority of Natural Substances versus Drugs : CK(1644) : AC(347)

This review provides new insight into the potential therapeutic applications of Spirulina.

Pubmed Data : Arch Toxicol. 2016 Aug ;90(8):1817-40. Epub 2016 Jun 3. PMID: [27259333](#)

Article Published Date : Jul 31, 2016

Authors : Qinghua Wu, Lian Liu, Anca Miron, Blanka KlÄmovÄi, Dan Wan, Kamil KuÄ a

Study Type : Review

Additional Links

Substances : Spirulina : CK(660) : AC(203)

Diseases : Allergic Rhinitis : CK(781) : AC(126), Anemia : CK(218) : AC(40), Chronic Obstructive Pulmonary Disease : CK(1007) : AC(158), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), DNA damage : CK(1997) : AC(713), HIV Infections : CK(1055) : AC(347), Lipid Peroxidation : CK(1632) : AC(631), Oral Submucous Fibrosis : CK(54) : AC(9), Oxidative Stress : CK(9437) : AC(3550), Periodontitis : CK(378) : AC(98)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Genoprotective : CK(477) : AC(177), Immunomodulatory : CK(4048) : AC(1475)

Fish Oil (AC 7) (CK 38)

Dietary combination of fucoxanthin and fish oil attenuates the weight gain of white adipose tissue and decreases blood glucose in obese/diabetic mice.

Pubmed Data : Forensic Sci Int. 2008 Aug 6;179(2-3):e25-9. Epub 2008 Jun 6. PMID: [17715888](#)

Article Published Date : Aug 06, 2008

Authors : Hayato Maeda, Masashi Hosokawa, Tokutake Sashima, Kazuo Miyashita

Study Type : Animal Study

Additional Links

Substances : Fish Oil : CK(879) : AC(152), Fucoxanthin : CK(158) : AC(97)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Obesity : CK(6879) : AC(1686)

Additional Keywords : Natural Substance Synergy : CK(1094) : AC(506)

Docosahexaenoic acid-rich fish oil supplementation reduces kinase associated with insulin resistance in overweight and obese midlife adults.

Pubmed Data : Nutrients. 2020 May 30 ;12(6). Epub 2020 May 30. PMID: [32486256](#)

Article Published Date : May 29, 2020

Authors : Rohith N Thota, Jessica I Rosato, Tracy L Burrows, Cintia B Dias, Kylie A Abbott, Ralph N Martins, Manohar L Garg

Study Type : Human Study

Additional Links

Substances : DHA (Docosahexaenoic Acid) : CK(1117) : AC(204), Fish Oil : CK(879) : AC(152)

Diseases : Alzheimer's Disease : CK(3372) : AC(1307), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Neuroprotective Agents : CK(10404) : AC(4396)

Efficacy of flaxseed oil compared with fish oil supplementation in the treatment of coronary heart disease.

Pubmed Data : J Thorac Dis. 2022 Feb ;14(2):396-404. PMID: [35280463](#)

Article Published Date : Jan 31, 2022

Authors : Wei Jiang, Jiangshui Liang, Meng Xiong, Yongqiang Dong

Study Type : Human Study

Additional Links

Substances : Fish Oil : CK(879) : AC(152), Flax Straw : CK(1) : AC(1)

Diseases : Coronary Artery Disease : CK(2089) : AC(226), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334)

Fish oil ameliorates insulin resistance and hypertension in a fructose-fed rat model.

Pubmed Data : Metabolism. 1997 Nov;46(11):1252-8. PMID: [9361681](#)

Article Published Date : Nov 01, 1997

Authors : Y J Huang, V S Fang, C C Juan, Y C Chou, C F Kwok, L T Ho

Study Type : Animal Study

Additional Links

Substances : Fish Oil : CK(879) : AC(152)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Fructose-Induced Toxicity : CK(203) : AC(75), Hypertension : CK(6384) : AC(950), Insulin Resistance : CK(3522) : AC(792)

Fish oil decreases inflammation and reduces cardiac remodeling in rosiglitazone treated aging mice.

Pubmed Data : Pharmacol Res. 2010 Dec 28. Epub 2010 Dec 28. PMID: [21193042](#)

Article Published Date : Dec 28, 2010

Authors : Ganesh V Halade, Paul J Williams, Merry L Lindsey, Gabriel Fernandes

Study Type : Animal Study

Additional Links

Substances : Fish Oil : CK(879) : AC(152)

Diseases : Diabetes: Cardiovascular Illness : CK(707) : AC(111), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Drug-Induced Toxicity : CK(562) : AC(83)

Additional Keywords : Drug: Rosiglitazone : CK(17) : AC(5)

Fish oil increases adiponectin and a combination of fish oil and apple polyphenols decrease cholesterol and oxidative stress.

Pubmed Data : J Nutr Sci Vitaminol (Tokyo). 2017 ;63(1):21-27. PMID: [28367922](#)

Article Published Date : Jan 01, 2017

Authors : Yasue Hosoyamada, Masako Yamada

Study Type : Animal Study

Additional Links

Substances : Fish Oil : CK(879) : AC(152), Polyphenols : CK(1878) : AC(700)

Diseases : Adiponectin: Low Levels : CK(233) : AC(48), High Cholesterol : CK(2715) : AC(455), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Adiponectin upregulation : CK(217) : AC(39), Anticholesteremic Agents : CK(3078) : AC(530), Antioxidants : CK(21528) : AC(8856)

Short-time DHA-enriched fish oil supplementation caused increased levels of P16 expression and a decline in telomerase activity.

Pubmed Data : Clin Nutr. 2016 Dec 19. Epub 2016 Dec 19. PMID: [28024882](#)

Article Published Date : Dec 18, 2016

Authors : Omid Toupchian, Gity Sotoudeh, Anahita Mansoori, Shima Abdollahi, Seyyed Ali Keshavarz, Mahmoud Djalali, Ensieh Nasli-Esfahani, Ehsan Alvandi, Reza Chahardoli, Fariba Koohdani

Study Type : Human Study

Additional Links

Substances : DHA (Docosahexaenoic Acid) : CK(1117) : AC(204), Fish Oil : CK(879) : AC(152)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : P16 Activation : CK(1) : AC(1), Telomerase Inhibitor : CK(95) : AC(62)

Egg (AC 5) (CK 34)

Daily consumption of one egg may reduce the risk of diabetes without any adverse effects on lipid profiles in individuals with pre- and type II diabetes.

Pubmed Data : Food Funct. 2018 Aug 15 ;9(8):4469-4479. PMID: [30073224](#)

Article Published Date : Aug 14, 2018

Authors : Shirin Pourafshar, Neda S Akhavan, Kelli S George, Elizabeth M Foley, Sarah A Johnson, Behnam Keshavarz, Negin Navaei, Anis Davoudi, Elizabeth A Clark, Bahram H Arjmandi

Study Type : Human Study

Additional Links

Substances : Egg : CK(286) : AC(34)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792), Prediabetes : CK(192) : AC(23)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Problem Substances : Insulin : CK(384) : AC(68)

Dietary consumption of whole eggs may decrease weight gain, reduce body fat, and increase lean body mass in a dose-dependent manner.

Pubmed Data : Curr Dev Nutr. 2019 Jun ;3(Suppl 1). Epub 2019 Jun 13. PMID: [31225265](#)

Article Published Date : May 31, 2019

Authors : Joe Webb, Cassondra Saande, Kevin Schalinske, Matthew Rowling

Study Type : Animal Study

Additional Links

Substances : Egg : CK(286) : AC(34)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Obesity : CK(6879) : AC(1686)

Additional Keywords : Anti-Obesity Agents : CK(2925) : AC(774), Dose Response : CK(1712) : AC(683)

Higher egg intake was associated with a lower risk of

T2D in this cohort of middle-aged and older men.

Pubmed Data : Am J Clin Nutr. 2015 May ;101(5):1088-96. Epub 2015 Apr 1. PMID: [25832339](#)

Article Published Date : Apr 30, 2015

Authors : Jyrki K Virtanen, Jaakko Mursu, Tomi-Pekka Tuomainen, Heli Ek Virtanen, Sari Voutilainen

Study Type : Human Study

Additional Links

Substances : Egg : CK(286) : AC(34)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Problem Substances : Insulin : CK(384) : AC(68)

Lactic-fermented egg white reduced serum cholesterol concentrations in mildly hypercholesterolemic Japanese men.

Pubmed Data : Lipids Health Dis. 2017 May 30 ;16(1):101. Epub 2017 May 30. PMID: [28558718](#)

Article Published Date : May 29, 2017

Authors : Ryosuke Matsuoka, Mika Usuda, Yasunobu Masuda, Masaaki Kunou, Kazunori Utsunomiya

Study Type : Human Study

Additional Links

Substances : Egg : CK(286) : AC(34), Fermented Foods and Beverages : CK(2588) : AC(607)

Diseases : High Cholesterol : CK(2715) : AC(455), Hypercholesterolemia : CK(2333) : AC(408)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Whole egg consumption attenuated weight gain and reduced percentage of body fat in ZDF rats.

Pubmed Data : J Nutr. 2017 Aug 9. Epub 2017 Aug 9. PMID: [28794211](#)

Article Published Date : Aug 08, 2017

Authors : Cassandra J Saande, Samantha K Jones, Kaylee E Hahn, Carter H Reed, Matthew J Rowling, Kevin L Schalinske

Study Type : Animal Study

Additional Links

Substances : Egg : CK(286) : AC(34)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Vitamin D Deficiency : CK(5643) : AC(661)

Additional Keywords : Anti-Obesity Agents : CK(2925) : AC(774)

Onion (AC 6) (CK 34)

A nutraceutical combination of cinnamon, purple onion, and tea linked with key enzymes on treatment of type 2 diabetes.

Pubmed Data : J Food Biochem. 2021 Dec ;45(12):e13971. Epub 2021 Oct 26. PMID: [34698393](#)

Article Published Date : Nov 30, 2021

Authors : Lebin Weng, Ting-Hsu Chen, Liyue Huang, Dong Lai, Ning Kang, Yaw-Syan Fu, Ching-Feng Weng

Study Type : In Vitro Study

Additional Links

Substances : Cinnamon : CK(406) : AC(150), Onion : CK(420) : AC(124)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110), Alpha-glucosidase inhibitor : CK(274) : AC(201), Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Superiority of Natural Substances versus Drugs : CK(1644) : AC(347)

Beneficial effect of the methanolic leaf extract of *Allium hookeri* on stimulating glutathione biosynthesis and preventing impaired glucose metabolism in type 2 diabetes.

Pubmed Data : Arch Biochem Biophys. 2021 09 15 ;708:108961. Epub 2021 Jun 10. PMID: [34118216](#)

Article Published Date : Jan 14, 2021

Authors : Barsha Deka, Sagar Ramrao Barge, Simanta Bharadwaj, Bhaswati Kashyap, Prasenjit Manna, Jagat Chandra Borah, Narayan Chandra Talukdar

Study Type : Animal Study

Additional Links

Substances : Onion : CK(420) : AC(124)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Glutathione Upregulation : CK(299) : AC(96), Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Dietary flavonoid intake at midlife and healthy aging in women.

Pubmed Data : Am J Clin Nutr. 2014 Dec ;100(6):1489-97. Epub 2014 Oct 29. PMID: [25411284](#)

Article Published Date : Nov 30, 2014

Authors : CÃ©cilia Samieri, Qi Sun, Mary K Townsend, Eric B Rimm, Francine Grodstein

Study Type : Human Study

Additional Links

Substances : , Berries: All : CK(3814) : AC(1087), Flavonoids : CK(2352) : AC(870), Onion : CK(420) : AC(124), Orange : CK(345) : AC(71)

Diseases : Aging : CK(3728) : AC(933), Cancers: All : CK(28241) : AC(10590), Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypertension : CK(6384) : AC(950), Stroke : CK(2862) : AC(421)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Garlic, white onion, and purple onion exert antidiabetes and antihypertensive properties.

Pubmed Data : J Diet Suppl. 2018 Mar 9:1-14. Epub 2018 Mar 9. PMID: [29522359](#)

Article Published Date : Mar 08, 2018

Authors : Ganiyu Oboh, Adedayo O Ademiluyi, Odunayo M Agunloye, Ayokunle Olubode Ademosun, Bolaji Grace Ogunsakin

Study Type : In Vitro Study

Additional Links

Substances : Garlic : CK(1529) : AC(508), Onion : CK(420) : AC(124)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypertension : CK(6384) : AC(950)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110), Alpha-glucosidase inhibitor : CK(274) : AC(201), Antihypertensive Agents : CK(4527) : AC(683)

Onion peel extract supplementation for 2 weeks is beneficial as it reduces the possibility of developing key risk factors for cardiovascular disease.

Pubmed Data : Nutr Res Pract. 2013 Oct ;7(5):373-9. Epub 2013 Oct 1. PMID: [24133616](#)

Article Published Date : Sep 30, 2013

Authors : Jungmi Kim, Yong-Jun Cha, Kyung-Hea Lee, Eunju Park

Study Type : Human Study

Additional Links

Substances : Onion : CK(420) : AC(124)

Diseases : Cardiovascular Disease: Prevention : CK(6355) : AC(1018), High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Antioxidants : CK(21528) : AC(8856)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210), Risk Reduction : CK(15144) : AC(1708)

Raw red onion consumption appears to be effective as a cholesterol-lowering food agent in women with polycystic ovary syndrome.

Pubmed Data : J Obstet Gynaecol Res. 2014 Apr ;40(4):1067-76. Epub 2014 Mar 10. PMID: [24612081](#)

Article Published Date : Mar 31, 2014

Authors : Mehranghiz Ebrahimi-Mamaghani, Maryam Saghafi-Asl, Saeed Pirouzpanah, Mohammad Asghari-Jafarabadi

Study Type : Human Study

Additional Links

Substances : Onion : CK(420) : AC(124)

Diseases : High Cholesterol : CK(2715) : AC(455), Obesity : CK(6879) : AC(1686), Polycystic Ovary Syndrome : CK(1093) : AC(163)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Pravastatin (AC 4) (CK 34)

Acute onset and worsening of diabetes concurrent with administration of statins has been reported.

Pubmed Data : Endocr J. 2005 Jun ;52(3):369-72. PMID: [16006732](#)

Article Published Date : Jun 01, 2005

Authors : Chie Ohmura, Hirotaka Watada, Takahisa Hirose, Yasushi Tanaka, Ryuzo Kawamori

Study Type : Human: Case Report

Additional Links

Diseases : A1C : CK(277) : AC(35), Diabetes: Glycation/A1C : CK(210) : AC(33), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Problem Substances : Atorvastatin : CK(551) : AC(106), Pravastatin : CK(251) : AC(42), Statin Drugs : CK(4587) : AC(553)

Adverse Pharmacological Actions : Diabetogenic : CK(328) : AC(56)

Statin drugs have been demonstrated to increase the rate of breast cancer, hemorrhagic stroke and mortality from noncardiovascular causes including cancer and infections.

Pubmed Data : Kardiologija. 2007;47(11):75-85. PMID: [18260968](#)

Article Published Date : Jan 01, 2007

Authors : D V PreobrazhenskiĀ, B A Sidorenko, S A Pataraiia, I D Vyshinskaia, O V Borisenko

Study Type : Review

Additional Links

Diseases : [High Cholesterol](#) : CK(2715) : AC(455)

Problem Substances : [Pravastatin](#) : CK(251) : AC(42), [Statin Drugs](#) : CK(4587) : AC(553)

Statin drugs reduce coq10 levels which may result in mitochondrial dysfunction and cellular damage.

Pubmed Data : J Clin Pharmacol. 1993 Mar;33(3):226-9. PMID: [8463436](#)

Article Published Date : Mar 01, 1993

Authors : G Ghirlanda, A Oradei, A Manto, S Lippa, L Uccioli, S Caputo, A V Greco, G P Littarru

Study Type : Human Study

Additional Links

Diseases : [Drug-Induced Toxicity](#) : CK(562) : AC(83), [High Cholesterol](#) : CK(2715) : AC(455), [Myopathies](#) : CK(253) : AC(54)

Additional Keywords : [Drug-Nutrient Depletion](#) : CK(53) : AC(8), [Statin-Coq10 Depletion](#) : CK(36) : AC(5)

Problem Substances : [Lovastatin](#) : CK(267) : AC(68), [Pravastatin](#) : CK(251) : AC(42), [Simvastatin](#) : CK(791) : AC(164), [Statin Drugs](#) : CK(4587) : AC(553)

Adverse Pharmacological Actions : [Cytotoxic](#) : CK(285) : AC(125)

The use of statins for LDL suppression is associated with increased risk for cancer.

Pubmed Data : J Am Coll Cardiol. 2007 Jul 31 ;50(5):409-18. Epub 2007 Jul 16. PMID: [17662392](#)

Article Published Date : Jul 31, 2007

Authors : Alawi A Alsheikh-Ali, Prasad V Maddukuri, Hui Han, Richard H Karas

Study Type : Meta Analysis

Additional Links

Diseases : [Cancers: All](#) : CK(28241) : AC(10590), [Chemically-Induced Liver Damage](#) : CK(1565) :

AC(721), High Cholesterol : CK(2715) : AC(455), Statin-Induced Pathologies : CK(1848) : AC(368)
Problem Substances : Lovastatin : CK(267) : AC(68), Pravastatin : CK(251) : AC(42), Simvastatin :
CK(791) : AC(164), Statin Drugs : CK(4587) : AC(553)
Adverse Pharmacological Actions : Carcinogenic : CK(1048) : AC(155)

Quercetin (AC 17) (CK 34)

A combination of quercetin, ascorbyl palmitate and vitamin D appears to safely offer relief of symptomatic diabetic neuropathy.

Pubmed Data : J Diabetes Complications. 2005 Sep-Oct;19(5):247-53. PMID: [16112498](#)

Article Published Date : Sep 01, 2005

Authors : Paul Valensi, Claude Le Devehat, Jean-Louis Richard, Cherifo Farez, Taraneh Khodabandehlou, Richard A Rosenbloom, Carolyn LeFante

Study Type : Human Study

Additional Links

Substances : Ascorbyl Palmitate : CK(10) : AC(1), Quercetin : CK(1179) : AC(590), Vitamin C : CK(4687) : AC(1149), Vitamin D : CK(8897) : AC(1260)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Neuropathies : CK(242) : AC(41), Peripheral Neuropathies : CK(300) : AC(56)

Pharmacological Actions : Enzyme Inhibitors : CK(692) : AC(347)

Curcumin, berberine, catechin, quercetin and rutin had binding ability towards alpha-amylase and alpha-glucosidase.

Pubmed Data : Biofactors. 2015 Jul 7. Epub 2015 Jul 7. PMID: [26154585](#)

Article Published Date : Jul 06, 2015

Authors : Chien-Hung Jhong, Jirawat Riyaphan, Shih-Hung Lin, Yi-Chen Chia, Ching-Feng Weng

Study Type : In Vitro Study

Additional Links

Substances : Berberine : CK(1280) : AC(627), Catechin : CK(718) : AC(253), Curcumin : CK(5598) : AC(2788), Quercetin : CK(1179) : AC(590), Rutin : CK(289) : AC(142)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperglycemia : CK(1494) : AC(453)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110), Alpha-glucosidase inhibitor : CK(274) : AC(201)

Additional Keywords : Natural Substances Versus Drugs : CK(2375) : AC(479)

Eugenol and quercetin were revealed to have antioxidant, antidiabetic and osteoprotective effects.

Pubmed Data : J Diabetes Metab Disord. 2022 Jun ;21(1):637-646. Epub 2022 Mar 12. PMID: [35673437](#)

Article Published Date : May 31, 2022

Authors : Aycan BaÅŸ, IÅŸÄ±l Albeniz

Study Type : Animal Study

Additional Links

Substances : Eugenol : CK(128) : AC(74), Quercetin : CK(1179) : AC(590)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Osteoprotective : CK(971) : AC(351)

Influence of quercetin, naringenin and berberine on glucose transporters and insulin signalling molecules in brain of streptozotocin-induced diabetic rats.

Pubmed Data : Biomed Pharmacother. 2017 Oct ;94:605-611. Epub 2017 Aug 4. PMID: [28783583](#)

Article Published Date : Sep 30, 2017

Authors : Sandeep M S, Nandini C D

Study Type : Animal Study

Additional Links

Substances : Berberine : CK(1280) : AC(627), Naringenin : CK(358) : AC(212), Quercetin : CK(1179) : AC(590)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Melatonin, quercetin and resveratrol administrations markedly reduced hepatocellular injury in STZ-induced experimental diabetes.

Pubmed Data : Hum Exp Toxicol. 2015 Sep ;34(9):859-68. PMID: [26286521](#)

Article Published Date : Aug 31, 2015

Authors : H Elbe, M Esrefoglu, N Vardi, E Taslidere, E Ozerol, K Tanbek

Study Type : Animal Study

Additional Links

Substances : Melatonin : CK(1911) : AC(647), Quercetin : CK(1179) : AC(590), Resveratrol :

CK(2037) : AC(1112)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hepatoprotective : CK(5098) : AC(2264)

Polyphenols may have therapeutic value in a variety of diseases through modulating AMP-activated protein kinase which reduce fatty acid and cholesterol synthesis and gluconeogenesis.

Pubmed Data : N Biotechnol.2009 Oct 1;26(1-2):17-22. Epub 2009 Apr 2. PMID: [19818314](#)

Article Published Date : Oct 01, 2009

Authors : Jin-Taek Hwang, Dae Young Kwon, Suk Hoo Yoon

Study Type : Commentary

Additional Links

Substances : Berberine : CK(1280) : AC(627), EGCG (Epigallocatechin gallate) : CK(1091) : AC(605), Polyphenols : CK(1878) : AC(700), Quercetin : CK(1179) : AC(590), Resveratrol : CK(2037) : AC(1112)

Diseases : Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypertension : CK(6384) : AC(950), Metabolic Syndrome X : CK(2073) : AC(376), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : AMP-activated protein kinase modulation : CK(6) : AC(4), Gluconeogenesis Inhibitor : CK(21) : AC(15)

Protective effects of quercetin and crocin in the kidneys and liver of obese Sprague-Dawley rats with Type 2 diabetes.

Pubmed Data : Hum Exp Toxicol. 2020 Oct 6:960327120954521. Epub 2020 Oct 6. PMID: [33021114](#)

Article Published Date : Oct 05, 2020

Authors : Ling-Lin Lai, Hui-Qin Lu, Wen-Na Li, Hui-Ping Huang, He-Ying Zhou, En-Nian Leng, Yue-Yue Zhang

Study Type : Animal Study

Additional Links

Substances : Crocin : CK(391) : AC(184), Quercetin : CK(1179) : AC(590)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Kidney Damage : CK(458) : AC(200), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221), Renoprotective : CK(2404) : AC(1075)

Quercetin and quinic acid had synergistic effects in ameliorating hyperglycaemia, hyperlipidemia and insulin resistance in diabetic rats

Pubmed Data : Food Chem Toxicol. 2014 Sep ;71:183-96. Epub 2014 Jun 19. PMID: [24953551](#)

Article Published Date : Aug 31, 2014

Authors : Aditya Arya, Mazen M Jamil Al-Obaidi, Nayiar Shahid, Mohamed Ibrahim Bin Noordin, Chung Yeng Looi, Won Fen Wong, Si Lay Khaing, Mohd Rais Mustafa

Study Type : Animal Study

Additional Links

Substances : Quercetin : CK(1179) : AC(590)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Complications : CK(3199) : AC(1009), Hyperglycemia : CK(1494) : AC(453), Hyperlipidemia : CK(1569) : AC(402), Insulin Resistance : CK(3522) : AC(792), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Anti-Apoptotic : CK(2905) : AC(1672), Antioxidants : CK(21528) : AC(8856), Hepatoprotective : CK(5098) : AC(2264), Pancreato Protective Agents : CK(358) : AC(194), Renoprotective : CK(2404) : AC(1075)

Additional Keywords : Natural Substance Synergy : CK(1094) : AC(506), Significant Treatment Outcome : CK(3903) : AC(462)

Quercetin from Toona sinensis leaves can be viewed as a promising dietary agent that can be used to reduce the risk of diabetes mellitus.

Pubmed Data : J Diabetes Res. 2016 ;2016:8492780. Epub 2016 Nov 15. PMID: [27975068](#)

Article Published Date : Dec 31, 2015

Authors : Yali Zhang, Huanhuan Dong, Mimi Wang, Jingfang Zhang

Study Type : Animal Study

Additional Links

Substances : Quercetin : CK(1179) : AC(590), Toona sinensis : CK(40) : AC(25)

Diseases : Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Complications : CK(3199) : AC(1009)

Pharmacological Actions : Anti-Apoptotic : CK(2905) : AC(1672), Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Hepatoprotective : CK(5098) : AC(2264), NF-kappaB Inhibitor : CK(3536) : AC(2098)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Quercetin modulates hyperglycemia by improving the pancreatic antioxidant status and enzymes activities

linked with glucose metabolism.

Pubmed Data : J Food Biochem. 2020 Feb ;44(2):e13127. Epub 2019 Dec 26. PMID: [31876980](#)

Article Published Date : Jan 31, 2020

Authors : Sunday O Oyedemi, Godswill Nwaogu, Chika I Chukwuma, Olaoluwa T Adeyemi, Motlalepula G Matsabisa, Shasank S Swain, Olayinka A Aiyegoro

Study Type : Animal Study

Additional Links

Substances : [Quercetin](#) : CK(1179) : AC(590)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Hyperglycemia](#) : CK(1494) : AC(453)

Pharmacological Actions : [Antioxidants](#) : CK(21528) : AC(8856), [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

Quercetin protects islet β^2 -cells from oxidation-induced apoptosis via Sirt3 in T2DM.

Pubmed Data : Iran J Basic Med Sci. 2021 May ;24(5):629-635. PMID: [34249264](#)

Article Published Date : Apr 30, 2021

Authors : Jian-Yun Wang, Ya-Xing Nie, Bing-Zheng Dong, Zhi-Chen Cai, Xuan-Kai Zeng, Lei Du, Xia Zhu, Xiao-Xing Yin

Study Type : In Vitro Study

Additional Links

Substances : [Quercetin](#) : CK(1179) : AC(590)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Anti-Apoptotic](#) : CK(2905) : AC(1672), [Antioxidants](#) : CK(21528) : AC(8856), [Pancreato Protective Agents](#) : CK(358) : AC(194)

Quercetin, epigallocatechin gallate, curcumin, and resveratrol: from dietary sources to human microRNA modulation.

Pubmed Data : Molecules. 2019 Dec 23 ;25(1). Epub 2019 Dec 23. PMID: [31878082](#)

Article Published Date : Dec 22, 2019

Authors : Erika Cione, Chiara La Torre, Roberto Cannataro, Maria Cristina Caroleo, Pierluigi Plastina, Luca Gallelli

Study Type : Review

Additional Links

Substances : [Curcumin](#) : CK(5598) : AC(2788), [EGCG \(Epigallocatechin gallate\)](#) : CK(1091) : AC(605), [Quercetin](#) : CK(1179) : AC(590), [Resveratrol](#) : CK(2037) : AC(1112)

Diseases : [Cardiovascular Diseases](#) : CK(12780) : AC(1983), [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : MicroRNA modulator : CK(1023) : AC(618)

Additional Keywords : Epigenetic Modification : CK(417) : AC(164)

Role of polyphenols in combating Type 2 Diabetes and insulin resistance.

Pubmed Data : Int J Biol Macromol. 2022 Mar 2 ;206:567-579. Epub 2022 Mar 2. PMID: [35247420](#)

Article Published Date : Mar 01, 2022

Authors : Moyad Shahwan, Fahad Alhumaydhi, Ghulam Md Ashraf, Prince M Z Hasan, Anas Shamsi

Study Type : Review

Additional Links

Substances : EGCG (Epigallocatechin gallate) : CK(1091) : AC(605), Polyphenols : CK(1878) : AC(700), Quercetin : CK(1179) : AC(590), Resveratrol : CK(2037) : AC(1112)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110), Alpha-glucosidase inhibitor : CK(274) : AC(201), Enzyme Inhibitors : CK(692) : AC(347), Hypoglycemic Agents : CK(5366) : AC(1338)

Sprouting buckwheat triggers a variety of nutritional changes increasing hypocholesterolemic, hypotriglyceridemic, and antioxidative activities.

Pubmed Data : J Agric Food Chem. 2008 Feb 27;56(4):1216-23. Epub 2008 Jan 24. PMID: [18217700](#)

Article Published Date : Feb 27, 2008

Authors : Li-Yun Lin, Chiung-Chi Peng, Ya-Lu Yang, Robert Y Peng

Study Type : In Vitro Study

Additional Links

Substances : Buckwheat : CK(69) : AC(29), Flavonoids : CK(2352) : AC(870), Polyphenols : CK(1878) : AC(700), Quercetin : CK(1179) : AC(590), Rutin : CK(289) : AC(142), Sprouts : CK(88) : AC(39), Vitamin C : CK(4687) : AC(1149)

Diseases : High Cholesterol : CK(2715) : AC(455), Hyperlipidemia : CK(1569) : AC(402), Triglycerides: Elevated : CK(916) : AC(152)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Therapeutic effects of quercetin on inflammation,

obesity, and type 2 diabetes.

Pubmed Data : Mediators Inflamm. 2016 ;2016:9340637. Epub 2016 Nov 28. PMID: [28003714](#)

Article Published Date : Dec 31, 2015

Authors : Shuang Chen, Hongmei Jiang, Xiaosong Wu, Jun Fang

Study Type : Review

Additional Links

Substances : Quercetin : CK(1179) : AC(590)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Inflammation : CK(9572) : AC(3089), Insulin Resistance : CK(3522) : AC(792), Lipid Peroxidation : CK(1632) : AC(631), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856)

This review demonstrates the therapeutic potential of quercetin in the management of T2DM.

Pubmed Data : Life (Basel). 2022 Jul 28 ;12(8). Epub 2022 Jul 28. PMID: [36013325](#)

Article Published Date : Jul 27, 2022

Authors : Prawej Ansari, Samara T Choudhury, Veronique Seidel, Akib Bin Rahman, Md Abdul Aziz, Anika E Richi, Ayesha Rahman, Umme H Jafrin, J M A Hannan, Yasser H A Abdel-Wahab

Study Type : Review

Additional Links

Substances : Quercetin : CK(1179) : AC(590)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Interleukin-1 beta downregulation : CK(3041) : AC(1567), Interleukin-4 downregulation : CK(355) : AC(128), Interleukin-6 Downregulation : CK(5029) : AC(1994), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Treatment with combinatorial extract of curcumin presented a significantly better therapeutic potential when compared with curcumin alone.

Pubmed Data : J Complement Integr Med. 2016 Jun 25. Epub 2016 Jun 25. PMID: [27343476](#)

Article Published Date : Jun 24, 2016

Authors : Ginpreet Kaur, Mihir Invally, Meena Chintamaneni

Study Type : Animal Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788), Piperine : CK(320) : AC(159), Quercetin : CK(1179) : AC(590)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Natural Substance Synergy : CK(1094) : AC(506), Natural Substances Versus Drugs : CK(2375) : AC(479)

Vegetables: All (AC 6) (CK 34)

A diet high in plant sterols, vegetable proteins, viscous fibers and almonds is as effective as the statin drug lovastatin in managing hypercholesterolemia.

Pubmed Data : JAMA. 2003 Jul 23;290(4):502-10. PMID: [12876093](#)

Article Published Date : Jul 23, 2003

Authors : David J A Jenkins, Cyril W C Kendall, Augustine Marchie, Dorothea A Faulkner, Julia M W Wong, Russell de Souza, Azadeh Emam, Tina L Parker, Edward Vidgen, Karen G Lapsley, Elke A Trautwein, Robert G Josse, Lawrence A Leiter, Philip W Connelly

Study Type : Human Study

Additional Links

Substances : Almond : CK(421) : AC(59), Fiber : CK(1411) : AC(184), Vegetables: All : CK(2009) : AC(209)

Diseases : C-Reactive Protein : CK(3134) : AC(310), High Cholesterol : CK(2715) : AC(455), Hyperlipidemia : CK(1569) : AC(402)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Additional Keywords : Natural Substances Versus Drugs : CK(2375) : AC(479)

A vegetarian diet characterized by whole plant foods is most beneficial for diabetes prevention and management.

Pubmed Data : Curr Diab Rep. 2018 Sep 18 ;18(11):101. Epub 2018 Sep 18. PMID: [30229314](#)

Article Published Date : Sep 17, 2018

Authors : Melissa D Olfert, Rachel A Wattick

Study Type : Animal Study

Additional Links

Substances : Fruit: All : CK(7227) : AC(1679), Legumes : CK(67) : AC(9), Nuts : CK(2290) : AC(337), Vegetables: All : CK(2009) : AC(209)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Increased consumption of vegetables, whole grains, and soluble and insoluble fiber is associated with improved glucose metabolism.

Pubmed Data : Endocr Pract. 2011 Jan-Feb;17(1):132-42. PMID: [20713332](#)

Article Published Date : Dec 31, 2010

Authors : Taylor Wolfram, Faramarz Ismail-Beigi

Study Type : Review

Additional Links

Substances : Fiber : CK(1411) : AC(184), Vegetables: All : CK(2009) : AC(209)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Increases in fruit and vegetable quantity following diagnosis of diabetes are associated with lower cardiovascular risk factors.

Pubmed Data : Eur J Clin Nutr. 2016 Oct 19. Epub 2016 Aug 19. PMID: [27759070](#)

Article Published Date : Oct 18, 2016

Authors : M J E Lamb, S J Griffin, S J Sharp, A J M Cooper

Study Type : Human Study

Additional Links

Substances : Fruit: All : CK(7227) : AC(1679), Vegetables: All : CK(2009) : AC(209)

Diseases : Cardiovascular Disease: Prevention : CK(6355) : AC(1018), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Cardioprotective : CK(5377) : AC(1675)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Soft drinks and added sugars were associated with increased risk of type 2 diabetes, but not pure juice consumption in Japanese women.

Pubmed Data : Clin Nutr. 2013 Apr ;32(2):300-8. Epub 2012 Aug 13. PMID: [22917499](#)

Article Published Date : Mar 31, 2013

Authors : Ehab S Eshak, Hiroyasu Iso, Tetsuya Mizoue, Manami Inoue, Mitsuhiko Noda, Shoichiro Tsugane

Study Type : Human Study

Additional Links

Substances : Fruit: All : CK(7227) : AC(1679), Vegetables: All : CK(2009) : AC(209)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetes Mellitus: Type 2: Prevention : CK(1075) : AC(148)

Additional Keywords : Fruit Juice : CK(100) : AC(15), Increased Risk : CK(6996) : AC(896), Risk Reduction : CK(15144) : AC(1708), Vegetable Juice : CK(36) : AC(5)

Problem Substances : Sugar Sweetened Beverages : CK(989) : AC(104), Sugary soda : CK(211) : AC(27)

This write-up covers hypoglycemic, anti-hyperglycemic and anti-diabetic activities of some dietary fruits, vegetables, beverages, oils and spices.

Pubmed Data : J Ethnopharmacol. 2017 Feb 28. Epub 2017 Feb 28. PMID: [28257977](#)

Article Published Date : Feb 27, 2017

Authors : Maliheh Najari Beidokhti, Anna K Jäger

Study Type : Review

Additional Links

Substances : Culinary Herbs and Spices : CK(11065) : AC(3218), Fruit: All : CK(7227) : AC(1679), Vegetables: All : CK(2009) : AC(209)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Apple Cider Vinegar (AC 3) (CK 32)

Apple cider vinegar induced a protective effect against erythrocyte, kidney, and liver oxidative injury, and lowered the serum lipid levels in mice fed high cholesterol.

Pubmed Data : J Membr Biol. 2014 Aug ;247(8):667-73. Epub 2014 Jun 4. PMID: [24894721](#)

Article Published Date : Jul 31, 2014

Authors : Mustafa Nazaroğlu, Mustafa Gâler, Cemil Ağzalı, Gândâzalp Saydam, Mustafa Kâşıkayaz, Ercan Sâzibir

Study Type : Animal Study

Additional Links

Substances : [Apple Cider Vinegar](#) : CK(52) : AC(20)

Diseases : [High Cholesterol](#) : CK(2715) : AC(455), [High Fat Diet](#) : CK(1267) : AC(602)

Pharmacological Actions : [Antioxidants](#) : CK(21528) : AC(8856), [Hepatoprotective](#) : CK(5098) : AC(2264), [Hypolipidemic](#) : CK(5358) : AC(1221), [Renoprotective](#) : CK(2404) : AC(1075)

Additional Keywords : [Increased Bioavailability](#) : CK(42) : AC(17)

Apple vinegar consumption may cause beneficial effects on glycemic indices and oxidative stress in individuals with diabetes and dyslipidemia.

Pubmed Data : Clin Nutr ESPEN. 2019 Oct ;33:132-138. Epub 2019 Jul 9. PMID: [31451249](#)

Article Published Date : Sep 30, 2019

Authors : Alireza Gheflati, Reihane Bashiri, Akram Ghadiri-Anari, Javad Zavar Reza, Marjan Tajik Kord, Azadeh Nadjarzadeh

Study Type : Human Study

Additional Links

Substances : [Apple Cider Vinegar](#) : CK(52) : AC(20)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Dyslipidemias](#) : CK(1104) : AC(241)

Pharmacological Actions : [Antioxidants](#) : CK(21528) : AC(8856), [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

The effect of apple cider vinegar on lipid profiles and glycemic parameters.

Pubmed Data : BMC Complement Med Ther. 2021 Jun 29 ;21(1):179. Epub 2021 Jun 29. PMID: [34187442](#)

Article Published Date : Jun 28, 2021

Authors : Amir Hadi, Makan Pourmasoumi, Ameneh Najafgholizadeh, Cain C T Clark, Ahmad Esmailzadeh

Study Type : Meta Analysis, Review

Additional Links

Substances : [Apple Cider Vinegar](#) : CK(52) : AC(20)

Diseases : [Cardiovascular Diseases](#) : CK(12780) : AC(1983), [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338), [Hypolipidemic](#) : CK(5358) : AC(1221)

Garlic: Aged (AC 4) (CK 32)

ABG supplementation reduced atherogenic markers and thus may have a cardioprotective effect beyond the gold standard medication in patients with mild hypercholesterolemia.

Pubmed Data : Nutrition. 2014 Sep ;30(9):1034-9. Epub 2014 Mar 12. PMID: [24976429](#)

Article Published Date : Aug 31, 2014

Authors : Eun-Soo Jung, Soo-Hyun Park, Eun-Kyung Choi, Beun-Ho Ryu, Byung-Hyun Park, Dal-Sik Kim, Young-Gon Kim, Soo-Wan Chae

Study Type : Human Study

Additional Links

Substances : Garlic: Aged : CK(234) : AC(51)

Diseases : High Cholesterol : CK(2715) : AC(455), Hypercholesterolemia : CK(2333) : AC(408)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Cardioprotective : CK(5377) : AC(1675)

Additional Keywords : Significant Treatment Outcome : CK(3903) : AC(462)

AGE exhibits a dose-dependent ameliorative action on indicators of diabetes in STZ-induced diabetic rats.

Pubmed Data : BMC Complement Altern Med. 2016 ;16(1):17. Epub 2016 Jan 19. PMID: [26786785](#)

Article Published Date : Dec 31, 2015

Authors : Martha Thomson, Khaled K Al-Qattan, Divya Js, Muslim Ali

Study Type : Animal Study

Additional Links

Substances : Garlic: Aged : CK(234) : AC(51)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Dose Response : CK(1712) : AC(683)

Aged garlic extract has a positive impact on endothelial function in patients with T2DM.

Pubmed Data : Exp Ther Med. 2020 Feb ;19(2):1485-1489. Epub 2019 Dec 27. PMID: [32010327](#)

Article Published Date : Jan 31, 2020

Authors : Sajad Hamal, Lavanya Cherukuri, Divya Birudaraju, Suguru Matsumoto, April Kinnering, Bhanu T Chaganti, Ferdinand Flores, Kashif Shaikh, Sion K Roy, Matthew J Budoff

Study Type : Human Study

Additional Links

Substances : [Garlic](#) : [Aged](#) : [CK\(234\)](#) : [AC\(51\)](#)

Diseases : [Diabetes Mellitus: Type 2](#) : [CK\(8552\)](#) : [AC\(1714\)](#), [Endothelial Damage](#) : [CK\(188\)](#) : [AC\(50\)](#)

Pharmacological Actions : [Anti-Inflammatory Agents](#) : [CK\(20859\)](#) : [AC\(8334\)](#)

Aged garlic extract reduces low attenuation plaque in coronary arteries of patients with diabetes.

Pubmed Data : Exp Ther Med. 2020 Feb ;19(2):1457-1461. Epub 2019 Dec 27. PMID: [32010322](#)

Article Published Date : Jan 31, 2020

Authors : Kashif Shaikh, April Kinnering, Lavanya Cherukuri, Divya Birudaraju, Rine Nakanishi, Shone Almeida, Eranthi Jayawardena, Chandana Shekar, Ferdinand Flores, Sajad Hamal, Mohammed Salman Sheikh, Amit Johanis, Benedict Cu, Matthew J Budoff

Study Type : Human Study

Additional Links

Substances : [Garlic](#) : [Aged](#) : [CK\(234\)](#) : [AC\(51\)](#)

Diseases : [Arterial Calcification](#) : [CK\(240\)](#) : [AC\(41\)](#), [Atherosclerosis](#) : [CK\(1390\)](#) : [AC\(487\)](#), [Diabetes Mellitus: Type 2](#) : [CK\(8552\)](#) : [AC\(1714\)](#)

Pharmacological Actions : [Anti-atherogenic](#) : [CK\(348\)](#) : [AC\(120\)](#)

Thermal Therapy: Far-Infrared (AC 4) (CK 32)

Far-infrared irradiation protects the vascular endothelium in diabetic mice from AGE-induced injury.

Pubmed Data : Sci Rep. 2017 Jan 10 ;7:40442. Epub 2017 Jan 10. PMID: [28071754](#)

Article Published Date : Jan 09, 2017

Authors : Cheng-Hsien Chen, Tso-Hsiao Chen, Mei-Yi Wu, Tz-Chong Chou, Jia-Rung Chen, Meng-Jun Wei, San-Liang Lee, Li-Yu Hong, Cai-Mei Zheng, I-Jen Chiu, Yuh-Feng Lin, Ching-Min Hsu, Yung-Ho Hsu

Study Type : Animal Study

Additional Links

Diseases : [Advanced Glycation End products \(AGE\)](#) : [CK\(440\)](#) : [AC\(176\)](#), [Diabetes Mellitus: Type 2](#)

: CK(8552) : AC(1714)

Therapeutic Actions : Thermal Therapy: Far-Infrared : CK(275) : AC(45)

Pharmacological Actions : Anti-Glycation Agents : CK(197) : AC(100)

Far-infrared sauna use maybe associated with improved quality of life in people with type II diabetes mellitus.

Pubmed Data : J Altern Complement Med. 2010 Jun ;16(6):677-81. PMID: [20569036](#)

Article Published Date : May 31, 2010

Authors : Richard Beever

Study Type : Human Study

Additional Links

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Fatigue : CK(778) : AC(119)

Therapeutic Actions : Thermal Therapy: Far-Infrared : CK(275) : AC(45)

These results suggest that repeated leg hyperthermia may protect against oxidative stress.

Pubmed Data : Acta Med Okayama. 2010 Apr ;64(2):143-7. PMID: [20424670](#)

Article Published Date : Mar 31, 2010

Authors : Akihiko Kawaura, Noritoshi Tanida, Masato Kamitani, Junichi Akiyama, Masatoshi Mizutani, Naoko Tsugawa, Toshio Okano, Eiji Takeda

Study Type : Human Study

Additional Links

Diseases : Diabetes: Oxidative Stress : CK(492) : AC(182), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Complications : CK(3199) : AC(1009)

Therapeutic Actions : Thermal Therapy: Far-Infrared : CK(275) : AC(45)

These results suggest that repeated sauna therapy may protect against oxidative stress, which leads to the prevention of atherosclerosis.

Pubmed Data : Jpn Heart J. 2004 Mar ;45(2):297-303. PMID: [15090706](#)

Article Published Date : Feb 29, 2004

Authors : Akinori Masuda, Masaaki Miyata, Takashi Kihara, Shinichi Minagoe, Chuwa Tei

Study Type : Human Study

Additional Links

Diseases : Coronary Artery Disease : CK(2089) : AC(226), Endothelial Dysfunction : CK(2115) : AC(440), High Cholesterol : CK(2715) : AC(455), Hypertension : CK(6384) : AC(950), Oxidative

Stress : CK(9437) : AC(3550)

Therapeutic Actions : Thermal Therapy: Far-Infrared : CK(275) : AC(45)

Pharmacological Actions : Nitric Oxide Inhibitor : CK(498) : AC(258)

Dietary Modification: Paleolithic/Stone Age Diet (AC 4) (CK 31)

"A Palaeolithic diet improves glucose tolerance more than a Mediterranean-like diet in individuals with ischaemic heart disease."

Pubmed Data : Diabetologia. 2007 Sep ;50(9):1795-807. Epub 2007 Jun 22. PMID: [17583796](#)

Article Published Date : Sep 01, 2007

Authors : S Lindeberg, T JÃ¶nsson, Y Granfeldt, E Borgstrand, J Soffman, K SjÃ¶strÃ¶m, B ÅhrÃ©n

Study Type : Human Study

Additional Links

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Heart Disease: Ischemic : CK(180) : AC(26), Myocardial Ischemia : CK(528) : AC(256)

Therapeutic Actions : Dietary Modification: Paleolithic/Stone Age Diet : CK(63) : AC(7)

Problem Substances : Insulin : CK(384) : AC(68)

Fumonisin in gluten-free products and their potential impact on chronic conditions, T2D and cardiovascular diseases

Pubmed Data : Mol Nutr Food Res. 2012 Apr ;56(4):632-40. PMID: [22495987](#)

Article Published Date : Mar 31, 2012

Authors : Chiara Dall'asta, Alessia Pia Scarlato, Gianni Galaverna, Furio Brighenti, Nicoletta Pellegrini

Study Type : Review

Additional Links

Substances : Grains: All : CK(3) : AC(2)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Celiac Disease : CK(1641) : AC(240), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Therapeutic Actions : Dietary Modification: Paleolithic/Stone Age Diet : CK(63) : AC(7)

Additional Keywords : Calcium Deficiency : CK(1) : AC(0), Folate : CK(1) : AC(1), Iron Deficiency : CK(1) : AC(1)

Problem Substances : Fumonisin : CK(25) : AC(6)

Paleolithic nutrition improves plasma lipid concentrations of hypercholesterolemic adults to a greater extent than traditional heart-healthy dietary recommendations.

Pubmed Data : Nutr Res. 2015 Jun ;35(6):474-9. Epub 2015 May 14. PMID: [26003334](#)

Article Published Date : May 31, 2015

Authors : Robert L Pastore, Judith T Brooks, John W Carbone

Study Type : Human Study

Additional Links

Diseases : High Cholesterol : CK(2715) : AC(455)

Therapeutic Actions : Dietary Modification: Paleolithic/Stone Age Diet : CK(63) : AC(7)

The paleolithic diet has a beneficial affect on cardiovascular risk factors in type 2 diabetes.

Pubmed Data : Cardiovasc Diabetol. 2009 ;8:35. Epub 2009 Jul 16. PMID: [19604407](#)

Article Published Date : Jan 01, 2009

Authors : Tommy JÄ¶nsson, Yvonne Granfeldt, Bo AhrÄ¶n, Ulla-Carin Branell, Gunvor PÄ¶lsson, Anita Hansson, Margareta SÄ¶derstrÄ¶m, Staffan Lindeberg

Study Type : Human Study

Additional Links

Diseases : Diabetes: Cardiovascular Illness : CK(707) : AC(111), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Therapeutic Actions : Dietary Modification: Paleolithic/Stone Age Diet : CK(63) : AC(7)

Policosanol (AC 3) (CK 31)

A nutraceutical combination has shown to be an effective product for the improvement of the lipid profile.

Pubmed Data : Clin Investig Arterioscler. 2016 Apr 27. Epub 2016 Apr 27. PMID: [27131395](#)

Article Published Date : Apr 26, 2016

Authors : Jesus Millán, Arrigo F G Cicero, Francisco Torres, Anna Anguera

Study Type : Meta Analysis

Additional Links

Substances : Berberine : CK(1280) : AC(627), Policosanol : CK(280) : AC(40), Red Yeast Rice : CK(262) : AC(45)

Diseases : High Cholesterol : CK(2715) : AC(455), Hyperlipidemia : CK(1569) : AC(402), Triglycerides: Elevated : CK(916) : AC(152)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Hypolipidemic : CK(5358) : AC(1221)

Policosanol is a promising agent for preventing the inflammation-induced muscle cell death and mitochondrial dysfunction.

Pubmed Data : J Nutr Sci Vitaminol (Tokyo). 2022 ;68(2):79-86. PMID: [35491208](#)

Article Published Date : Dec 31, 2021

Authors : Ae Lim Jo, Ji Won Han, Ji In An, Kyung-Hyun Cho, Nam Ho Jeoung

Study Type : In Vitro Study

Additional Links

Substances : Policosanol : CK(280) : AC(40)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Lipopolysaccharide-Induced Toxicity : CK(1764) : AC(1073), Mitochondrial Dysfunction : CK(485) : AC(194)

Pharmacological Actions : Anti-Apoptotic : CK(2905) : AC(1672)

Policosanol is more effective than pravastatin on improving blood lipid profiles, platelet aggregation and endothelium in older patients with type II hypercholesterolemia and high coronary risk.

Pubmed Data : Zhong Yao Cai. 2003 Jan;26(1):31-2. PMID: [10939028](#)

Article Published Date : Jan 01, 2003

Authors : G Castaño, R Májcs, M L Arruzazabala, M Noa, J Illnait, J C Fernández, V Molina, A

Menéndez

Study Type : Human Study

Additional Links

Substances : Policosanol : CK(280) : AC(40)

Diseases : High Cholesterol : CK(2715) : AC(455), Hypercholesterolemia : CK(2333) : AC(408)

Additional Keywords : Superiority of Natural Substances versus Drugs : CK(1644) : AC(347)

Lignans (AC 3) (CK 30)

A flaxseed-derived lignan supplement has therapeutic value in type 2 diabetics.

Pubmed Data : PLoS One. 2007 Nov 7;2(11):e1148. PMID: [17987126](#)

Article Published Date : Nov 07, 2007

Authors : An Pan, Jianqin Sun, Yanqiu Chen, Xingwang Ye, Huaixing Li, Zhijie Yu, Yanfang Wang, Wenjia Gu, Xinyi Zhang, Xiafei Chen, Wendy Demark-Wahnefried, Yong Liu, Xu Lin

Study Type : Human Study

Additional Links

Substances : Flaxseed : CK(902) : AC(174), Lignans : CK(253) : AC(82)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Flaxseed may reduce circulating total and LDL-cholesterol levels.

Pubmed Data : Am J Clin Nutr. 2009 Aug;90(2):288-97. Epub 2009 Jun 10. PMID: [19515737](#)

Article Published Date : Aug 01, 2009

Authors : An Pan, Danxia Yu, Wendy Demark-Wahnefried, Oscar H Franco, Xu Lin

Study Type : Human Study

Additional Links

Substances : Flaxseed : CK(902) : AC(174), Lignans : CK(253) : AC(82)

Diseases : Cholesterol: LDL/HDL ratio : CK(556) : AC(67), High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Lignan content of the flaxseed influences its biological

effects in healthy men and women.

Pubmed Data : J Am Coll Nutr. 2013 Jun ;32(3):194-9. PMID: [23885993](#)

Article Published Date : May 31, 2013

Authors : Rogelio U Almario, Sidika E Karakas

Study Type : Human Study

Additional Links

Substances : Flaxseed : CK(902) : AC(174), Lignans : CK(253) : AC(82)

Diseases : Cholesterol: Oxidation : CK(599) : AC(140), High Cholesterol : CK(2715) : AC(455)

Piperine (AC 6) (CK 27)

Black pepper and piperine reduce cholesterol uptake and enhance translocation of cholesterol transporter proteins.

Pubmed Data : J Nat Med. 2013 Apr ;67(2):303-10. Epub 2012 Jun 27. PMID: [22736065](#)

Article Published Date : Mar 31, 2013

Authors : Acharaporn Duangjai, Kornkanok Ingkaninan, Sakonwun Praputbut, Nanteetip Limpeanchob

Study Type : In Vitro Study

Additional Links

Substances : Black Pepper : CK(497) : AC(217), Piperine : CK(320) : AC(159)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Curcuminoids plus piperine modulate adipokines in type 2 diabetes mellitus.

Pubmed Data : Curr Clin Pharmacol. 2018 Jan 3. Epub 2018 Jan 3. PMID: [29299989](#)

Article Published Date : Jan 02, 2018

Authors : Amirhossein Sahebkar, Yunes Panahi, Nahid Khalili, Ebrahim Sahebi, Soha Namazi, Stephen L Atkin, Muhammed Majeed

Study Type : Human Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788), Piperine : CK(320) : AC(159)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Adiponectin upregulation : CK(217) : AC(39)

Piperine has the potential to be used as a bio-enhancing agent in combination with metformin.

Pubmed Data : Pharmacognosy Res. 2016 Jan-Mar;8(1):56-60. PMID: [26941537](#)

Article Published Date : Dec 31, 2015

Authors : Shubham Atal, Sarjana Atal, Savita Vyas, Pradeep Phadnis

Study Type : Animal Study

Additional Links

Substances : Piperine : CK(320) : AC(159)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Bioenhancer : CK(10) : AC(6), Medication Reduction : CK(52) : AC(6), Natural Substance Synergy : CK(1094) : AC(506)

Piperine's mitigation of obesity and diabetes can be explained by its up-regulation of the metabolic rate of resting muscle.

Pubmed Data : Proc Natl Acad Sci U S A. 2016 Nov 15 ;113(46):13009-13014. Epub 2016 Oct 31. PMID: [27799519](#)

Article Published Date : Nov 14, 2016

Authors : Leonardo Nogara, Nariman Naber, Edward Pate, Marcella Canton, Carlo Reggiani, Roger Cooke

Study Type : Animal Study, In Vitro Study

Additional Links

Substances : Piperine : CK(320) : AC(159)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Obesity : CK(6879) : AC(1686)

Additional Keywords : Anti-Obesity Agents : CK(2925) : AC(774), Anti-Obesity Agents : CK(2925) : AC(774), Anti-Obesity Agents : CK(2925) : AC(774), Anti-Obesity Agents : CK(2925) : AC(774)

The use of piperine-added Curcuma longa L. was effective in the glycaemic and TG control of patients with type 2 diabetes.

Pubmed Data : Int J Food Sci Nutr. 2021 Feb 14:1-10. Epub 2021 Feb 14. PMID: [33586583](#)

Article Published Date : Feb 13, 2021

Authors : Joana Furtado de Figueiredo Neta, Vivian Saraiva Veras, Danilo Ferreira de Sousa, Maria da Conceição Dos Santos Oliveira Cunha, Maria Veraci Oliveira Queiroz, Jos  Claudio Garcia Lira Neto, Marta Maria Coelho Damasceno, M rcio Fl vio Moura de Ara jo, Roberto Wagner J nior Freire de Freitas

Study Type : Human Study

Additional Links

Substances : , Piperine : CK(320) : AC(159)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Treatment with combinatorial extract of curcumin presented a significantly better therapeutic potential when compared with curcumin alone.

Pubmed Data : J Complement Integr Med. 2016 Jun 25. Epub 2016 Jun 25. PMID: [27343476](#)

Article Published Date : Jun 24, 2016

Authors : Ginpreet Kaur, Mihir Invally, Meena Chintamaneni

Study Type : Animal Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788), Piperine : CK(320) : AC(159), Quercetin : CK(1179) : AC(590)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Natural Substance Synergy : CK(1094) : AC(506), Natural Substances Versus Drugs : CK(2375) : AC(479)

Barley (AC 4) (CK 26)

Barley and beta-glucan isolated from barley lower total and LDL cholesterol.

Pubmed Data : Eur J Clin Nutr. 2010 Dec ;64(12):1472-80. Epub 2010 Oct 6. PMID: [20924392](#)

Article Published Date : Dec 01, 2010

Authors : S S AbuMweis, S Jew, N P Ames

Study Type : Meta Analysis

Additional Links

Substances : Barley : CK(77) : AC(19), Beta-glucan : CK(583) : AC(93)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Additional Keywords : Phytotherapy : CK(3062) : AC(812), Randomized Controlled Trials As Topic : CK(275) : AC(21)

Barley β -glucan reduces blood cholesterol levels via interrupting bile acid metabolism.

Pubmed Data : Br J Nutr. 2017 Nov ;118(10):822-829. Epub 2017 Nov 8. PMID: [29115200](#)

Article Published Date : Oct 31, 2017

Authors : Yanan Wang, Scott V Harding, Sijo J Thandapilly, Susan M Tosh, Peter J H Jones, Nancy P Ames

Study Type : Animal Study

Additional Links

Substances : Barley : CK(77) : AC(19), Beta-glucan : CK(583) : AC(93)

Diseases : High Cholesterol : CK(2715) : AC(455), Hypercholesterolemia : CK(2333) : AC(408)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Date palm fruit and barley attenuates ovarian dysfunction in hypercholesteremic rats.

Pubmed Data : Reprod Biol. 2018 Sep ;18(3):236-251. Epub 2018 Jul 10. PMID: [30005909](#)

Article Published Date : Sep 01, 2018

Authors : Hassan I H El-Sayyad, Effat M F El-Shershaby, Ahmed A El-Mansi, Nermeen E El-Ashry

Study Type : Animal Study

Additional Links

Substances : Barley : CK(77) : AC(19), Dates : CK(170) : AC(75)

Diseases : High Cholesterol : CK(2715) : AC(455), Lipid Peroxidation : CK(1632) : AC(631), Oxidative Stress : CK(9437) : AC(3550)

Additional Keywords : Phytotherapy : CK(3062) : AC(812), Plant Extracts : CK(14140) : AC(5210)

These findings suggest that long time consumption of barley seeds extracts could have a role in diabetic control.

Pubmed Data : Res Pharm Sci. 2014 May-Jun;9(3):173-8. PMID: [25657786](#)

Article Published Date : Apr 30, 2014

Authors : M Minaiyan, A Ghannadi, A Movahedian, I Hakim-Elahi

Study Type : Animal Study

Additional Links

Substances : Barley : CK(77) : AC(19)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetes Mellitus: Type 2: Prevention : CK(1075) : AC(148)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210), Risk Reduction : CK(15144) : AC(1708)

Olive leaf extract (AC 5) (CK 26)

A combination of red yeast rice and olive extract in high-risk hypercholesterolemic patients, without inducing new-onset SAMS.

Pubmed Data : Complement Ther Med. 2017 Dec ;35:140-144. Epub 2017 Nov 9. PMID: [29154060](#)

Article Published Date : Nov 30, 2017

Authors : Christian Tshongo Muhindo, Sylvie A Ahn, Michel F Rousseau, Yvan Dierckxsens, Michel P Hermans

Study Type : Human Study

Additional Links

Substances : Olive leaf extract : CK(262) : AC(112), Red Yeast Rice : CK(262) : AC(45)

Diseases : Dyslipidemias : CK(1104) : AC(241), High Cholesterol : CK(2715) : AC(455), Statin-Induced Pathologies : CK(1848) : AC(368)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Phytotherapy : CK(3062) : AC(812), Plant Extracts : CK(14140) : AC(5210)

Problem Substances : Statin Drugs : CK(4587) : AC(553)

Antidiabetic effect of olive leaf extract on streptozotocin-induced diabetes mellitus.

Pubmed Data : Nutr Hosp. 2020 Sep 22. Epub 2020 Sep 22. PMID: [32960633](#)

Article Published Date : Sep 21, 2020

Authors : Murat GÃ¼rbÃ¼z, Serdal Ã–Ã¼t

Study Type : Animal Study

Additional Links

Substances : Olive leaf extract : CK(262) : AC(112)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypercholesterolemia : CK(2333) : AC(408)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Olive (*Olea europaea* L.) leaf polyphenols improve insulin sensitivity in middle-aged overweight men.

Article Published Date : Dec 31, 2012

Authors : Martin de Bock, JosÃ© G B Derraik, Christine M Brennan, Janene B Biggs, Philip E Morgan, Steven C Hodgkinson, Paul L Hofman, Wayne S Cutfield

Study Type : Human Study

Additional Links

Substances : Olive leaf extract : CK(262) : AC(112), Polyphenols : CK(1878) : AC(700)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Insulin Sensitizers : CK(1185) : AC(244)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Olive leaf extract and glutamine significantly increase GLP-1 up-regulation.

Pubmed Data : Sci Pharm. 2011 Sep ;79(3):615-621. Epub 2011 Jun 9. PMID: [21886907](#)

Article Published Date : Sep 01, 2011

Authors : Eamon P Rafferty, Alastair R Wylie, Chris T Elliott, Olivier P Chevallier, David J Grieve, Brian D Green

Study Type : Animal Study

Additional Links

Substances : Glutamine : CK(134) : AC(31), Olive leaf extract : CK(262) : AC(112)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Glucagon Like peptide 1 (GLP-1) Up-regulation : CK(129) : AC(35)

Olive leaf extract is superior to the drug glibenclamide in significantly reversing the symptoms of diabetes in type 2 diabetic rats.

Pubmed Data : Br J Nutr. 2007 Oct;98(4):720-6. Epub 2007 Aug 1. PMID: [18844257](#)

Article Published Date : Oct 01, 2007

Authors : A Eidi, M Eidi, R Darzi

Study Type : Animal Study

Additional Links

Substances : Olive leaf extract : CK(262) : AC(112)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Additional Keywords : Glibenclamide Alternatives : CK(12) : AC(2), Superiority of Natural Substances versus Drugs : CK(1644) : AC(347)

Rutin (AC 9) (CK 22)

A mixture of curcumin, hesperidin and rutin ameliorates hepatic oxidative stress caused by STZ-induced hyperglycemia.

Pubmed Data : Curr Neurovasc Res. 2015 Aug 12. Epub 2015 Aug 12. PMID: [26265154](#)

Article Published Date : Aug 11, 2015

Authors : Mayur S Parmar, Ismail Syed, Joshua P Gray, Sidhartha D Ray

Study Type : Animal Study

Additional Links

Substances : Curcumin : CK(5598) : AC(2788), Hesperidin : CK(545) : AC(215), Rutin : CK(289) : AC(142)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperglycemia : CK(1494) : AC(453), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Anti-Apoptotic : CK(2905) : AC(1672), Antioxidants : CK(21528) : AC(8856), Hepatoprotective : CK(5098) : AC(2264), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221), Superoxide Dismutase Up-regulation : CK(1403) : AC(551)

Curcumin, berberine, catechin, quercetin and rutin had binding ability towards alpha-amylase and alpha-glucosidase.

Pubmed Data : Biofactors. 2015 Jul 7. Epub 2015 Jul 7. PMID: [26154585](#)

Article Published Date : Jul 06, 2015

Authors : Chien-Hung Jhong, Jirawat Riyaphan, Shih-Hung Lin, Yi-Chen Chia, Ching-Feng Weng

Study Type : In Vitro Study

Additional Links

Substances : Berberine : CK(1280) : AC(627), Catechin : CK(718) : AC(253), Curcumin : CK(5598) : AC(2788), Quercetin : CK(1179) : AC(590), Rutin : CK(289) : AC(142)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperglycemia : CK(1494) : AC(453)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110), Alpha-glucosidase inhibitor : CK(274) : AC(201)

Additional Keywords : Natural Substances Versus Drugs : CK(2375) : AC(479)

Docking studies on potential mechanisms for decreasing insulin resistance by the tangzhiqing herbal formula.

Pubmed Data : Evid Based Complement Alternat Med. 2020 ;2020:1057648. Epub 2020 Oct 9. PMID: [33133211](#)

Article Published Date : Dec 31, 2019

Authors : Jia Hao, Lifeng Han, Yi Zhang, Tao Wang

Study Type : In Vitro Study

Additional Links

Substances : Hawthorn : CK(166) : AC(72), Mulberry : CK(243) : AC(126), Paeoniflorin : CK(1) : AC(1), Peony : CK(294) : AC(125), Rutin : CK(289) : AC(142), Salvia miltiorrhiza : CK(2) : AC(1)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Insulin Sensitizers : CK(1185) : AC(244)

Impact of rutin and vitamin C combination on oxidative stress and glycemic control in patients with type 2 diabetes.

Pubmed Data : Clin Nutr ESPEN. 2020 02 ;35:128-135. Epub 2019 Nov 14. PMID: [31987106](#)

Article Published Date : Dec 31, 2019

Authors : Sara Ramzy Ragheb, Lamia Mohamed El Wakeel, Merhan Samy Nasr, Nagwa Ali Sabri

Study Type : Human Study

Additional Links

Substances : Rutin : CK(289) : AC(142), Vitamin C : CK(4687) : AC(1149)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Malondialdehyde Down-regulation : CK(2065) : AC(678)

M. acuminata leaf is rich in bioactive flavonoids with relatively high antioxidative, antidiabetic, and anti-inflammatory activities.

Pubmed Data : J Food Biochem. 2020 Jan 3:e13137. Epub 2020 Jan 3. PMID: [31899556](#)

Article Published Date : Jan 02, 2020

Authors : Ibukun Oluwabukola Oresanya, Mubo A Sonibare, Badara Gueye, Fatai Oladunni Balogun, Salmon Adebayo, Anofi Omotayo Tom Ashafa, Gertrud Morlock

Study Type : In Vitro Study

Additional Links

Substances : Banana : CK(351) : AC(119), Kaempferol : CK(102) : AC(65), Rutin : CK(289) : AC(142)

Diseases : Alzheimer's Disease : CK(3372) : AC(1307), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Inflammation : CK(9572) : AC(3089)

Pharmacological Actions : 15-Lipoxygenase (15-LOX) Inhibitor : CK(8) : AC(6), Acetylcholinesterase Inhibitor : CK(170) : AC(95), Alpha-amylase inhibitor : CK(175) : AC(110), Alpha-glucosidase inhibitor : CK(274) : AC(201), Anti-Inflammatory Agents : CK(20859) : AC(8334), Enzyme Inhibitors : CK(692) : AC(347)

Protective effects of rutin on liver injury in type 2 diabetic db/db mice.

Pubmed Data : Biomed Pharmacother. 2018 Aug 20 ;107:721-728. Epub 2018 Aug 20. PMID: [30138894](#)

Article Published Date : Aug 19, 2018

Authors : Weishi Liang, Dandan Zhang, Jiali Kang, Xubing Meng, Jingbo Yang, Lei Yang, Ning Xue, Qingyao Gao, Shuying Han, Xiangbo Gou

Study Type : Animal Study

Additional Links

Substances : Rutin : CK(289) : AC(142)

Diseases : Advanced Glycation End products (AGE) : CK(440) : AC(176), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Glycation Agents : CK(197) : AC(100), Hypoglycemic Agents : CK(5366) : AC(1338)

Rutin compares favorably to lovastatin in reducing the levels of total cholesterol, and LDL-C and also markedly decreased liver enzymes and weight in animals with a high-cholesterol diet.

Pubmed Data : Int J Oncol. 2008 Dec;33(6):1307-13. PMID: [19175365](#)

Article Published Date : Dec 01, 2008

Authors : Amir Ziaee, Farzaneh Zamansoltani, Marjan Nassiri-Asl, Esmail Abbasi

Study Type : Animal Study

Additional Links

Substances : Rutin : CK(289) : AC(142)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Additional Keywords : Natural Substances Versus Drugs : CK(2375) : AC(479)

Rutin may protect against endothelial dysfunction in type 2 diabetes mellitus.

Pubmed Data : Biomed Pharmacother. 2016 Dec 6 ;86:32-40. Epub 2016 Dec 6. PMID: [27936392](#)

Article Published Date : Dec 05, 2016

Authors : Wei Wang, Qiu-Hong Wu, Yong Sui, Yan Wang, Xin Qiu

Study Type : Animal Study, In Vitro Study

Additional Links

Substances : Rutin : CK(289) : AC(142)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Endothelial Dysfunction : CK(2115) : AC(440)

Pharmacological Actions : MicroRNA modulator : CK(1023) : AC(618)

Sprouting buckwheat triggers a variety of nutritional changes increasing hypocholesterolemic, hypotriglyceridemic, and antioxidative activities.

Pubmed Data : J Agric Food Chem. 2008 Feb 27;56(4):1216-23. Epub 2008 Jan 24. PMID: [18217700](#)

Article Published Date : Feb 27, 2008

Authors : Li-Yun Lin, Chiung-Chi Peng, Ya-Lu Yang, Robert Y Peng

Study Type : In Vitro Study

Additional Links

Substances : Buckwheat : CK(69) : AC(29), Flavonoids : CK(2352) : AC(870), Polyphenols : CK(1878) : AC(700), Quercetin : CK(1179) : AC(590), Rutin : CK(289) : AC(142), Sprouts : CK(88) : AC(39), Vitamin C : CK(4687) : AC(1149)

Diseases : High Cholesterol : CK(2715) : AC(455), Hyperlipidemia : CK(1569) : AC(402), Triglycerides: Elevated : CK(916) : AC(152)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Green Leafy Vegetables (AC 2) (CK 21)

Higher fruit or green leafy vegetables intake is associated with a significantly reduced risk of type 2 diabetes.

Pubmed Data : BMJ Open. 2014 ;4(11):e005497. Epub 2014 Nov 5. PMID: [25377009](#)

Article Published Date : Dec 31, 2013

Authors : Min Li, Yingli Fan, Xiaowei Zhang, Wenshang Hou, Zhenyu Tang

Study Type : Meta Analysis

Additional Links

Substances : Fruit: All : CK(7227) : AC(1679), Green Leafy Vegetables : CK(511) : AC(119)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetes Mellitus: Type 2: Prevention : CK(1075) : AC(148)

Additional Keywords : Dose Response : CK(1712) : AC(683), Risk Reduction : CK(15144) : AC(1708)

Steam cooking significantly improves in vitro bile acid binding of collard greens, kale, mustard greens, broccoli, green bell pepper, and cabbage.

Pubmed Data : Nutr Res. 2008 Jun;28(6):351-7. PMID: [19083431](#)

Article Published Date : Jun 01, 2008

Authors : Talwinder Singh Kahlon, Mei-Chen M Chiu, Mary H Chapman

Study Type : In Vitro Study

Additional Links

Substances : Fiber : CK(1411) : AC(184), Green Leafy Vegetables : CK(511) : AC(119)

Diseases : Cholestasis : CK(146) : AC(43), High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Additional Keywords : Raw versus Cooked : CK(69) : AC(13)

Pistachio nut (AC 3) (CK 21)

Daily pistachio consumption can improve some cardiometabolic risk factors in adults with well-controlled type 2 diabetes.

Pubmed Data : Metabolism. 2015 Nov ;64(11):1521-9. Epub 2015 Jul 30. PMID: [26383493](#)

Article Published Date : Oct 31, 2015

Authors : Katherine A Sauder, Cindy E McCrea, Jan S Ulbrecht, Penny M Kris-Etherton, Sheila G West

Study Type : Human Study

Additional Links

Substances : Pistachio nut : CK(182) : AC(35)

Diseases : Cardiovascular Disease: Prevention : CK(6355) : AC(1018), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Pistachio nut consumption improves blood lipid profiles in subjects with moderate hypercholesterolemia.

Pubmed Data : J Am Coll Nutr. 2007 Apr;26(2):141-8. PMID: [17536125](#)

Article Published Date : Apr 01, 2007

Authors : Michael J Sheridan, James N Cooper, Madeline Erario, Craig E Cheifetz

Study Type : Human Study

Additional Links

Substances : Pistachio nut : CK(182) : AC(35)

Diseases : HDL: Low : CK(305) : AC(50), High Cholesterol : CK(2715) : AC(455), Hypercholesterolemia : CK(2333) : AC(408)

The effect of tree nuts on glycaemic outcomes in adults with type 2 diabetes mellitus.

Pubmed Data : JBI Evid Synth. 2020 Nov 2. Epub 2020 Nov 2. PMID: [33141798](#)

Article Published Date : Nov 01, 2020

Authors : Arti Muley, Ritin Fernandez, Laura Ellwood, Prasad Muley, Monali Shah

Study Type : Review

Additional Links

Substances : Pistachio nut : CK(182) : AC(35)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Hawthorn (AC 7) (CK 20)

Astragalus polysaccharides combined with Crataegus flavonoids may facilitate the treatment of type 1 or 2 diabetes.

Pubmed Data : Mol Med Rep. 2016 Apr 15. Epub 2016 Apr 15. PMID: [27081750](#)

Article Published Date : Apr 14, 2016

Authors : Kai Cui, Shaobo Zhang, Xin Jiang, Weidong Xie

Study Type : Animal Study

Additional Links

Substances : Astragalus : CK(763) : AC(321), Hawthorn : CK(166) : AC(72)

Diseases : Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Natural Substance Synergy : CK(1094) : AC(506)

C. laevigata decreased neutrophil elastase and showed a trend to lower LDL-C.

Pubmed Data : Phytomedicine. 2011 Jun 15 ;18(8-9):769-75. Epub 2011 Jan 15. PMID: [21242072](#)

Article Published Date : Jun 14, 2011

Authors : E Dalli, E Colomer, M C Tormos, J Cos n-Sales, J Milara, E Esteban, G S  ez

Study Type : Human Study

Additional Links

Substances : Hawthorn : CK(166) : AC(72)

Diseases : C-Reactive Protein : CK(3134) : AC(310), Coronary Artery Disease : CK(2089) : AC(226), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Lipid Peroxidation : CK(1632) : AC(631)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Phytotherapy : CK(3062) : AC(812), Plant Extracts : CK(14140) : AC(5210)

Docking studies on potential mechanisms for decreasing insulin resistance by the tangzhiqing herbal formula.

Pubmed Data : Evid Based Complement Alternat Med. 2020 ;2020:1057648. Epub 2020 Oct 9. PMID: [33133211](#)

Article Published Date : Dec 31, 2019

Authors : Jia Hao, Lifeng Han, Yi Zhang, Tao Wang

Study Type : In Vitro Study

Additional Links

Substances : Hawthorn : CK(166) : AC(72), Mulberry : CK(243) : AC(126), Paeoniflorin : CK(1) : AC(1), Peony : CK(294) : AC(125), Rutin : CK(289) : AC(142), Salvia miltiorrhiza : CK(2) : AC(1)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Insulin Sensitizers : CK(1185) : AC(244)

Hawthorn extract represents a useful agent for the prevention or treatment of T2DM.

Pubmed Data : J Sci Food Agric. 2017 Mar 23. Epub 2017 Mar 23. PMID: [28337770](#)

Article Published Date : Mar 22, 2017

Authors : Aili Aierken, Tina Buchholz, Chen Chen, Xiaoying Zhang, Matthias F Melzig

Study Type : Animal Study

Additional Links

Substances : Hawthorn : CK(166) : AC(72)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetes Mellitus: Type 2: Prevention : CK(1075) : AC(148)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Hypoglycemic Agents : CK(5366) : AC(1338), Hypoglycemic Agents : CK(5366) : AC(1338), Hypoglycemic Agents : CK(5366) : AC(1338), Hypoglycemic Agents : CK(5366) : AC(1338)

Hawthorn polyphenol extract could be used as a functional food component in the adjuvant treatment of T2D.

Pubmed Data : Food Res Int. 2021 Apr ;142:110239. Epub 2021 Feb 25. PMID: [33773689](#)

Article Published Date : Mar 31, 2021

Authors : Suwen Liu, Jincheng Yu, Mengfan Fu, Xinfang Wang, Xuedong Chang

Study Type : Animal Study

Additional Links

Substances : Hawthorn : CK(166) : AC(72), Polyphenols : CK(1878) : AC(700)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Hypolipidemic : CK(5358) : AC(1221), Interleukin-6 Downregulation : CK(5029) : AC(1994), NF-kappaB Inhibitor : CK(3536) : AC(2098), SIRT1 Activator : CK(39) : AC(23), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815), Wnt/ β -catenin signaling pathway modulation : CK(208) : AC(149)

Potential roles and key mechanisms of hawthorn extract against various liver diseases.

Pubmed Data : Nutrients. 2022 Feb 18 ;14(4). Epub 2022 Feb 18. PMID: [35215517](#)

Article Published Date : Feb 17, 2022

Authors : Eujin Kim, Eungyeong Jang, Jang-Hoon Lee

Study Type : Review

Additional Links

Substances : Hawthorn : CK(166) : AC(72)

Diseases : Alcoholic Liver Disease : CK(389) : AC(168), High Cholesterol : CK(2715) : AC(455), Liver Cancer : CK(2460) : AC(1189), Nonalcoholic fatty liver disease (NAFLD) : CK(1862) : AC(521)

Pharmacological Actions : Anti-Fibrotic : CK(924) : AC(463), Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Apoptotic : CK(6986) : AC(5304), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

The results of this study demonstrate that hawthorn leaves and flowers are a promising treatment for hypercholesterolemia.

Pubmed Data : BMC Complement Altern Med. 2012 ;12:105. Epub 2012 Jul 23. PMID: [22824306](#)

Article Published Date : Dec 31, 2011

Authors : Robert M Littleton, Matthew Miller, Jay R Hove

Study Type : Animal Study

Additional Links

Substances : Hawthorn : CK(166) : AC(72)

Diseases : High Cholesterol : CK(2715) : AC(455), Hypercholesterolemia : CK(2333) : AC(408)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Pecan (AC 2) (CK 20)

A pecan intervention had a concurrent and clinically significant effect on several relevant markers of cardiometabolic risk.

Pubmed Data : Nutrients. 2018 Mar 11 ;10(3). Epub 2018 Mar 11. PMID: [29534487](#)

Article Published Date : Mar 10, 2018

Authors : Diane L McKay, Misha Eliasziw, C Y Oliver Chen, Jeffrey B Blumberg

Study Type : Human Study

Additional Links

Substances : Pecan : CK(25) : AC(5)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Pecans lower low-density lipoprotein cholesterol in people with normal lipid levels.

Pubmed Data : J Am Diet Assoc. 2000 Mar;100(3):312-8. PMID: [10719404](#)

Article Published Date : Mar 01, 2000

Authors : W A Morgan, B J Clayshulte

Study Type : Human Study

Additional Links

Substances : Pecan : CK(25) : AC(5)

Diseases : High Cholesterol : CK(2715) : AC(455), Hypercholesterolemia : CK(2333) : AC(408)

Persimmon (AC 7) (CK 20)

Persimmon fruit has significant blood sugar and blood cholesterol lowering activities in type 2 diabetic rats.

Pubmed Data : J Toxicol Environ Health A. 2007 May 15;70(10):837-51. PMID: [19584081](#)

Article Published Date : May 15, 2007

Authors : Saikat Dewanjee, Anup Maiti, Ranabir Sahu, Tarun K Dua, Vivekananda Mandal

Study Type : Animal Study

Additional Links

Substances : Persimmon : CK(138) : AC(77)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Persimmon fruit reduces blood sugar, cholesterol and oxidative stress in experimental type 2 diabetes in rats.

Pubmed Data : Food Chem Toxicol. 2009 Oct;47(10):2679-85. Epub 2009 Aug 4. PMID: [19660513](#)

Article Published Date : Oct 01, 2009

Authors : Saikat Dewanjee, Anup K Das, Ranabir Sahu, Moumita Gangopadhyay

Study Type : Animal Study

Additional Links

Substances : Persimmon : CK(138) : AC(77)

Diseases : Diabetes: Cardiovascular Illness : CK(707) : AC(111), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Persimmon fruit tannin-rich fiber reduces cholesterol levels in humans.

Pubmed Data : Ann Nutr Metab. 2013 ;62(1):1-6. Epub 2012 Nov 17. PMID: [23171573](#)

Article Published Date : Dec 31, 2012

Authors : Nobuki Gato, Akio Kadowaki, Natsumi Hashimoto, Shin-ichiro Yokoyama, Kenji Matsumoto

Study Type : Human Study

Additional Links

Substances : Fiber : CK(1411) : AC(184), Persimmon : CK(138) : AC(77), Tannic Acid : CK(75) : AC(42)

Diseases : High Cholesterol : CK(2715) : AC(455), Hypercholesterolemia : CK(2333) : AC(408)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Persimmon highly galloylated-tannins in vitro mitigated α -amylase and α -glucosidase.

Pubmed Data : J Food Biochem. 2020 Jul ;44(7):e13234. Epub 2020 Apr 17. PMID: [32301514](#)

Article Published Date : Jun 30, 2020

Authors : Wei Zhu, Ibrahim Khalifa, Ruifeng Wang, Chunmei Li

Study Type : In Vitro Study

Additional Links

Substances : Persimmon : CK(138) : AC(77)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110), Alpha-glucosidase inhibitor : CK(274) : AC(201)

Persimmon leaf may have protective effects against type 2 diabetes-induced kidney dysfunction and oxidative stress.

Pubmed Data : Prev Nutr Food Sci. 2016 Dec ;21(4):378-383. Epub 2016 Dec 31. PMID: [28078262](#)

Article Published Date : Nov 30, 2016

Authors : Myung-Sook Choi, Mi Ji Jeong, Yong Bok Park, Sang Ryong Kim, Un Ju Jung

Study Type : Animal Study

Additional Links

Substances : Persimmon : CK(138) : AC(77)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Renoprotective : CK(2404) : AC(1075)

Persimmon peel contains compounds which have promising antioxidant and antidiabetic properties.

Pubmed Data : J Nutr Sci Vitaminol (Tokyo). 2007 Jun;53(3):287-92. PMID: [17874835](#)

Article Published Date : Jun 01, 2007

Authors : Young A Lee, Eun Ju Cho, Takashi Tanaka, Takako Yokozawa

Study Type : In Vitro Study

Additional Links

Substances : Persimmon : CK(138) : AC(77)

Diseases : Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110), Antioxidants : CK(21528) : AC(8856), Enzyme Inhibitors : CK(692) : AC(347)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210), Proanthocyanidins : CK(374) : AC(121)

Supplementation of whole persimmon leaf improves lipid profiles and suppresses body weight gain in rats fed

high-fat diet.

Pubmed Data : Food Chem Toxicol. 2006 Nov;44(11):1875-83. Epub 2006 Jul 6. PMID: [16904806](#)

Article Published Date : Nov 01, 2006

Authors : J S Lee, M K Lee, T Y Ha, S H Bok, H M Park, K S Jeong, M N Woo, G-M Do, J-Y Yeo, M-S Choi

Study Type : Animal Study

Additional Links

Substances : Persimmon : CK(138) : AC(77)

Diseases : High Cholesterol : CK(2715) : AC(455), Overweight : CK(8557) : AC(1798), Triglycerides: Elevated : CK(916) : AC(152)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Black Currant (AC 7) (CK 19)

Blackcurrant improves diabetic cardiovascular dysfunction by reducing inflammatory cytokines.

Pubmed Data : Nutrients. 2021 Nov 22 ;13(11). Epub 2021 Nov 22. PMID: [34836432](#)

Article Published Date : Nov 21, 2021

Authors : Hye-Yoom Kim, Jung-Joo Yoon, Hyeon-Kyoung Lee, Ai-Lin Tai, Yun-Jung Lee, Dae-Sung Kim, Dae-Gill Kang, Ho-Sub Lee

Study Type : Animal Study

Additional Links

Substances : Black Currant : CK(351) : AC(70)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Inflammation : CK(9572) : AC(3089), Myocardial Fibrosis : CK(140) : AC(64)

Pharmacological Actions : Anti-Fibrotic : CK(924) : AC(463), Anti-Inflammatory Agents : CK(20859) : AC(8334), Cardioprotective : CK(5377) : AC(1675), Interleukin-1 beta downregulation : CK(3041) : AC(1567), Interleukin-6 Downregulation : CK(5029) : AC(1994), Transforming growth factor beta (TGF- β) inhibitor : CK(203) : AC(106), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Delphinidin 3-rutinoside-rich blackcurrant extract ameliorates glucose tolerance by increasing the release

of glucagon-like peptide-1 secretion.

Pubmed Data : Food Sci Nutr. 2017 Jul ;5(4):929-933. Epub 2017 Apr 7. PMID: [28748082](#)

Article Published Date : Jun 30, 2017

Authors : Tsubasa Tani, Sho Nishikawa, Masaki Kato, Takanori Tsuda

Study Type : Animal Study, In Vitro Study

Additional Links

Substances : Black Currant : CK(351) : AC(70), Delphinidin : CK(27) : AC(8)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Glucagon Like peptide 1 (GLP-1) Up-regulation : CK(129) : AC(35)

Additional Keywords : Medication Reduction : CK(52) : AC(6)

Efficacy of bilberry and grape seed extract supplement interventions to improve glucose and cholesterol metabolism and blood pressure.

Pubmed Data : Nutrients. 2021 May 17 ;13(5). Epub 2021 May 17. PMID: [34067538](#)

Article Published Date : May 16, 2021

Authors : Teresa Grohmann, Caroline Litts, Graham Horgan, Xuguang Zhang, Nigel Hoggard, Wendy Russell, Baukje de Roos

Study Type : Review

Additional Links

Substances : Bilberry : CK(239) : AC(60), Black Currant : CK(351) : AC(70), Grape Seed Extract : CK(746) : AC(243)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypertension : CK(6384) : AC(950)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Antihypertensive Agents : CK(4527) : AC(683)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Phenolic composition, antioxidant capacity and physical characterization of ten blackcurrant (*Ribes nigrum*) cultivars.

Pubmed Data : Food Chem. 2021 Apr 20 ;359:129889. Epub 2021 Apr 20. PMID: [33934030](#)

Article Published Date : Apr 19, 2021

Authors : Rebecca Kowalski, Elvira Gonzalez de Mejia

Study Type : In Vitro Study

Additional Links

Substances : Black Currant : CK(351) : AC(70)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Inflammation : CK(9572) : AC(3089)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110), Alpha-glucosidase inhibitor : CK(274) : AC(201), Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Cyclooxygenase 2 Inhibitors : CK(1589) : AC(926)

Supplementation with a polyphenol rich blackcurrant extract decreased plasma total cholesterol, glucose, and inhibited liver steatosis in mice.

Pubmed Data : Br J Nutr. 2015 Apr 22:1-7. Epub 2015 Apr 22. PMID: [25899149](#)

Article Published Date : Apr 21, 2015

Authors : Tyler Benn, Bohkyung Kim, Young-Ki Park, Yue Yang, Tho X Pham, Chai Siah Ku, Callie Farruggia, Ellen Harness, Joan A Smyth, Ji-Young Lee

Study Type : Animal Study

Additional Links

Substances : Black Currant : CK(351) : AC(70), Polyphenols : CK(1878) : AC(700)

Diseases : Fatty Liver : CK(2522) : AC(701), High Cholesterol : CK(2715) : AC(455), Metabolic Diseases : CK(828) : AC(178)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

The results thus support previous observations regarding health benefits of berries

Pubmed Data : PLoS One. 2017 ;12(11):e0188173. Epub 2017 Nov 15. PMID: [29141041](#)

Article Published Date : Dec 31, 2016

Authors : Anne Nilsson, Ilkka Salo, Merichel Plaza, Inger Björck

Study Type : Human Study

Additional Links

Substances : Black Currant : CK(351) : AC(70), Blueberry : CK(721) : AC(250), Lingonberry : CK(54) : AC(22), Strawberry : CK(384) : AC(112), Tomato : CK(1225) : AC(303)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Neuroprotective Agents : CK(10404) : AC(4396)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

This study suggested supplementary of blueberry and blackcurrant with oat bran might be a potential source of bioactive products for antidiabetic activity.

Pubmed Data : Food Res Int. 2020 Dec ;138(Pt A):109756. Epub 2020 Oct 8. PMID: [33292939](#)

Article Published Date : Nov 30, 2020

Authors : Xiaodan Hui, Gang Wu, Duo Han, Letitia Stipkovits, Xiyang Wu, Shuze Tang, Margaret A Brennan, Charles S Brennan

Study Type : In Vitro Study

Additional Links

Substances : Black Currant : CK(351) : AC(70), Blueberry : CK(721) : AC(250), Oat Bran : CK(83) : AC(16)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110), Alpha-glucosidase inhibitor : CK(274) : AC(201)

Delphinidin (AC 4) (CK 19)

An anthocyanin mixture reduced the inflammatory response in hypercholesterolemic subjects.

Pubmed Data : Nutr Metab Cardiovasc Dis. 2013 Sep ;23(9):843-9. Epub 2012 Aug 17. PMID: [22906565](#)

Article Published Date : Aug 31, 2013

Authors : Y Zhu, W Ling, H Guo, F Song, Q Ye, T Zou, D Li, Y Zhang, G Li, Y Xiao, F Liu, Z Li, Z Shi, Y Yang

Study Type : Human Study

Additional Links

Substances : Anthocyanins : CK(938) : AC(334), Cyanidin 3-glucoside : CK(21) : AC(8), Delphinidin : CK(27) : AC(8)

Diseases : Atherosclerosis : CK(1390) : AC(487), C-Reactive Protein : CK(3134) : AC(310), High Cholesterol : CK(2715) : AC(455), Hypercholesterolemia : CK(2333) : AC(408)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Interleukin-1 beta downregulation : CK(3041) : AC(1567), Interleukin-6 Downregulation : CK(5029) : AC(1994), Vascular Cell Adhesion Molecule-1 Inhibitor : CK(123) : AC(34)

Additional Keywords : Dose Response : CK(1712) : AC(683), Natural Substance Synergy : CK(1094) : AC(506)

Cyanidin and delphinidin modulate inflammation and altered redox signaling improving insulin resistance in high fat-fed mice.

Pubmed Data : Redox Biol. 2018 May 30 ;18:16-24. Epub 2018 May 30. PMID: [29890336](#)

Article Published Date : May 29, 2018

Authors : Elena Daveri, Eleonora Cremonini, Angela Mastaloudis, Shelly N Hester, Steven M Wood, Andrew L Waterhouse, Mauri Anderson, Cesar G Fraga, Patricia I Oteiza

Study Type : Animal Study

Additional Links

Substances : Cyanidin : CK(3) : AC(3), Delphinidin : CK(27) : AC(8)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), High Fat Diet : CK(1267) : AC(602), Inflammation : CK(9572) : AC(3089), Insulin Resistance : CK(3522) : AC(792), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), NF-kappaB Inhibitor : CK(3536) : AC(2098)

Anti Therapeutic Actions : Western Diet : CK(416) : AC(121)

Delphinidin 3-rutinoside-rich blackcurrant extract ameliorates glucose tolerance by increasing the release of glucagon-like peptide-1 secretion.

Pubmed Data : Food Sci Nutr. 2017 Jul ;5(4):929-933. Epub 2017 Apr 7. PMID: [28748082](#)

Article Published Date : Jun 30, 2017

Authors : Tsubasa Tani, Sho Nishikawa, Masaki Kato, Takanori Tsuda

Study Type : Animal Study, In Vitro Study

Additional Links

Substances : Black Currant : CK(351) : AC(70), Delphinidin : CK(27) : AC(8)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Glucagon Like peptide 1 (GLP-1) Up-regulation : CK(129) : AC(35)

Additional Keywords : Medication Reduction : CK(52) : AC(6)

Delphinidin reduces glucose uptake in mice jejunal tissue and human intestinal cells lines.

Pubmed Data : Int J Mol Sci. 2017 Apr 5 ;18(4). Epub 2017 Apr 5. PMID: [28379159](#)

Article Published Date : Apr 04, 2017

Authors : Jorge Hidalgo, Stefanie Teuber, Francisco J Morera, Camila Ojeda, Carlos A Flores, MarÃa A Hidalgo, LucÃa NÃÃez, Carlos Villalobos, Rafael A Burgos

Study Type : Human In Vitro, In Vitro Study

Additional Links

Substances : Delphinidin : CK(27) : AC(8)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Krill (AC 5) (CK 18)

A novel krill-oil derived preparation of omega-3 rich phospholipids had a positive impact on cardiovascular disease risk factors.

Pubmed Data : Lipids Health Dis. 2017 Jan 17 ;16(1):11. Epub 2017 Jan 17. PMID: [28095913](#)

Article Published Date : Jan 16, 2017

Authors : Petter-Arnt Hals, Xiaoli Wang, Yong-Fu Xiao

Study Type : Animal Study

Additional Links

Substances : Krill : CK(203) : AC(52), Omega-3 Fatty Acids : CK(4672) : AC(633)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Dyslipidemias : CK(1104) : AC(241)

Pharmacological Actions : Cardioprotective : CK(5377) : AC(1675)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Krill oil Inhibits cholesterol synthesis and stimulated cholesterol excretion in hypercholesterolemic rats.

Pubmed Data : Mar Drugs. 2022 Sep 27 ;20(10). Epub 2022 Sep 27. PMID: [36286433](#)

Article Published Date : Sep 26, 2022

Authors : Ok-Kyung Kim, Jeong Moon Yun, Dakyung Kim, Soo-Jeung Park, Chungil Lee, Eun Byeol Go, Jae Sil Kim, Sang Yong Park, Jeongmin Lee

Study Type : Animal Study

Additional Links

Substances : Krill : CK(203) : AC(52)

Diseases : High Cholesterol : CK(2715) : AC(455), Hypercholesterolemia : CK(2333) : AC(408), Hyperlipidemia : CK(1569) : AC(402)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Krill oil is superior to fish oil at reducing liver triglyceride and cholesterol levels.

Pubmed Data : J Anim Physiol Anim Nutr (Berl). 2011 Feb 25. Epub 2011 Feb 25. PMID: [21429045](#)

Article Published Date : Feb 25, 2011

Authors : A Ferramosca, L Conte, V Zara

Study Type : Animal Study

Additional Links

Substances : Krill : CK(203) : AC(52)

Diseases : Fatty Liver : CK(2522) : AC(701), High Cholesterol : CK(2715) : AC(455)

Additional Keywords : Krill-Fish Comparison : CK(29) : AC(7)

Krill oil may lead to moderate improvement of cardiovascular risks, specifically endothelial dysfunction and HDL in patients with type 2 diabetes.

Pubmed Data : BMJ Open Diabetes Res Care. 2015 ;3(1):e000107. Epub 2015 Oct 14. PMID: [26504524](#)

Article Published Date : Dec 31, 2014

Authors : Jessika M Lobraico, Lauren C DiLello, Amber D Butler, Marie Elena Cordisco, Joann R Petrini, Ramin Ahmadi

Study Type : Human Study

Additional Links

Substances : Krill : CK(203) : AC(52)

Diseases : Cardiovascular Disease: Prevention : CK(6355) : AC(1018), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Endothelial Dysfunction : CK(2115) : AC(440)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

These analyses suggest that krill oil may be promising for inhibiting obesity and metabolic syndromes.

Pubmed Data : Mar Drugs. 2022 Jul 27 ;20(8). Epub 2022 Jul 27. PMID: [36005486](#)

Article Published Date : Jul 26, 2022

Authors : Seung-Min Hwang, Yeong Uk Kim, Jong-Kyu Kim, Yoon-Seok Chun, Young-Sam Kwon, Sae-Kwang Ku, Chang-Hyun Song

Study Type : Animal Study

Additional Links

Substances : Krill : CK(203) : AC(52)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), High Fat Diet : CK(1267) : AC(602), Insulin Resistance : CK(3522) : AC(792), Metabolic Syndrome X : CK(2073) : AC(376), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Anti-Obesity Agents : CK(2925) : AC(774)

Water: Deep Sea (AC 6) (CK 18)

Balanced deep-sea water increased mitochondrial biogenesis in a dose-dependent manner.

Pubmed Data : Biomed Pharmacother. 2016 Oct ;83:477-484. Epub 2016 Jul 18. PMID: [27434863](#)

Article Published Date : Sep 30, 2016

Authors : Byung Geun Ha, Deok-Soo Moon, Hyeon Ju Kim, Yun Hee Shon

Study Type : In Vitro Study

Additional Links

Substances : Calcium : CK(396) : AC(60), Magnesium : CK(2442) : AC(317), Water: Deep Sea : CK(50) : AC(20)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Obesity : CK(6879) : AC(1686)

Additional Keywords : Dose Response : CK(1712) : AC(683)

Deep sea water could potentially be used as drinking water because it modulates blood pressure, reduces lipids, and prevents atherogenesis.

Pubmed Data : Mar Drugs. 2013 Jun 17 ;11(6):2183-202. Epub 2013 Jun 17. PMID: [23774889](#)

Article Published Date : Jun 16, 2013

Authors : Ming-Jyh Sheu, Pei-Yu Chou, Wen-Hsin Lin, Chun-Hsu Pan, Yi-Chung Chien, Yun-Lung Chung, Fon-Chang Liu, Chieh-Hsi Wu

Study Type : Animal Study

Additional Links

Substances : Water: Deep Sea : CK(50) : AC(20)

Diseases : Atherosclerosis : CK(1390) : AC(487), High Cholesterol : CK(2715) : AC(455), Hypertension : CK(6384) : AC(950)

Pharmacological Actions : Anti-atherogenic : CK(348) : AC(120), Antihypertensive Agents : CK(4527) : AC(683), Hypolipidemic : CK(5358) : AC(1221)

Deep sea water has anti-obesity and anti-diabetic properties.

Pubmed Data : Mar Biotechnol (NY). 2009 Jul-Aug;11(4):531-9. Epub 2008 Dec 13. PMID: [19083059](#)

Article Published Date : Jul 01, 2009

Authors : Hee Sun Hwang, Hyun Ah Kim, Sung Hak Lee, Jong Won Yun

Study Type : Animal Study

Additional Links

Substances : [Water: Deep Sea](#) : CK(50) : AC(20)

Diseases : [Adiponectin: Low Levels](#) : CK(233) : AC(48), [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

Additional Keywords : [Anti-Obesity Agents](#) : CK(2925) : AC(774)

Anti Therapeutic Actions : [Electromagnetic Field Harms](#) : CK(4876) : AC(1003)

Deep sea water was effective in reducing blood total cholesterol and LDL-C, and also in decreasing lipid peroxidation in hypercholesterolemic subjects.

Pubmed Data : J Med Food. 2012 Jun ;15(6):535-41. Epub 2012 Mar 16. PMID: [22424458](#)

Article Published Date : May 31, 2012

Authors : Zhao-Yang Fu, Feili Lo Yang, Hsin-Wen Hsu, Yi-Fa Lu

Study Type : Human Study

Additional Links

Substances : [Water: Deep Sea](#) : CK(50) : AC(20)

Diseases : [High Cholesterol](#) : CK(2715) : AC(455), [Hypercholesterolemia](#) : CK(2333) : AC(408), [Lipid Peroxidation](#) : CK(1632) : AC(631)

Pharmacological Actions : [Anticholesteremic Agents](#) : CK(3078) : AC(530), [Antioxidants](#) : CK(21528) : AC(8856)

Deep-sea water improves cardiovascular hemodynamics in rabbits with elevated cholesterol.

Pubmed Data : Biol Pharm Bull. 2008 Jan;31(1):38-44. PMID: [18175939](#)

Article Published Date : Jan 01, 2008

Authors : Shin-Ichiro Katsuda, Takeshi Yasukawa, Koji Nakagawa, Masao Miyake, Masao Yamasaki, Kiyooki Katahira, Motohiko Mohri, Tsuyoshi Shimizu, Akihiro Hazama

Study Type : Animal Study

Additional Links

Substances : [Water: Deep Sea](#) : CK(50) : AC(20)

Diseases : [Atherosclerosis](#) : CK(1390) : AC(487), [High Cholesterol](#) : CK(2715) : AC(455), [Hypertension](#) : CK(6384) : AC(950)

Pharmacological Actions : [Hypotensive](#) : CK(467) : AC(63)

This paper reviews the potential health benefits of deep

sea water by referring to the findings from previous researches.

Pubmed Data : Evid Based Complement Alternat Med. 2016 ;2016:6520475. Epub 2016 Dec 26. PMID: [28105060](#)

Article Published Date : Dec 31, 2015

Authors : Samihah Zura Mohd Nani, F A A Majid, A B Jaafar, A Mahdzir, M N Musa

Study Type : Review

Additional Links

Substances : Water: Deep Sea : CK(50) : AC(20)

Diseases : Cancers: All : CK(28241) : AC(10590), Cardiovascular Diseases : CK(12780) : AC(1983), Dermatitis : CK(2121) : AC(305), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Eczema : CK(1736) : AC(257), Gastric Ulcer : CK(470) : AC(212), Obesity : CK(6879) : AC(1686), Osteoporosis : CK(2025) : AC(512)

Pharmacological Actions : Anti-atherogenic : CK(348) : AC(120), Antihypertensive Agents : CK(4527) : AC(683), Gastroprotective : CK(955) : AC(388), Hepatoprotective : CK(5098) : AC(2264), Hypoglycemic Agents : CK(5366) : AC(1338), Osteoprotective : CK(971) : AC(351)

Additional Keywords : Anti-Obesity Agents : CK(2925) : AC(774)

Coconut Oil (AC 5) (CK 17)

Beneficial effect of virgin coconut oil on alloxan-induced diabetes and microbiota composition in rats.

Pubmed Data : Plant Foods Hum Nutr. 2018 Dec ;73(4):295-301. PMID: [30168039](#)

Article Published Date : Nov 30, 2018

Authors : Sinisa Djurasevic, Svetlana Bojic, Biljana Nikolic, Ivica Dimkic, Zoran Todorovic, Jelena Djordjevic, Dragana Mitic-Culafic

Study Type : Animal Study

Additional Links

Substances : Coconut Oil : CK(341) : AC(85)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Gastrointestinal Agents : CK(3145) : AC(843)

Coconut kernel protein favorably modifies the effect of

coconut oil on serum lipids.

Pubmed Data : Plant Foods Hum Nutr. 1999;53(2):133-44. PMID: [10472790](#)

Article Published Date : Jan 01, 1999

Authors : K G Padmakumaran Nair, T Rajamohan, P A Kurup

Study Type : Human Study

Additional Links

Substances : Arginine : CK(1086) : AC(190), Coconut : CK(630) : AC(144), Coconut Oil : CK(341) : AC(85), Coconut Protein : CK(14) : AC(3)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anti-Adipogenic : CK(164) : AC(85), Hypolipidemic : CK(5358) : AC(1221)

In Silico and wet lab studies reveal the cholesterol lowering efficacy of lauric acid.

Pubmed Data : Plant Foods Hum Nutr. 2016 Sep 27. Epub 2016 Aug 27. PMID: [27679437](#)

Article Published Date : Sep 26, 2016

Authors : Devi Lekshmi Sheela, Puthiyaveetil Abdulla Nazeem, Arunaksharan Narayanankutty, Jeksy Jos Manalil, Achuthan C Raghavamenon

Study Type : In Vitro Study

Additional Links

Substances : Coconut Oil : CK(341) : AC(85), Lauric acid : CK(24) : AC(9)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Virgin coconut oil improves hepatic lipid metabolism in rats--compared with copra oil, olive oil and sunflower oil.

Pubmed Data : Indian J Exp Biol. 2012 Nov ;50(11):802-9. PMID: [23305031](#)

Article Published Date : Oct 31, 2012

Authors : S Arunima, T Rajamohan

Study Type : Animal Study

Additional Links

Substances : Coconut Oil : CK(341) : AC(85)

Diseases : Apolipoprotein A/B ratio imbalances : CK(36) : AC(6), High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Wet process coconut oil extraction is superior to dry

extraction in improving lipid metabolic and antioxidant status in cholesterol coadministered rats.

Pubmed Data : Can J Physiol Pharmacol. 2009 Aug;87(8):610-6. PMID: [19767885](#)

Article Published Date : Aug 01, 2009

Authors : K Govindan Nevin, Thankappan Rajamohan

Study Type : Animal Study

Additional Links

Substances : Coconut Oil : CK(341) : AC(85)

Diseases : High Cholesterol : CK(2715) : AC(455), Hyperlipidemia : CK(1569) : AC(402), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Brazil nut (AC 3) (CK 16)

Consumption of Brazil nuts could decrease oxidative DNA damage in T2D patients.

Pubmed Data : Drug Chem Toxicol. 2020 Aug 18:1-7. Epub 2020 Aug 18. PMID: [32811197](#)

Article Published Date : Aug 17, 2020

Authors : Tamires Pavei Macan, Thais Aquino de Amorim, Adriani Paganini Damiani, Ângela Caroline da Luz Beretta, Marina Lummertz Magenis, Thais CeresÃ©r Vilela, JoÃ£o Paulo Teixeira, Vanessa Moraes de Andrade

Study Type : Human In Vitro

Additional Links

Substances : Brazil nut : CK(63) : AC(8)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), DNA damage : CK(1997) : AC(713)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

Effects of regular brazil nut consumption on health.

Pubmed Data : Foods. 2022 Sep 19 ;11(18). Epub 2022 Sep 19. PMID: [36141050](#)

Article Published Date : Sep 18, 2022

Authors : Alessandra da Silva, Brenda Kelly Souza Silveira, Brenda Vieira Machado de Freitas,

Helen Hermana M Hermsdorff, Josefina Bressan

Study Type : Review

Additional Links

Substances : Brazil nut : CK(63) : AC(8)

Diseases : Cognitive Decline/Dysfunction : CK(3236) : AC(654), Diabetes: Oxidative Stress : CK(492) : AC(182), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Neuroprotective Agents : CK(10404) : AC(4396)

Intake of partially defatted Brazil nut flour reduces serum cholesterol in hypercholesterolemic patients

Pubmed Data : Nutr J. 2015 ;14:59. Epub 2015 Jun 16. PMID: [26077768](#)

Article Published Date : Dec 31, 2014

Authors : Roberta F Carvalho, Grazielle V B Huguenin, Ronir R Luiz, Annie S B Moreira, Glauca M M Oliveira, Glorimar Rosa

Study Type : Human Study

Additional Links

Substances : Brazil nut : CK(63) : AC(8)

Diseases : High Cholesterol : CK(2715) : AC(455), Hypercholesterolemia : CK(2333) : AC(408)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Genistein (AC 5) (CK 16)

Dietary soy protein isolate attenuates metabolic syndrome in rats.

Pubmed Data : J Nutr. 2009 Aug;139(8):1431-8. Epub 2009 Jun 10. PMID: [19515742](#)

Article Published Date : Aug 01, 2009

Authors : Martin J Ronis, Ying Chen, Jamie Badeaux, Thomas M Badger

Study Type : Animal Study

Additional Links

Substances : Daidzein : CK(142) : AC(54), Genistein : CK(788) : AC(365), Isoflavones : CK(845) : AC(171), Soy Protein : CK(331) : AC(56)

Diseases : Fatty Liver : CK(2522) : AC(701), High Cholesterol : CK(2715) : AC(455), Insulin Resistance : CK(3522) : AC(792), Metabolic Syndrome X : CK(2073) : AC(376)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Effectiveness of genistein supplementation on metabolic factors and antioxidant Status in postmenopausal women with type 2 diabetes mellitus.

Pubmed Data : Can J Diabetes. 2019 Oct ;43(7):490-497. Epub 2019 May 4. PMID: [31307913](#)

Article Published Date : Sep 30, 2019

Authors : Hassan Braxas, Maryam Rafraf, Saadat Karimi Hasanabad, Mohammad Asghari Jafarabadi

Study Type : Human Study

Additional Links

Substances : Genistein : CK(788) : AC(365)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338), Malondialdehyde Down-regulation : CK(2065) : AC(678)

Isoflavonoids and peptides from meju, long-term fermented soybeans, increase insulin sensitivity and exert insulinotropic effects in vitro.

Pubmed Data : Nutrition. 2011 Feb;27(2):244-52. Epub 2010 Jun 11. PMID: [20541368](#)

Article Published Date : Feb 01, 2011

Authors : Dae Young Kwon, Sang Mee Hong, Il Sung Ahn, Min Jung Kim, Hye Jeong Yang, Sunmin Park

Study Type : In Vitro Study

Additional Links

Substances : Daidzein : CK(142) : AC(54), Genistein : CK(788) : AC(365), Isoflavones : CK(845) : AC(171), Soy : CK(2158) : AC(552), Soy: Fermented : CK(169) : AC(33)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792), Metabolic Syndrome X : CK(2073) : AC(376)

Pharmacological Actions : Glucagon Like peptide 1 (GLP-1) Up-regulation : CK(129) : AC(35), Hypoglycemic Agents : CK(5366) : AC(1338), Insulinotropic : CK(11) : AC(7)

Momordica charantia L. fruit and Genistein were able to enhance beta cell function and prevent lipid accumulation and insulin resistance in type 2 diabetic rats.

Pubmed Data : J Diabetes Metab Disord. 2020 Dec ;19(2):1303-1310. Epub 2020 Oct 3. PMID:

[33553029](#)

Article Published Date : Nov 30, 2020

Authors : Wusa Makena, Joseph O Hambolu, James A Timbuak, Uduak E Umana, Abdullahi I Iliya, Nathan I Dibal

Study Type : Animal Study

Additional Links

Substances : Bitter Melon : CK(254) : AC(112), Genistein : CK(788) : AC(365)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221), Insulin Sensitizers : CK(1185) : AC(244), Pancreato Protective Agents : CK(358) : AC(194)

The role of isoflavones in type 2 diabetes prevention and treatment-A narrative review.

Pubmed Data : Int J Mol Sci. 2020 Dec 28 ;22(1). Epub 2020 Dec 28. PMID: [33379327](#)

Article Published Date : Dec 27, 2020

Authors : Alina KuryÅ,owicz

Study Type : Review

Additional Links

Substances : Biochanin A : CK(9) : AC(8), Daidzein : CK(142) : AC(54), Formononetin : CK(2) : AC(1), Genistein : CK(788) : AC(365), Isoflavones : CK(845) : AC(171)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Olive (AC 5) (CK 16)

A nut-enriched diet has cholesterol-lowering properties, and olive oil has a cholesterol-lowering property independent of its fatty acid content.

Pubmed Data : Nutr Metab Cardiovasc Dis. 2011 Jun ;21 Suppl 1:S14-20. Epub 2011 Mar 21. PMID: [21421296](#)

Article Published Date : May 31, 2011

Authors : N R T Damasceno, A PÃ©rez-Heras, M Serra, M CofÃ©jn, A Sala-Vila, J Salas-SalvadÃ©, E Ros

Study Type : Human Study

Additional Links

Substances : Almond : CK(421) : AC(59), Olive : CK(1072) : AC(393), Walnut : CK(589) : AC(137)

Diseases : Cardiovascular Diseases : CK(12780) : AC(1983), High Cholesterol : CK(2715) : AC(455), Inflammation : CK(9572) : AC(3089), Lipid Peroxidation : CK(1632) : AC(631)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Cardioprotective : CK(5377) : AC(1675)

Chinese olive fruit may ameliorate metabolic dysfunction in diabetic rats under high fat diet challenge.

Pubmed Data : Nutrients. 2017 Oct 15 ;9(10). Epub 2017 Oct 15. PMID: [29036927](#)

Article Published Date : Oct 14, 2017

Authors : Yu-Te Yeh, An-Na Chiang, Shu-Chen Hsieh

Study Type : Animal Study

Additional Links

Substances : Olive : CK(1072) : AC(393)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Interleukin-6 Downregulation : CK(5029) : AC(1994), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Effect of nano extracts of olea europaea leaves, ficus carica and liraglutide in lipidemic liver of type 2 diabetic rat model.

Pubmed Data : Saudi J Biol Sci. 2022 Jul ;29(7):103333. Epub 2022 Jun 1. PMID: [35721230](#)

Article Published Date : Jun 30, 2022

Authors : Aisha D Alalwani, Laila A Hummdi, Safa H Qahl

Study Type : Animal Study

Additional Links

Substances : Fig : CK(145) : AC(61), Olive : CK(1072) : AC(393)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hepatoprotective : CK(5098) : AC(2264)

Exercise combined with olive oil consumption, individually or as part of a healthy diet is likely to induce reciprocal action for T2D prevention.

Pubmed Data : Int J Mol Sci. 2018 Jul 12 ;19(7). Epub 2018 Jul 12. PMID: [30002281](#)

Article Published Date : Jul 11, 2018

Authors : Ahmad Alkhatib, Catherine Tsang, Jaakko Tuomilehto

Study Type : Review

Additional Links

Substances : Oleuropein : CK(226) : AC(136), Olive : CK(1072) : AC(393)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856)

Olive oil consumption increases HDL-cholesterol levels, while decreasing LDL-cholesterol levels, LDL susceptibility to oxidation and lipid peroxidation.

Pubmed Data : Med Health R I. 2006 Mar;89(3):113. PMID: [16596937](#)

Article Published Date : Mar 01, 2006

Authors : Kathleen Cullinen

Study Type : Commentary

Additional Links

Substances : Olive : CK(1072) : AC(393)

Diseases : Arteriosclerosis : CK(497) : AC(139), Cholesterol: Oxidation : CK(599) : AC(140), HDL: Low : CK(305) : AC(50), High Cholesterol : CK(2715) : AC(455)

Therapeutic Actions : Dietary Modification: Mediterranean Diet : CK(1580) : AC(186)

Propolis: Bee (AC 5) (CK 16)

A review of dietary polyphenols and type 2 diabetes.

Pubmed Data : Crit Rev Food Sci Nutr. 2018 Jul 11:1-19. Epub 2018 Jul 11. PMID: [29993262](#)

Article Published Date : Jul 10, 2018

Authors : Hui Cao, Juanying Ou, Lei Chen, Yanbo Zhang, Tomasz Sz kudelski, Dominique Delmas, Maria Daglia, Jianbo Xiao

Study Type : Review

Additional Links

Substances : Anthocyanins : CK(938) : AC(334), Chocolate : CK(1280) : AC(173), Cocoa : CK(1280) : AC(173), Coffee : CK(1460) : AC(180), Grape Seed Extract : CK(746) : AC(243), Polyphenols : CK(1878) : AC(700), Propolis: Bee : CK(138) : AC(50), Propolis: Bee : CK(138) : AC(50)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Administration of Iranian Propolis attenuates oxidative stress and blood glucose in type II diabetic patients.

Pubmed Data : Caspian J Intern Med. 2019 ;10(1):48-54. PMID: [30858941](#)

Article Published Date : Dec 31, 2018

Authors : Sepideh Hesami, Sima Hashemipour, Mohammad Reza Shiri-Shahsavari, Yaghob Koushan, Hossein Khadem Haghighian

Study Type : Human Study

Additional Links

Substances : Prebiotics : CK(349) : AC(90), Probiotics : CK(7680) : AC(1196), Propolis: Bee : CK(138) : AC(50)

Diseases : Diabetes: Oxidative Stress : CK(492) : AC(182), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

Biomedical properties of propolis on diverse chronic diseases.

Pubmed Data : Nutrients. 2020 Dec 29 ;13(1). Epub 2020 Dec 29. PMID: [33383693](#)

Article Published Date : Dec 28, 2020

Authors : Nelly Rivera-Yañez, C Rebeca Rivera-Yañez, Glustein Pozo-Molina, Claudia F MÃ©ndez-CatalÃ¡j, Adolfo R MÃ©ndez-Cruz, Oscar Nieto-Yañez

Study Type : Review

Additional Links

Substances : Propolis: Bee : CK(138) : AC(50)

Diseases : Cancers: All : CK(28241) : AC(10590), Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338), Interleukin-10 upregulation : CK(105) : AC(24), Interleukin-1 beta downregulation : CK(3041) : AC(1567), Pancreato Protective Agents : CK(358) : AC(194), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Nigerian propolis confers protection against hyperglycemia-induced oxidative stress in both liver and pancreas of adult Wistar rats.

Pubmed Data : J Intercult Ethnopharmacol. 2015 Apr-Jun;4(2):102-8. Epub 2015 Feb 16. PMID: [26401394](#)

Article Published Date : Mar 31, 2015

Authors : Ibrahim Ridwan Babatunde, Amin Abdulbasit, Mustafa Ibrahim Oladayo, Onanuga Ismail Olasile, Folarin Roehan Olamide, Balogun Wasiu Gbolahan

Study Type : Animal Study

Additional Links

Substances : Propolis: Bee : CK(138) : AC(50)

Diseases : High Cholesterol : CK(2715) : AC(455), Hyperglycemia : CK(1494) : AC(453), Oxidative Stress : CK(9437) : AC(3550), Triglycerides: Elevated : CK(916) : AC(152)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Hepatoprotective : CK(5098) : AC(2264), Hypolipidemic : CK(5358) : AC(1221), Malondialdehyde Down-regulation : CK(2065) : AC(678), Pancreato Protective Agents : CK(358) : AC(194), Superoxide Dismutase Up-regulation : CK(1403) : AC(551)

Additional Keywords : Natural Substances Versus Drugs : CK(2375) : AC(479), Superiority of Natural Substances versus Drugs : CK(1644) : AC(347)

This investigation demonstrated that propolis of Chihuahua possesses hypoglycaemic and antioxidant activities.

Pubmed Data : Evid Based Complement Alternat Med. 2018 ;2018:4360356. Epub 2018 Mar 11. PMID: [29713363](#)

Article Published Date : Dec 31, 2017

Authors : Nelly Rivera-Yañez, Mario Rodriguez-Canales, Oscar Nieto-Yañez, Manuel Jimenez-Estrada, Maximiliano Ibarra-Barajas, M M Canales-Martinez, M A Rodriguez-Monroy

Study Type : Animal Study

Additional Links

Substances : Propolis: Bee : CK(138) : AC(50)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

Coconut (AC 4) (CK 15)

Coconut kernel protein favorably modifies the effect of coconut oil on serum lipids.

Pubmed Data : Plant Foods Hum Nutr. 1999;53(2):133-44. PMID: [10472790](#)

Article Published Date : Jan 01, 1999

Authors : K G Padmakumaran Nair, T Rajamohan, P A Kurup

Study Type : Human Study

Additional Links

Substances : Arginine : CK(1086) : AC(190), Coconut : CK(630) : AC(144), Coconut Oil : CK(341) : AC(85), Coconut Protein : CK(14) : AC(3)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anti-Adipogenic : CK(164) : AC(85), Hypolipidemic : CK(5358) : AC(1221)

Coconut products alleviate hyperglycaemic, hyperlipidemic and nephropathy indices.

Pubmed Data : Saudi J Biol Sci. 2021 Aug ;28(8):4224-4231. Epub 2021 Jun 25. PMID: [34354403](#)

Article Published Date : Jul 31, 2021

Authors : Karemah A Alatawi, Fawzia A Alshubaily

Study Type : Animal Study

Additional Links

Substances : Coconut : CK(630) : AC(144)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Nephropathy : CK(707) : AC(277)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221), Renoprotective : CK(2404) : AC(1075)

Coconut protein is able to reduce hyperlipidemia and peroxidative effect induced by high fat cholesterol containing diet and these effects are mainly mediated by the L-arginine present in it.

Pubmed Data : Clin Ther. 2010 May;32(5):909-14. PMID: [11883511](#)

Article Published Date : May 01, 2010

Authors : G Salil, T Rajamohan

Study Type : Animal Study

Additional Links

Substances : Arginine : CK(1086) : AC(190), Coconut : CK(630) : AC(144), Coconut Protein : CK(14) : AC(3)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

This study explored the α -amylase inhibitory potential of ethanolic extract of *Cocos nucifera* endocarp.

Pubmed Data : Endocr Metab Immune Disord Drug Targets. 2018 Nov 27. Epub 2018 Nov 27. PMID: [30484412](#)

Article Published Date : Nov 26, 2018

Authors : Rajeev Kumar Singla, Ashok Kumar Dubey

Study Type : In Vitro Study

Additional Links

Substances : Coconut : CK(630) : AC(144)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110)

Dates (AC 5) (CK 15)

Date consumption (and mainly the Hallawi variety) by healthy subjects, despite their high sugar content, demonstrates beneficial effects on serum triacylglycerol and oxidative stress and does not worsen serum glucose and lipid/lipoprotein pattern.

Pubmed Data : J Agric Food Chem. 2009 Sep 9;57(17):8010-7. PMID: [19681613](#)

Article Published Date : Sep 09, 2009

Authors : Wasseem Rock, Mira Rosenblat, Hamutal Borochoy-Neori, Nina Volkova, Sylvie Judeinstein, Mazen Elias, Michael Aviram

Study Type : Human Study

Additional Links

Substances : Dates : CK(170) : AC(75)

Diseases : Diabetes: Cardiovascular Illness : CK(707) : AC(111), Diabetes Mellitus: Type 1 : CK(1605) : AC(471), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Oxidative Stress : CK(9437) : AC(3550), Triglycerides: Elevated : CK(916) : AC(152)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

Date palm fruit and barley attenuates ovarian dysfunction in hypercholesteremic rats.

Pubmed Data : Reprod Biol. 2018 Sep ;18(3):236-251. Epub 2018 Jul 10. PMID: [30005909](#)

Article Published Date : Sep 01, 2018

Authors : Hassan I H El-Sayyad, Effat M F El-Shershaby, Ahmed A El-Mansi, Nermeen E El-Ashry

Study Type : Animal Study

Additional Links

Substances : Barley : CK(77) : AC(19), Dates : CK(170) : AC(75)

Diseases : High Cholesterol : CK(2715) : AC(455), Lipid Peroxidation : CK(1632) : AC(631), Oxidative Stress : CK(9437) : AC(3550)

Additional Keywords : Phytotherapy : CK(3062) : AC(812), Plant Extracts : CK(14140) : AC(5210)

Date palm fruit's polyphenols as potential inhibitors for human amylin fibril formation and toxicity in type 2 diabetes.

Pubmed Data : Int J Biol Macromol. 2020 Aug 11. Epub 2020 Aug 11. PMID: [32795580](#)

Article Published Date : Aug 10, 2020

Authors : Ali Chaari, Basma Abdellatif, Faisal Nabi, Rizwan Hasan Khan

Study Type : In Vitro Study

Additional Links

Substances : Dates : CK(170) : AC(75), Polyphenols : CK(1878) : AC(700)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Potentials and safety of date palm fruit against diabetes: A critical review.

Pubmed Data : Foods. 2020 Oct 28 ;9(11). Epub 2020 Oct 28. PMID: [33126433](#)

Article Published Date : Oct 27, 2020

Authors : Md Al-Tareq Mia, Md Golam Mosaib, Md Ibrahim Khalil, Md Asiful Islam, Siew Hua Gan

Study Type : Review

Additional Links

Substances : Dates : CK(170) : AC(75)

Diseases : Diabetes: Oxidative Stress : CK(492) : AC(182), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110), Alpha-glucosidase inhibitor : CK(274) : AC(201), Anti-Apoptotic : CK(2905) : AC(1672), Antioxidants : CK(21528) : AC(8856), Pancreato Protective Agents : CK(358) : AC(194)

This review focusses on some medicinal plants that have antidiabetic effects.

Pubmed Data : West Indian Med J. 2016 Apr 18. Epub 2016 Apr 18. PMID: [27399905](#)

Article Published Date : Apr 17, 2016

Authors : T Khaliq, M Sarfraz, M A Ashraf

Study Type : Review

Additional Links

Substances : Black Pepper : CK(497) : AC(217), Dates : CK(170) : AC(75), Turmeric : CK(7078) : AC(3169)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210), Risk Reduction : CK(15144) : AC(1708)

Dill (AC 4) (CK 15)

A review of the role of Anethum graveolens in the management of diabetes.

Pubmed Data : J Trop Med. 2016 ;2016:1098916. Epub 2016 Oct 18. PMID: [27829842](#)

Article Published Date : Dec 31, 2015

Authors : Mohammad Taghi Goodarzi, Iraj Khodadadi, Heidar Tavailani, Ebrahim Abbasi Oshaghi

Study Type : Review

Additional Links

Substances : Dill : CK(145) : AC(44)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypolipidemic : CK(5358) : AC(1221)

Dill has hypolipidemic properties and may protect the liver against high fat induced oxidative damage in rats.

Pubmed Data : Am J Chin Med. 2009;37(4):685-99. PMID: [19655407](#)

Article Published Date : Jan 01, 2009

Authors : Seifollah Bahramikia, Razieh Yazdanparast

Study Type : Animal Study

Additional Links

Substances : Dill : CK(145) : AC(44)

Diseases : High Cholesterol : CK(2715) : AC(455), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypolipidemic : CK(5358) : AC(1221)

Dill powder supplementation can be effective in controlling the glycemic, lipid, stress oxidative and gastrointestinal symptoms in patients with type 2 diabetes.

Pubmed Data : Trials. 2020 Jun 5 ;21(1):483. Epub 2020 Jun 5. PMID: [32503652](#)

Article Published Date : Jun 04, 2020

Authors : Fatemeh Haidari, Mehrnoosh Zakerkish, Fatemeh Borazjani, Kambiz Ahmadi Angali, Golnaz Amoochi Froushani

Study Type : Human Study

Additional Links

Substances : Dill : CK(145) : AC(44)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Gastrointestinal Agents : CK(3145) : AC(843), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Dill reverses corticosteroid-induced type 2 diabetes in female rats.

Pubmed Data : Phytother Res. 2008 Sep 23. PMID: [18814208](#)

Article Published Date : Sep 23, 2008

Authors : Sunanda Panda

Study Type : Animal Study

Additional Links

Substances : Dill : CK(145) : AC(44)

Diseases : Corticosteroid-Induced Toxicity : CK(80) : AC(18), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pterostilbene (AC 9) (CK 15)

Effects of pterostilbene on diabetes, liver steatosis and serum lipids.

Pubmed Data : Curr Med Chem. 2019 Oct 29. Epub 2019 Oct 29. PMID: [31663469](#)

Article Published Date : Oct 28, 2019

Authors : Saioa G³mez-Zorita, I[±]aki Milton-Lask^{bar}, Leixuri Aguirre, Alfredo Fern^{ndez}-Quintela, Jianbo Xiao, Mar^{aa} P Portillo

Study Type : Review

Additional Links

Substances : Pterostilbene : CK(299) : AC(194)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Dyslipidemias : CK(1104) : AC(241)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Antioxidants : CK(21528) : AC(8856), Hepatoprotective : CK(5098) : AC(2264)

Nanoparticles prepared from pterostilbene reduce blood glucose and improve diabetes complications.

Pubmed Data : J Nanobiotechnology. 2021 Jun 27 ;19(1):191. Epub 2021 Jun 27. PMID: [34176494](#)

Article Published Date : Jun 26, 2021

Authors : Xi Zhao, Anhua Shi, Qiong Ma, Xueyan Yan, Ligong Bian, Pengyue Zhang, Junzi Wu

Study Type : Animal Study, In Vitro Study

Additional Links

Substances : Pterostilbene : CK(299) : AC(194)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

Pterocarpus marsupium prevents the alteration in metabolic patterns induced in the normal rat by feeding an adequate diet containing fructose as sole carbohydrate.

Pubmed Data : Altern Med Rev. 2009 Dec;14(4):364-72. PMID: [15955128](#)

Article Published Date : Dec 01, 2009

Authors : J K Grover, V Vats, S S Yadav

Study Type : Animal Study

Additional Links

Substances : Pterocarpus marsupium : CK(39) : AC(17), Pterostilbene : CK(299) : AC(194)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Fructose-Induced Toxicity : CK(203) :

AC(75), Insulin Resistance : CK(3522) : AC(792)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Pterostilbene ameliorates insulin sensitivity, glycemic control and oxidative stress in fructose-fed diabetic rats.

Pubmed Data : Life Sci. 2017 Aug 1 ;182:112-121. Epub 2017 Jun 16. PMID: [28629731](#)

Article Published Date : Jul 31, 2017

Authors : Ramoji Kosuru, Sanjay Singh

Study Type : Animal Study

Additional Links

Substances : Pterostilbene : CK(299) : AC(194)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792), Metabolic Syndrome X : CK(2073) : AC(376), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Superoxide Dismutase Up-regulation : CK(1403) : AC(551)

Pterostilbene has lipid and glucose lowering activity.

Pubmed Data : J Agric Food Chem. 2005 May 4;53(9):3403-7. PMID: [15853379](#)

Article Published Date : May 04, 2005

Authors : Agnes M Rimando, Rangaswamy Nagmani, Dennis R Feller, Wallace Yokoyama

Study Type : In Vitro Study

Additional Links

Substances : Pterostilbene : CK(299) : AC(194)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Stilbenes : CK(406) : AC(244)

Pterostilbene improves β^2 -cell function and survival against cytokine stress and also prevents STZ-induced diabetes.

Pubmed Data : J Nutr Biochem. 2017 Jun ;44:11-21. Epub 2017 Mar 6. PMID: [28343084](#)

Article Published Date : May 31, 2017

Authors : Dornadula Sireesh, Munuswamy-Ramanujam Ganesh, Umaphathy Dhamodharan, Murugesan Sakthivadivel, Srinivasan Sivasubramanian, Palani Gunasekaran, Kunka Mohanram Ramkumar

Study Type : Animal Study

Additional Links

Substances : Pterostilbene : CK(299) : AC(194)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Nrf2 activation : CK(1584) : AC(916), Pancreato Protective Agents : CK(358) : AC(194)

Pterostilbene maintains glucose homeostasis, suggesting the possibility that it is a future candidate for use in diabetes management.

Pubmed Data : Chem Res Toxicol. 2016 Jan 19 ;29(1):47-57. Epub 2016 Jan 7. PMID: [26700463](#)

Article Published Date : Jan 18, 2016

Authors : Bhakkiyalakshmi Elango, Sireesh Dornadula, Ramasamy Paulmurugan, Kunka Mohanram Ramkumar

Study Type : Animal Study

Additional Links

Substances : Pterostilbene : CK(299) : AC(194)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), NF-E2-Related Factor-2 (Nrf2) Modulator : CK(69) : AC(39)

Pterostilbene may have beneficial effects in the prevention and management of type 2 diabetes and related disorders.

Pubmed Data : Biochem Biophys Res Commun. 2018 Mar 9. Epub 2018 Mar 9. PMID: [29524400](#)

Article Published Date : Mar 08, 2018

Authors : Guang Ren, Agnes M Rimando, Suresh T Mathews

Study Type : In Vitro Study

Additional Links

Substances : Pterostilbene : CK(299) : AC(194)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetes Mellitus: Type 2: Prevention : CK(1075) : AC(148)

This study suggests that pterostilbene can exert antidiabetic effects via the PI3K/Akt signalling pathway.

Pubmed Data : Eur J Pharmacol. 2019 Jul 5 ;859:172526. Epub 2019 Jul 5. PMID: [31283935](#)

Article Published Date : Jul 04, 2019

Authors : Hualei Sun, Xinxin Liu, Shao Rong Long, Teng Wang, Huina Ge, Yan Wang, Songcheng

Yu, Yuan Xue, Yujing Zhang, Xing Li, Wenjie Li

Study Type : Animal Study

Additional Links

Substances : Pterostilbene : CK(299) : AC(194)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), High Fat Diet : CK(1267) : AC(602)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Hypolipidemic : CK(5358) : AC(1221), Malondialdehyde Down-regulation : CK(2065) : AC(678)

Vinegar (AC 4) (CK 15)

A review of the varieties, compositions and health benefits of vinegars.

Pubmed Data : Food Chem. 2017 Apr 15 ;221:1621-1630. Epub 2016 Oct 31. PMID: [27979138](#)

Article Published Date : Apr 14, 2017

Authors : Chin Wai Ho, Azwan Mat Lazim, Shazrul Fazry, Umi Kalsum Hj Hussain Zaki, Seng Joe Lim

Study Type : Review

Additional Links

Substances : Vinegar : CK(149) : AC(42)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypertension : CK(6384) : AC(950), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : Antihypertensive Agents : CK(4527) : AC(683), Antimicrobial : CK(1209) : AC(582), Antioxidants : CK(21528) : AC(8856)

Additional Keywords : Anti-Obesity Agents : CK(2925) : AC(774)

Mangosteen vinegar rind could be a dietary aid for the prevention and management of diabetic nephropathy.

Pubmed Data : J Food Sci. 2019 May ;84(5):1208-1215. Epub 2019 Apr 23. PMID: [31012974](#)

Article Published Date : Apr 30, 2019

Authors : Naymul Karim, Atiar Rahman, Lanchakon Chanudom, Montakarn Thongsom, Jitbanjong Tangpong

Study Type : Animal Study

Additional Links

Substances : Mangosteen : CK(152) : AC(77), Vinegar : CK(149) : AC(42)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Nephropathy : CK(707) : AC(277)

Pharmacological Actions : Anti-Apoptotic : CK(2905) : AC(1672), Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Renoprotective : CK(2404) : AC(1075)
Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Vinegar might have some acute effects on biochemical risk factors of atherosclerosis.

Pubmed Data : Lipids Health Dis. 2010 Jan 28 ;9:10. Epub 2010 Jan 28. PMID: [20109192](#)

Article Published Date : Jan 27, 2010

Authors : Mahbubeh Setorki, Sedighe Asgary, Akram Eidi, Ali Haeri Rohani, Majid Khazaei

Study Type : Animal Study

Additional Links

Substances : Vinegar : CK(149) : AC(42)

Diseases : Atherosclerosis : CK(1390) : AC(487), High Cholesterol : CK(2715) : AC(455), Hypercholesterolemia : CK(2333) : AC(408)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Antioxidants : CK(21528) : AC(8856)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Vinegar reduces postprandial hyperglycaemia, hyperinsulinaemia, and hypertriglyceridaemia without affecting lipolysis.

Pubmed Data : J Diabetes Res. 2015 ;2015:175204. Epub 2015 May 6. PMID: [26064976](#)

Article Published Date : Dec 31, 2014

Authors : Panayota Mitrou, Eleni Petsiou, Emilia Papakonstantinou, Eirini Maratou, Vaia Lambadiari, Panayiotis Dimitriadis, Filio Spanoudi, Sotirios A Raptis, George Dimitriadis

Study Type : Human Study

Additional Links

Substances : Vinegar : CK(149) : AC(42)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Triglycerides: Elevated : CK(916) : AC(152)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Goji (AC 3) (CK 14)

Goji berry intake has antioxidative and anti-inflammatory effects in overweight and hypercholesterolemic subjects.

Pubmed Data : J Agric Food Chem. 2017 Jan 18 ;65(2):309-316. Epub 2017 Jan 9. PMID: [28027641](#)

Article Published Date : Jan 17, 2017

Authors : You Jin Lee, Youngsook Ahn, Oran Kwon, Mee Youn Lee, Choong Hwan Lee, Sungyoung Lee, Taesung Park, Sung Won Kwon, Ji Yeon Kim

Study Type : Human Study

Additional Links

Substances : Goji : CK(220) : AC(102)

Diseases : High Cholesterol : CK(2715) : AC(455), Inflammation : CK(9572) : AC(3089), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), MicroRNA modulator : CK(1023) : AC(618)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Hypoglycemic effects of Lycium barbarum polysaccharide in type 2 diabetes mellitus.

Pubmed Data : Front Nutr. 2022 ;9:916271. Epub 2022 Jun 30. PMID: [35845787](#)

Article Published Date : Dec 31, 2021

Authors : Qingyu Ma, Ruohan Zhai, Xiaoqing Xie, Tao Chen, Ziqi Zhang, Huicui Liu, Chenxi Nie, Xiaojin Yuan, Aobai Tu, Baoming Tian, Min Zhang, Zhifei Chen, Juxiu Li

Study Type : Animal Study

Additional Links

Substances : Goji : CK(220) : AC(102)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Gastrointestinal Agents : CK(3145) : AC(843)

Additional Keywords : Polysaccharides : CK(625) : AC(392)

Modulation of gut microbiota and hypoglycemic/hypolipidemic activity of flavonoids from the fruits of Lycium barbarum.

Pubmed Data : Food Funct. 2022 Oct 11. Epub 2022 Oct 11. PMID: [36218053](#)

Article Published Date : Oct 10, 2022

Authors : Tingting Yang, Wangting Zhou, Weiqi Xu, Linwu Ran, Yamei Yan, Lu Lu, Jia Mi,

Xiaoxiong Zeng, Youlong Cao

Study Type : Animal Study

Additional Links

Substances : Goji : CK(220) : AC(102)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), High Fat Diet : CK(1267) : AC(602)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221), Interleukin-6 Downregulation : CK(5029) : AC(1994), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Whey (AC 3) (CK 14)

A fermented milk containing whey protein concentrate has a positive effect on serum lipids and blood pressure in rats and healthy men.

Pubmed Data : J Dairy Sci. 2000 Feb;83(2):255-63. PMID: [10714858](#)

Article Published Date : Feb 01, 2000

Authors : M Kawase, H Hashimoto, M Hosoda, H Morita, A Hosono

Study Type : Human Study

Additional Links

Substances : Fermented Foods and Beverages : CK(2588) : AC(607), Whey : CK(540) : AC(111)

Diseases : Cholesterol: LDL/HDL ratio : CK(556) : AC(67), High Cholesterol : CK(2715) : AC(455), Hypertension : CK(6384) : AC(950), Triglycerides: Elevated : CK(916) : AC(152)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221), Hypotensive : CK(467) : AC(63)

Camel whey protein ameliorates liver injury in type 2 diabetes mellitus.

Pubmed Data : Food Funct. 2022 Jan 4 ;13(1):255-269. Epub 2022 Jan 4. PMID: [34897341](#)

Article Published Date : Jan 03, 2022

Authors : Zhihua Dou, Chen Liu, Xinhuan Feng, Yutong Xie, Haitao Yue, Jing Dong, Zhongkai Zhao, Gangliang Chen, Jie Yang

Study Type : Animal Study

Additional Links

Substances : Whey : CK(540) : AC(111)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hepatoprotective : CK(5098) : AC(2264)

Encapsulation of cinnamon oil in whey protein counteracts the disturbances in biochemical parameters in the liver and pancreas of diabetic rats.

Pubmed Data : Environ Sci Pollut Res Int. 2020 Jan ;27(3):2829-2843. Epub 2019 Dec 13. PMID: [31834580](#)

Article Published Date : Dec 31, 2019

Authors : Kamal A A Mohammed, Helmy M S Ahmed, Hafiza A Sharaf, Aziza A El-Nekeety, Sekena H Abdel-Aziem, Fathy M Mehaya, Mosaad A Abdel-Wahhab

Study Type : Animal Study

Additional Links

Substances : Cinnamon : CK(406) : AC(150), Whey : CK(540) : AC(111)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hepatoprotective : CK(5098) : AC(2264), Malonaldehyde (MDA) Down-Regulation : CK(62) : AC(15), Pancreato Protective Agents : CK(358) : AC(194)

Bamboo (AC 3) (CK 13)

Bamboo extract contains cholesterol lowering, lipid lowering and vasodilating effects in rats.

Pubmed Data : Phytother Res. 2007 Dec;21(12):1135-41. PMID: [17639555](#)

Article Published Date : Dec 01, 2007

Authors : Jingjing Jiao, Yu Zhang, Dingding Lou, Xiaoqin Wu, Ying Zhang

Study Type : Animal Study

Additional Links

Substances : Bamboo : CK(99) : AC(54)

Diseases : High Cholesterol : CK(2715) : AC(455), Hyperlipidemia : CK(1569) : AC(402)

Bamboo extract may prevent lipotoxicity in mammalian cells associated with type 2 diabetes.

Pubmed Data : Phytother Res. 2008 May;22(5):675-80. PMID: [18350521](#)

Article Published Date : May 01, 2008

Authors : Jun Panee, Wanyu Liu, Yanling Lin, Christy Gilman, Marla J Berry

Study Type : In Vitro Study

Additional Links

Substances : [Bamboo](#) : CK(99) : AC(54)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Diabetic Lipotoxicity](#) : CK(1) : AC(1), [Lipotoxicity](#) : CK(1) : AC(1)

Pharmacological Actions : [Apoptotic](#) : CK(6986) : AC(5304)

Additional Keywords : [Plant Extracts](#) : CK(14140) : AC(5210)

Bamboo shoots as a dietary fiber source has beneficial effects on lipid profile and bowel function.

Pubmed Data : Exp Biol Med (Maywood). 2008 Oct;233(10):1242-54. Epub 2008 Sep 12. PMID: [19285833](#)

Article Published Date : Oct 01, 2008

Authors : Eun-Jin Park, Deok-Young Jhon

Study Type : Human Study

Additional Links

Substances : [Bamboo](#) : CK(99) : AC(54)

Diseases : [Constipation](#) : CK(645) : AC(88), [High Cholesterol](#) : CK(2715) : AC(455)

Broccoli (AC 2) (CK 12)

Broccoli reduces oxidative damage to pancreatic tissue and combats hyperglycaemia in diabetic rats.

Pubmed Data : Prev Nutr Food Sci. 2017 Dec ;22(4):277-284. Epub 2017 Dec 31. PMID: [29333379](#)

Article Published Date : Nov 30, 2017

Authors : Sithara Suresh, Mostafa Ibrahim Waly, Mohammad Shafiur Rahman, Nejib Guizani, Mohamed Abdullah Badar Al-Kindi, Halima Khalfan Ahmed Al-Issaei, Sultan Nasser Mohd Al-Maskari, Bader Rashid Said Al-Ruqaishi, Ahmed Al-Salami

Study Type : Animal Study

Additional Links

Substances : [Broccoli](#) : CK(1493) : AC(515)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), DNA damage : CK(1997) : AC(713)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Pancreato Protective Agents : CK(358) : AC(194)

Evidence from two independent human studies indicates that consumption of high glucoraphanin broccoli significantly reduces plasma LDL-C.

Pubmed Data : Mol Nutr Food Res. 2015 May ;59(5):918-26. Epub 2015 Apr 7. PMID: [25851421](#)

Article Published Date : Apr 30, 2015

Authors : Charlotte N Armah, Christos Derdemezis, Maria H Traka, Jack R Dainty, Joanne F Doleman, Shikha Saha, Wing Leung, John F Potter, Julie A Lovegrove, Richard F Mithen

Study Type : Human Study

Additional Links

Substances : Broccoli : CK(1493) : AC(515), Isothiocyanates : CK(1203) : AC(596)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Isothiocyanates (AC 2) (CK 12)

Allyl isothiocyanate possesses antidiabetic, antioxidant, and anti-inflammatory activities in high-fat diet/streptozotocin-induced type 2 diabetes mellitus.

Pubmed Data : J Biochem Mol Toxicol. 2019 Jul ;33(7):e22328. Epub 2019 Mar 30. PMID: [30927557](#)

Article Published Date : Jun 30, 2019

Authors : Nurhan Sahin, Cemal Orhan, Fusun Erten, Mehmet Tuzcu, Patrick B Defo Deeh, Ibrahim H Ozercan, Vijaya Juturu, Sahin Kazim

Study Type : Animal Study

Additional Links

Substances : Isothiocyanates : CK(1203) : AC(596)

Diseases : Diabetes: Oxidative Stress : CK(492) : AC(182), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), NF-kappaB Inhibitor : CK(3536) : AC(2098), Nrf2 activation : CK(1584) : AC(916)

Evidence from two independent human studies indicates that consumption of high glucoraphanin broccoli significantly reduces plasma LDL-C.

Pubmed Data : Mol Nutr Food Res. 2015 May ;59(5):918-26. Epub 2015 Apr 7. PMID: [25851421](#)

Article Published Date : Apr 30, 2015

Authors : Charlotte N Armah, Christos Derdemezis, Maria H Traka, Jack R Dainty, Joanne F Doleman, Shikha Saha, Wing Leung, John F Potter, Julie A Lovegrove, Richard F Mithen

Study Type : Human Study

Additional Links

Substances : Broccoli : CK(1493) : AC(515), Isothiocyanates : CK(1203) : AC(596)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Noni (AC 2) (CK 12)

Noni fruit juice has the potential to regulate elevated blood sugar levels and some other pathological parameters in patients with type 2 diabetes.

Pubmed Data : Evid Based Complement Alternat Med. 2018 ;2018:3565427. Epub 2018 Aug 6. PMID: [30158993](#)

Article Published Date : Dec 31, 2017

Authors : Petra Algenstaedt, Alexandra Stumpenhagen, Johannes Westendorf

Study Type : Human Study

Additional Links

Substances : Noni : CK(206) : AC(93)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Noni fruit, leaves and root extracts have anti-dyslipidemic properties.

Pubmed Data : Lipids Health Dis. 2010;9:88. Epub 2010 Aug 20. PMID: [20727145](#)

Article Published Date : Jan 01, 2010

Authors : Saf-ur Rehman Mandukhail, Nauman Aziz, Anwarul-Hassan Gilani

Study Type : Animal Study

Additional Links

Substances : Noni : CK(206) : AC(93)

Diseases : Cholesterol: LDL/HDL ratio : CK(556) : AC(67), Dyslipidemias : CK(1104) : AC(241), HDL: Low : CK(305) : AC(50), High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221)

Tannic Acid (AC 2) (CK 12)

Persimmon fruit tannin-rich fiber reduces cholesterol levels in humans.

Pubmed Data : Ann Nutr Metab. 2013 ;62(1):1-6. Epub 2012 Nov 17. PMID: [23171573](#)

Article Published Date : Dec 31, 2012

Authors : Nobuki Gato, Akio Kadowaki, Natsumi Hashimoto, Shin-ichiro Yokoyama, Kenji Matsumoto

Study Type : Human Study

Additional Links

Substances : Fiber : CK(1411) : AC(184), Persimmon : CK(138) : AC(77), Tannic Acid : CK(75) : AC(42)

Diseases : High Cholesterol : CK(2715) : AC(455), Hypercholesterolemia : CK(2333) : AC(408)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

The present results evidenced the beneficial effects of tannic acid and melatonin in diabetes management.

Pubmed Data : Pak J Pharm Sci. 2019 Jul ;32(4):1453-1459. PMID: [31608862](#)

Article Published Date : Jun 30, 2019

Authors : Eman Mohamad Esmiaie, Amira M Abo-Youssef, Mohamed AbdAllah Tohamy

Study Type : Animal Study

Additional Links

Substances : Melatonin : CK(1911) : AC(647), Tannic Acid : CK(75) : AC(42)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hepatoprotective : CK(5098) : AC(2264)

Additional Keywords : Natural Substances Versus Drugs : CK(2375) : AC(479)

Cardamom (AC 1) (CK 10)

The herbal remedies examined had significantly beneficial effects on cholesterol in T2D patients.

Pubmed Data : Rev Diabet Stud. 2014 Fall-Winter;11(3-4):258-66. Epub 2015 Feb 10. PMID: [26177486](#)

Article Published Date : Aug 31, 2014

Authors : Paria Azimi, Reza Ghiasvand, Awat Feizi, Mitra Hariri, Behnoud Abbasi

Study Type : Human Study

Additional Links

Substances : Cardamom : CK(42) : AC(11), Cinnamon : CK(406) : AC(150), Ginger : CK(1261) : AC(363), Saffron : CK(864) : AC(189)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Isoflavones (AC 6) (CK 10)

A traditional Korean soybean fermentation food improves insulin resistance and hyperglycemia in type 2 diabetic mice.

Pubmed Data : J Med Food. 2008 Jun;11(2):215-23. PMID: [18598161](#)

Article Published Date : Jun 01, 2008

Authors : Dong-Ju Kim, Yong-Jin Jeong, Joong-Ho Kwon, Kwang-Deog Moon, Hye-Jin Kim, Seon-Min Jeon, Mi-Kyung Lee, Yong Bok Park, Myung-Sook Choi

Study Type : Animal Study

Additional Links

Substances : Fermented Foods and Beverages : CK(2588) : AC(607), Isoflavones : CK(845) : AC(171), Soy Protein : CK(331) : AC(56)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Dietary soy protein isolate attenuates metabolic syndrome in rats.

Pubmed Data : J Nutr. 2009 Aug;139(8):1431-8. Epub 2009 Jun 10. PMID: [19515742](#)

Article Published Date : Aug 01, 2009

Authors : Martin J Ronis, Ying Chen, Jamie Badeaux, Thomas M Badger

Study Type : Animal Study

Additional Links

Substances : Daidzein : CK(142) : AC(54), Genistein : CK(788) : AC(365), Isoflavones : CK(845) : AC(171), Soy Protein : CK(331) : AC(56)

Diseases : Fatty Liver : CK(2522) : AC(701), High Cholesterol : CK(2715) : AC(455), Insulin Resistance : CK(3522) : AC(792), Metabolic Syndrome X : CK(2073) : AC(376)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Hypoglycemic effects of glabridin, a polyphenolic flavonoid from licorice, in an animal model of diabetes mellitus.

Pubmed Data : Mol Med Rep. 2013 Apr ;7(4):1278-82. Epub 2013 Feb 19. PMID: [23426874](#)

Article Published Date : Mar 31, 2013

Authors : Feihua Wu, Zhigui Jin, Jian Jin

Study Type : Animal Study

Additional Links

Substances : Isoflavones : CK(845) : AC(171)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338), Malondialdehyde Down-regulation : CK(2065) : AC(678), Superoxide Dismutase Up-regulation : CK(1403) : AC(551)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Hypoglycemic property of soy isoflavones from hypocotyl in Goto-Kakizaki diabetic rats.

Pubmed Data : J Clin Biochem Nutr. 2018 Mar ;62(2):148-154. Epub 2017 Dec 12. PMID: [29610554](#)

Article Published Date : Feb 28, 2018

Authors : Ming Jin, Ming-Hua Shen, Mei-Hua Jin, Ai-Hua Jin, Xue-Zhe Yin, Ji-Shu Quan

Study Type : Animal Study

Additional Links

Substances : Isoflavones : CK(845) : AC(171), Soy : CK(2158) : AC(552)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-glucosidase inhibitor : CK(274) : AC(201), Hypoglycemic Agents : CK(5366) : AC(1338)

Isoflavonoids and peptides from meju, long-term fermented soybeans, increase insulin sensitivity and exert insulinotropic effects in vitro.

Pubmed Data : Nutrition. 2011 Feb;27(2):244-52. Epub 2010 Jun 11. PMID: [20541368](#)

Article Published Date : Feb 01, 2011

Authors : Dae Young Kwon, Sang Mee Hong, Il Sung Ahn, Min Jung Kim, Hye Jeong Yang, Sunmin Park

Study Type : In Vitro Study

Additional Links

Substances : Daidzein : CK(142) : AC(54), Genistein : CK(788) : AC(365), Isoflavones : CK(845) : AC(171), Soy : CK(2158) : AC(552), Soy: Fermented : CK(169) : AC(33)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792), Metabolic Syndrome X : CK(2073) : AC(376)

Pharmacological Actions : Glucagon Like peptide 1 (GLP-1) Up-regulation : CK(129) : AC(35), Hypoglycemic Agents : CK(5366) : AC(1338), Insulinotropic : CK(11) : AC(7)

The role of isoflavones in type 2 diabetes prevention and treatment-A narrative review.

Pubmed Data : Int J Mol Sci. 2020 Dec 28 ;22(1). Epub 2020 Dec 28. PMID: [33379327](#)

Article Published Date : Dec 27, 2020

Authors : Alina KuryÅ,owicz

Study Type : Review

Additional Links

Substances : Biochanin A : CK(9) : AC(8), Daidzein : CK(142) : AC(54), Formononetin : CK(2) : AC(1), Genistein : CK(788) : AC(365), Isoflavones : CK(845) : AC(171)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Ursolic Acid (AC 5) (CK 10)

Anti-obesity and anti-diabetic effect of ursolic acid.

Pubmed Data : J Oleo Sci. 2022 Feb 3 ;71(2):289-300. Epub 2022 Jan 14. PMID: [35034940](#)

Article Published Date : Feb 02, 2022

Authors : Shiguo Tang, Chao Fang, Yuting Liu, Lihua Tang, Yuanyi Xu

Study Type : Animal Study

Additional Links

Substances : Ursolic Acid : CK(219) : AC(154)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Anti-Obesity Agents : CK(2925) : AC(774)

C. officinalis may be used as a valuable food supplement for the treatment of diabetes mellitus.

Pubmed Data : Phytother Res. 2016 Feb ;30(2):283-91. Epub 2015 Dec 1. PMID: [26619955](#)

Article Published Date : Jan 31, 2016

Authors : Kai He, Shanghua Song, Zongyao Zou, Min Feng, Dezhen Wang, Yanzhi Wang, Xuegang Li, Xiaoli Ye

Study Type : Animal Study

Additional Links

Substances : Dogwood : CK(1) : AC(1), Ursolic Acid : CK(219) : AC(154)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-glucosidase inhibitor : CK(274) : AC(201), Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Natural Substance Synergy : CK(1094) : AC(506), Plant Extracts : CK(14140) : AC(5210)

Ursolic acid derivatives as potential antidiabetic agents.

Pubmed Data : Drug Dev Res. 2018 Jan 29. Epub 2018 Jan 29. PMID: [29380400](#)

Article Published Date : Jan 28, 2018

Authors : Ricardo Guzmán-Vila, Virginia Flores-Morales, Paolo Paoli, Guido Camici, Juan José Ramírez-Espinosa, Litzia Cerón-Romero, Gabriel Navarrete-Vázquez, Sergio Hidalgo-Figueroa, Maria Yolanda Rios, Rafael Villalobos-Molina, Samuel Estrada-Soto

Study Type : Animal Study, In Vitro Study

Additional Links

Substances : Ursolic Acid : CK(219) : AC(154)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Ursolic acid inhibits the cholesterol biosynthesis and alleviates high fat diet-induced hypercholesterolemia.

Pubmed Data : Phytomedicine. 2022 Aug ;103:154233. Epub 2022 Jun 1. PMID: [35671633](#)

Article Published Date : Jul 31, 2022

Authors : Xiaoyao Ma, Yongping Bai, Kaixin Liu, Yiman Han, Jinling Zhang, Yuteng Liu, Xiaotao Hou, Erwei Hao, Yuanyuan Hou, Gang Bai

Study Type : Animal Study

Additional Links

Substances : Ursolic Acid : CK(219) : AC(154)

Diseases : Atherosclerosis : CK(1390) : AC(487), High Cholesterol : CK(2715) : AC(455), Hypercholesterolemia : CK(2333) : AC(408)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Ursolic acid treatment alleviates diabetic kidney injury.

Pubmed Data : Diabetes Metab Syndr Obes. 2019 ;12:2597-2608. Epub 2019 Dec 9. PMID: [31849504](#)

Article Published Date : Dec 31, 2018

Authors : Tian-Kui Ma, Li Xu, Ling-Xu Lu, Xu Cao, Xin Li, Lu-Lu Li, Xu Wang, Qiu-Ling Fan

Study Type : Animal Study

Additional Links

Substances : Ursolic Acid : CK(219) : AC(154)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Nephropathy : CK(707) : AC(277)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Interleukin-18 down-regulation : CK(132) : AC(61), Interleukin-1 beta downregulation : CK(3041) : AC(1567), Renoprotective : CK(2404) : AC(1075)

Adlay (AC 4) (CK 8)

Adlay bran oil displays a potential for improving hyperlipidemia and hyperglycemia in diabetes.

Pubmed Data : J Med Food. 2019 Jan ;22(1):22-28. PMID: [30673500](#)

Article Published Date : Dec 31, 2018

Authors : Yi-Han Tseng, Ching-Wen Chang, Wenchang Chiang, Shu-Chen Hsieh

Study Type : Animal Study

Additional Links

Substances : Adlay : CK(1) : AC(1)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperlipidemia : CK(1569) : AC(402), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Phytotherapy : CK(3062) : AC(812)

Coix seed polysaccharides alleviate type 2 diabetes mellitus via gut microbiota.

Pubmed Data : Food Res Int. 2021 12 ;150(Pt A):110717. Epub 2021 Oct 4. PMID: [34865748](#)

Article Published Date : Jan 11, 2021

Authors : Ting Xia, Chang-Shun Liu, Yan-Nan Hu, Zhen-Ye Luo, Fei-Long Chen, Li-Xia Yuan, Xiao-Mei Tan

Study Type : Animal Study

Additional Links

Substances : Adlay : CK(1) : AC(1)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Gastrointestinal Agents : CK(3145) : AC(843)

Additional Keywords : Polysaccharides : CK(625) : AC(392)

Effect of polysaccharides from adlay seed on anti-diabetic and gut microbiota.

Pubmed Data : Food Funct. 2019 Jul 17 ;10(7):4372-4380. PMID: [31276140](#)

Article Published Date : Jul 16, 2019

Authors : Li-Chun Chen, Zhong-Yang Fan, Hong-Yu Wang, Dong-Cheng Wen, Shi-Yu Zhang

Study Type : Animal Study

Additional Links

Substances : Adlay : CK(1) : AC(1)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Gastrointestinal Agents : CK(3145) : AC(843), Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Polysaccharides : CK(625) : AC(392)

Modulation of gut microbiota by polyphenols from adlay

in rats fed a high-cholesterol diet.

Pubmed Data : Int J Food Sci Nutr. 2015 ;66(7):783-9. Epub 2015 Sep 25. PMID: [26406384](#)

Article Published Date : Dec 31, 2014

Authors : Qingyu Wang, Zhongyao Du, Hao Zhang, Liang Zhao, Jing Sun, Xiaonan Zheng, Fazheng Ren

Study Type : Animal Study

Additional Links

Substances : Adlay : CK(1) : AC(1)

Diseases : High Cholesterol : CK(2715) : AC(455), High Fat Diet : CK(1267) : AC(602)

Pharmacological Actions : Gastrointestinal Agents : CK(3145) : AC(843)

Additional Keywords : Phytotherapy : CK(3062) : AC(812), Plant Extracts : CK(14140) : AC(5210)

Basil (AC 5) (CK 8)

An aqueous extract of basil seeds has eminent anti-diabetic potential in STZ effectuated diabetes in rats.

Pubmed Data : Biomed Pharmacother. 2016 Dec ;84:2008-2013. Epub 2016 Nov 12. PMID: [27847209](#)

Article Published Date : Nov 30, 2016

Authors : Sachin Chaudhary, Amit Semwal, Hitesh Kumar, Harish Chandra Verma, Amit Kumar

Study Type : Animal Study

Additional Links

Substances : Basil : CK(87) : AC(55)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Complications : CK(3199) : AC(1009)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Basil extracts were found to contain many plant compounds which show potential anti-diabetic potentials.

Pubmed Data : Food Chem. 2016 Apr 1 ;196:1066-74. Epub 2015 Oct 22. PMID: [26593590](#)

Article Published Date : Mar 31, 2016

Authors : Sleman Kadan, Bashar Saad, Yoel Sasson, Hilal Zaid

Study Type : In Vitro Study

Additional Links

Substances : Basil : CK(87) : AC(55)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Extract ethanol of basil leaves showed good results in lowering blood glucose and advanced glycation end products in diabetes.

Pubmed Data : Open Access Maced J Med Sci. 2019 May 15 ;7(9):1415-1417. Epub 2019 May 5. PMID: [31198445](#)

Article Published Date : May 14, 2019

Authors : Sry Suryani Widjaja, Rusdiana, Maya Savira

Study Type : Animal Study

Additional Links

Substances : Basil : CK(87) : AC(55)

Diseases : Advanced Glycation End products (AGE) : CK(440) : AC(176), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Glycation Agents : CK(197) : AC(100), Hypoglycemic Agents : CK(5366) : AC(1338)

In Vitro antidiabetic, anti-obesity and antioxidant analysis of Ocimum basilicum.

Pubmed Data : Biology (Basel). 2019 Dec 4 ;8(4). Epub 2019 Dec 4. PMID: [31817095](#)

Article Published Date : Dec 03, 2019

Authors : Zoy I Noor, Dildar Ahmed, Hafiz Muzzammel Rehman, Muhammad Tariq Qamar, Matheus Froeyen, Sarfraz Ahmad, Muhammad Usman Mirza

Study Type : In Vitro Study

Additional Links

Substances : Basil : CK(87) : AC(55)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Obesity : CK(6879) : AC(1686), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110), Antioxidants : CK(21528) : AC(8856)

Additional Keywords : Anti-Obesity Agents : CK(2925) : AC(774)

Oil of basil may effective in combating cardiovascular disease by inhibiting cholesterol synthesis and foam cell

formation.

Pubmed Data : J Carcinog. 2005 Sep 2;4:15. PMID: [18620033](#)

Article Published Date : Sep 02, 2005

Authors : Elena Bravo, Souliman Amrani, Mohammed Aziz, Hicham Harnafi, Mariarosaria Napolitano

Study Type : Animal Study

Additional Links

Substances : Basil : CK(87) : AC(55)

Diseases : Atherosclerosis : CK(1390) : AC(487), High Cholesterol : CK(2715) : AC(455)

Vitamin E (AC 5) (CK 8)

Effect of combined calcium, magnesium, vitamin C and E on seminal parameters and serum oxidative stress markers in fructose-induced diabetic rats.

Pubmed Data : Arch Physiol Biochem. 2020 Jan 25:1-8. Epub 2020 Jan 25. PMID: [31983250](#)

Article Published Date : Jan 24, 2020

Authors : Iya Eze Bassey, Daniel Ewa Ikpi, Idongesit Kokoabasi Paul Isong, Uwem Okon Akpan, Chibuzor Charles Onyeukwu, Nnenna Princess Nwankwo, Inyene Gordon Udofia

Study Type : Animal Study

Additional Links

Substances : Calcium : CK(396) : AC(60), Magnesium : CK(2442) : AC(317), Vitamin C : CK(4687) : AC(1149), Vitamin E : CK(2533) : AC(483)

Diseases : Diabetes: Oxidative Stress : CK(492) : AC(182), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), High Fructose Diet : CK(383) : AC(147)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

Gamma- and delta-tocotrienol down-regulate cholesterol production.

Pubmed Data : J Biol Chem. 2006 Sep 1;281(35):25054-61. Epub 2006 Jul 10. PMID: [16831864](#)

Article Published Date : Sep 01, 2006

Authors : Bao-Liang Song, Russell A DeBose-Boyd

Study Type : In Vitro Study

Additional Links

Substances : Tocotrienol: Delta : CK(59) : AC(29), Tocotrienols : CK(107) : AC(32), Vitamin E :

CK(2533) : AC(483)

Diseases : High Cholesterol : CK(2715) : AC(455)

Supplementation of the black rice outer layer fraction to rabbits decreases atherosclerotic plaque formation and increases antioxidant status.

Pubmed Data : J Nutr. 2002 Jan;132(1):20-6. PMID: [11773502](#)

Article Published Date : Jan 01, 2002

Authors : Wen Hua Ling, Lin Llin Wang, Jing Ma

Study Type : Animal Study

Additional Links

Substances : Vitamin E : CK(2533) : AC(483)

Diseases : Arterial Plaque : CK(77) : AC(20), Arteriosclerosis : CK(497) : AC(139), High Cholesterol : CK(2715) : AC(455), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

These results provide pharmacological evidence of pumpkin seed extract as a botanical antihyperglycemic agent.

Pubmed Data : J Formos Med Assoc. 2013 Nov ;112(11):676-90. PMID: [24344360](#)

Article Published Date : Oct 31, 2013

Authors : Sudhanshu Kumar Bharti, Amit Kumar, Neeraj Kumar Sharma, Om Prakash, Sudhir Kumar Jaiswal, Supriya Krishnan, Ashok Kumar Gupta, Awanish Kumar

Study Type : Animal Study

Additional Links

Substances : Pumpkin Seeds : CK(11) : AC(2), Vitamin E : CK(2533) : AC(483)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Phytotherapy : CK(3062) : AC(812), Plant Extracts : CK(14140) : AC(5210)

Vitamin E supplementation to hyperthyroid animals limits the thyroid hormone-induced increases in mitochondrial ROS and oxidative damage.

Pubmed Data : Nutrients. 2019 Dec 1 ;11(12). Epub 2019 Dec 1. PMID: [31805673](#)

Article Published Date : Nov 30, 2019

Authors : Gaetana Napolitano, Gianluca Fasciolo, Sergio Di Meo, Paola Venditti

Study Type : Review

Additional Links

Substances : Vitamin E : CK(2533) : AC(483)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hyperthyroidism : CK(238) : AC(46), Mitochondrial Dysfunction : CK(485) : AC(194), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

Cordyceps sinensis (AC 3) (CK 6)

Cordyceps significantly improves blood lipid profiles.

Pubmed Data : Biol Pharm Bull. 2003 Jan;26(1):84-7. PMID: [12520179](#)

Article Published Date : Jan 01, 2003

Authors : Jong-Ho Koh, Jin-Man Kim, Un-Jae Chang, Hyung-Joo Suh

Study Type : Animal Study

Additional Links

Substances : Cordyceps sinensis : CK(140) : AC(63)

Diseases : High Cholesterol : CK(2715) : AC(455)

Cordyceps sinensis could protect pancreatic beta cells from the pro-apoptotic endoplasmic reticulum stress induced by HFD-STZ.

Pubmed Data : Can J Diabetes. 2016 Apr 29. Epub 2016 Apr 29. PMID: [27140306](#)

Article Published Date : Apr 28, 2016

Authors : Hong Liu, Diyong Cao, Hua Liu, Xinghai Liu, Wenli Mai, Haitao Lan, Wen Huo, Qian Zheng

Study Type : Animal Study

Additional Links

Substances : Cordyceps sinensis : CK(140) : AC(63)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Apoptotic : CK(2905) : AC(1672), Hypoglycemic Agents : CK(5366) : AC(1338), Pancreato Protective Agents : CK(358) : AC(194)

Cordyceps suppresses the expression of diabetes regulating genes by inhibiting lipopolysaccharide-induced inflammation in macrophages.

Pubmed Data : Immune Netw. 2009 Jun;9(3):98-105. Epub 2009 Jun 30. PMID: [20107539](#)

Article Published Date : Jun 01, 2009

Authors : Seulmee Shin, Sungwon Lee, Jeonghak Kwon, Sunhee Moon, Seungjeong Lee, Chong-Kil Lee, Kyunghae Cho, Nam-Joo Ha, Kyungjae Kim

Study Type : Animal Study

Additional Links

Substances : [Cordyceps sinensis](#) : CK(140) : AC(63)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [Lipopolysaccharide-Induced Toxicity](#) : CK(1764) : AC(1073)

Pharmacological Actions : [Anti-Inflammatory Agents](#) : CK(20859) : AC(8334), [NF-kappaB Inhibitor](#) : CK(3536) : AC(2098)

Coriandrum sativum (AC 3) (CK 6)

Coriandor seeds have a cholesterol-lowering action - Article 2.

Pubmed Data : Plant Foods Hum Nutr. 1997;51(2):167-72. PMID: [9527351](#)

Article Published Date : Jan 01, 1997

Authors : V Chithra, S Leelamma

Study Type : Animal Study

Additional Links

Substances : [Coriandrum sativum](#) : CK(84) : AC(46)

Diseases : [Cholesterol: LDL/HDL ratio](#) : CK(556) : AC(67), [HDL: Low](#) : CK(305) : AC(50), [High Cholesterol](#) : CK(2715) : AC(455)

Pharmacological Actions : [Hypolipidemic](#) : CK(5358) : AC(1221)

Coriandor seeds have a cholesterol-lowering action.

Pubmed Data : J Environ Biol. 2008 Jan;29(1):53-6. PMID: [18831331](#)

Article Published Date : Jan 01, 2008

Authors : P Dhanapakiam, J Mini Joseph, V K Ramaswamy, M Moorthi, A Senthil Kumar

Study Type : Animal Study

Additional Links

Substances : Coriandrum sativum : CK(84) : AC(46)

Diseases : Cholesterol: LDL/HDL ratio : CK(556) : AC(67), HDL: Low : CK(305) : AC(50), High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530), Hypolipidemic : CK(5358) : AC(1221)

Coriandrum sativum seeds have an important antidiabetic, antihyperglycemic, antihyperlipidemic, anti-inflammatory, and antioxidant effects.

Pubmed Data : Molecules. 2021 Jan 18 ;26(2). Epub 2021 Jan 18. PMID: [33477662](#)

Article Published Date : Jan 17, 2021

Authors : Hamza Mechchate, Imane Es-Safi, Amal Amaghnouje, Smahane Boukhira, Amal A Alotaibi, Mohammed Al-Zharani, Fahd A Nasr, Omar M Noman, Raffaele Conte, El Hamsas El Youbi Amal, Hicham Bekkari, Dalila Bousta

Study Type : Animal Study

Additional Links

Substances : Coriandrum sativum : CK(84) : AC(46), Polyphenols : CK(1878) : AC(700)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Mushrooms: All (AC 4) (CK 6)

Anti-diabetic activity of a polyphenol-rich extract from Phellinus igniarius in KK-Ay mice.

Pubmed Data : Food Funct. 2018 Jan 24 ;9(1):614-623. PMID: [29271444](#)

Article Published Date : Jan 23, 2018

Authors : Sijian Zheng, Shihao Deng, Yun Huang, Mi Huang, Ping Zhao, Xinhua Ma, Yanzhang Wen, Qiang Wang, Xinzhou Yang

Study Type : Animal Study

Additional Links

Substances : Mushrooms: All : CK(1716) : AC(798)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Beta-glucans, fungal sterols, and other water-soluble compounds in mushrooms modulate genes involved in cholesterol homeostasis.

Pubmed Data : Food Funct. 2018 Jan 24 ;9(1):53-69. PMID: [29177335](#)

Article Published Date : Jan 24, 2018

Authors : Alicia Gil-Ramírez, Diego Morales, Cristina Soler-Rivas

Study Type : Commentary

Additional Links

Substances : Mushrooms: All : CK(1716) : AC(798)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Fruiting body extracts of *T. pubescens* demonstrated antioxidant related anti-diabetes, anti-dementia and anti-inflammatory activities.

Pubmed Data : Molecules. 2016 ;21(5). Epub 2016 May 16. PMID: [27196881](#)

Article Published Date : Dec 31, 2015

Authors : Kyung Hoan Im, Trung Kien Nguyen, Jaehyuk Choi, Tae Soo Lee

Study Type : In Vitro Study

Additional Links

Substances : Mushrooms: All : CK(1716) : AC(798)

Diseases : Dementia : CK(1689) : AC(279), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Inflammation : CK(9572) : AC(3089)

Pharmacological Actions : Acetylcholinesterase Inhibitor : CK(170) : AC(95), Alpha-amylase inhibitor : CK(175) : AC(110), Alpha-glucosidase inhibitor : CK(274) : AC(201), Anti-Inflammatory Agents : CK(20859) : AC(8334), Antioxidants : CK(21528) : AC(8856), Neuroprotective Agents : CK(10404) : AC(4396)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Lard functionalized with anticholesterolemic mushroom extracts lowers cholesterol in hypercholesterolemic mice.

Pubmed Data : J Agric Food Chem. 2016 Mar 2 ;64(8):1686-94. Epub 2016 Feb 22. PMID: [26900983](#)

Article Published Date : Mar 02, 2016

Authors : VÃctor Caz, Alicia Gil-RamÃrez, MÃ³nica SantamarÃa, MarÃa Tabernero, Cristina Soler-Rivas, Roberto MartÃn-HernÃndez, Francisco R MarÃn, Guillermo Reglero, Carlota Largo

Study Type : Animal Study

Additional Links

Substances : Beta-glucan : CK(583) : AC(93), Mushrooms: All : CK(1716) : AC(798)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Oyster Mushroom (AC 3) (CK 6)

Oyster mushroom (*P. ostreatus*) normalizes blood lipids in hypercholesterolemic rats.

Pubmed Data : Clin Exp Pharmacol Physiol. 2003 Jul;30(7):470-5. PMID: [12823261](#)

Article Published Date : Jul 01, 2003

Authors : Shahdat Hossain, Michio Hashimoto, Emran Kabir Choudhury, Nuhu Alam, Shahjalal Hussain, Moynul Hasan, Shahabuddin Kabir Choudhury, Ishtiaq Mahmud

Study Type : Animal Study

Additional Links

Substances : Oyster Mushroom : CK(64) : AC(25)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

Oyster mushroom (*Pleurotus ostreatus*) reduces the production and secretion of very low density lipoproteins in hypercholesterolemic rats.

Pubmed Data : Z Ernahrungswiss. 1996 Sep;35(3):249-52. PMID: [8896287](#)

Article Published Date : Sep 01, 1996

Authors : P Bobek, L Ozdin

Study Type : Animal Study

Additional Links

Substances : Oyster Mushroom : CK(64) : AC(25)

Diseases : High Cholesterol : CK(2715) : AC(455), High Cholesterol: very low density lipoprotein (VLDL) : CK(26) : AC(10)

The antioxidative effects of acidic-, alkalic-, and enzymatic-extractable mycelium zinc polysaccharides by *Pleurotus djamor*.

Pubmed Data : BMC Complement Altern Med. 2015 Dec 18 ;15:440. Epub 2015 Dec 18. PMID: [26683206](#)

Article Published Date : Dec 17, 2015

Authors : Jianjun Zhang, Guangyuan Meng, Chen Zhang, Lin Lin, Nuo Xu, Min Liu, Fangyuan Cui, Le Jia

Study Type : Animal Study

Additional Links

Substances : Oyster Mushroom : CK(64) : AC(25), Zinc : CK(1486) : AC(267)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hepatoprotective : CK(5098) : AC(2264), Malondialdehyde Down-regulation : CK(2065) : AC(678), Renoprotective : CK(2404) : AC(1075), Superoxide Dismutase Up-regulation : CK(1403) : AC(551)

Additional Keywords : Polysaccharides : CK(625) : AC(392)

Prickly Pear Cactus (AC 3) (CK 6)

Hepatoprotective effect of *Opuntia microdasys* (Lehm.) Pfeiff flowers against diabetes type II induced in rats.

Pubmed Data : Biomed Pharmacother. 2017 Oct ;94:79-87. Epub 2017 Jul 26. PMID: [28755576](#)

Article Published Date : Sep 30, 2017

Authors : Hassiba Chahdoura, Khawla Adouni, Aida Khelifi, Ichrak Dridi, Zohra Haouas, Fadoua Neffati, Guido Flamini, Habib Mosbah, Lotfi Achour

Study Type : Animal Study

Additional Links

Substances : Prickly Pear Cactus : CK(43) : AC(18)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-glucosidase inhibitor : CK(274) : AC(201), Antioxidants : CK(21528) : AC(8856)

Additional Keywords : Drug: Metformin : CK(192) : AC(27), Plant Extracts : CK(14140) : AC(5210)

Nopal water extract could be considered for the prevention and treatment of blood glucose and a

potential use as a dietary supplement.

Pubmed Data : Evid Based Complement Alternat Med. 2017 ;2017:4380721. Epub 2017 Feb 20. PMID: [28303158](#)

Article Published Date : Dec 31, 2016

Authors : Seung Hwan Hwang, Il-Jun Kang, Soon Sung Lim

Study Type : Animal Study

Additional Links

Substances : Prickly Pear Cactus : CK(43) : AC(18)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), High Fat Diet : CK(1267) : AC(602)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Opuntia humifusa stems lower blood glucose and cholesterol levels in streptozotocin-induced diabetic rats.

Pubmed Data : Nutr Res. 2011 Jun ;31(6):479-87. Epub 2011 Jun 12. PMID: [21745630](#)

Article Published Date : May 31, 2011

Authors : Sahng-Wook Hahm, Jieun Park, Yong-Suk Son

Study Type : Animal Study

Additional Links

Substances : Prickly Pear Cactus : CK(43) : AC(18)

Diseases : High Cholesterol : CK(2715) : AC(455), Hypoglycemia : CK(345) : AC(83)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Phytotherapy : CK(3062) : AC(812), Plant Extracts : CK(14140) : AC(5210)

Punicalagin (AC 4) (CK 6)

A new possible mechanism by which punicalagin protects against liver injury induced by type 2 diabetes mellitus.

Pubmed Data : J Agric Food Chem. 2019 Nov 7. Epub 2019 Nov 7. PMID: [31698901](#)

Article Published Date : Nov 06, 2019

Authors : Yahui Zhang, Yuan Cao, Jihua Chen, Hong Qin, Lina Yang

Study Type : Animal Study, In Vitro Study

Additional Links

Substances : Punicalagin : CK(127) : AC(78)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Liver Damage : CK(2494) : AC(1121)

Pharmacological Actions : Hepatoprotective : CK(5098) : AC(2264)

Effect of punicalagin on multiple targets in streptozotocin/high-fat diet-induced diabetic mice.

Pubmed Data : Food Funct. 2020 Nov 19. Epub 2020 Nov 19. PMID: [33210684](#)

Article Published Date : Nov 18, 2020

Authors : Dan Jin, Baiyu Zhang, Qiaoling Li, Jingjing Tu, Benhong Zhou

Study Type : Animal Study

Additional Links

Substances : Punicalagin : CK(127) : AC(78)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), High Fat Diet : CK(1267) : AC(602)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Hypoglycemic Agents : CK(5366) : AC(1338), NF-kappaB Inhibitor : CK(3536) : AC(2098)

Punicalagin protects against diabetic liver injury.

Pubmed Data : Nutrients. 2022 Jul 6 ;14(14). Epub 2022 Jul 6. PMID: [35889739](#)

Article Published Date : Jul 05, 2022

Authors : Yahui Zhang, Xiuying Tan, Yuan Cao, Xin An, Jihua Chen, Lina Yang

Study Type : In Vitro Study

Additional Links

Substances : Punicalagin : CK(127) : AC(78)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hepatoprotective : CK(5098) : AC(2264), Superoxide Dismutase Up-regulation : CK(1403) : AC(551)

Punicalagin stimulates LDL influx to macrophages, thus reducing circulating cholesterol levels.

Pubmed Data : Oxid Med Cell Longev. 2016 ;2016:7124251. Epub 2016 Aug 19. PMID: [27516832](#)

Article Published Date : Dec 31, 2015

Authors : Dana Atrahimovich, Soliman Khatib, Shifra Sela, Jacob Vaya, Abraham O Samson

Study Type : In Vitro Study

Additional Links

Substances : Punicalagin : CK(127) : AC(78)

Diseases : High Cholesterol : CK(2715) : AC(455)

Beans: All (AC 3) (CK 5)

Beans have cholesterol lowering activity.

Pubmed Data : Br J Nutr. 1996 Apr;75(4):557-71. PMID: [8672408](#)

Article Published Date : Apr 01, 1996

Authors : F D Dabai, A F Walker, I E Sambrook, V A Welch, R W Owen, S Abeyasekera

Study Type : Animal Study

Additional Links

Substances : Beans: All : CK(151) : AC(38)

Diseases : High Cholesterol : CK(2715) : AC(455)

Broad bean pods may be an effective functional food for the management of diabetes and its complications.

Pubmed Data : Food Funct. 2018 Mar 28. Epub 2018 Mar 28. PMID: [29589631](#)

Article Published Date : Mar 27, 2018

Authors : Faiza Mejri, Slimen Selmi, Alice Martins, Haifa Benkhoud, Tarek Baati, Hedia Chaabane, Leila Njim, Maria L M Serralheiro, Amália P Rauter, Karim Hosni

Study Type : Animal Study

Additional Links

Substances : Beans: All : CK(151) : AC(38)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Diabetic Complications : CK(3199) : AC(1009)

Pharmacological Actions : Antimicrobial : CK(1209) : AC(582), Antioxidants : CK(21528) : AC(8856), Hypolipidemic : CK(5358) : AC(1221)

Catechin isolated from faba beans (*Vicia faba* L.): insights from oxidative stress and hypoglycemic effect in yeast cells.

Pubmed Data : J Biomol Struct Dyn. 2021 Jun 30:1-11. Epub 2021 Jun 30. PMID: [34192480](#)

Article Published Date : Jun 29, 2021

Authors : Dhiraj Kumar Choudhary, Navaneet Chaturvedi, Amit Singh, Abha Mishra

Study Type : In Vitro Study

Additional Links

Substances : Beans: All : CK(151) : AC(38), Catechin : CK(718) : AC(253)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338)

Buckwheat (AC 3) (CK 5)

D-Chiro-Inositol found in Buckwheat concentrate reduces serum glucose.

Pubmed Data : J Agric Food Chem. 2003 Dec 3;51(25):7287-91. PMID:[14640572](#)

Article Published Date : Dec 03, 2003

Authors : Julianne M Kawa, Carla G Taylor, Roman Przybylski

Study Type : Animal Study

Additional Links

Substances : Buckwheat : CK(69) : AC(29)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Sprouting buckwheat triggers a variety of nutritional changes increasing hypocholesterolemic, hypotriglyceridemic, and antioxidative activities.

Pubmed Data : J Agric Food Chem. 2008 Feb 27;56(4):1216-23. Epub 2008 Jan 24. PMID:[18217700](#)

Article Published Date : Feb 27, 2008

Authors : Li-Yun Lin, Chiung-Chi Peng, Ya-Lu Yang, Robert Y Peng

Study Type : In Vitro Study

Additional Links

Substances : Buckwheat : CK(69) : AC(29), Flavonoids : CK(2352) : AC(870), Polyphenols : CK(1878) : AC(700), Quercetin : CK(1179) : AC(590), Rutin : CK(289) : AC(142), Sprouts : CK(88) : AC(39), Vitamin C : CK(4687) : AC(1149)

Diseases : High Cholesterol : CK(2715) : AC(455), Hyperlipidemia : CK(1569) : AC(402), Triglycerides: Elevated : CK(916) : AC(152)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Stem and leaf of black bitter buckwheat has significant therapeutic effects on reducing blood sugar and blood fat in type 2 diabetic mice.

Pubmed Data : Zhongguo Ying Yong Sheng Li Xue Za Zhi. 2019 Feb ;35(2):140-144. PMID: [31250605](#)

Article Published Date : Jan 31, 2019

Authors : Wei Ling Xiang, Li Qin Jin, Feng Gao, Min Xiao, Yan Chen

Study Type : Animal Study

Additional Links

Substances : Buckwheat : CK(69) : AC(29)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221), Pancreato Protective Agents : CK(358) : AC(194)

Celery (AC 2) (CK 4)

Celery extract administered to hypercholesterolaemic rats over a 13-day period effectively prevented cholesterol from rising. The same effect was not observed when 3-n-butylphthalide, the active ingredient in celery extract, was administered instead.

Pubmed Data : Clin Exp Pharmacol Physiol. 1996 Mar ;23(3):214-7. PMID: [8934610](#)

Article Published Date : Mar 01, 1996

Authors : D Tsi, B K Tan

Study Type : Animal Study

Additional Links

Substances : Celery : CK(138) : AC(60)

Diseases : High Cholesterol : CK(2715) : AC(455)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210), The Whole is Superior to the Monochemical Part : CK(17) : AC(6)

Evaluation of the antidiabetic potential of extracts of *Urtica dioica*, *Apium graveolens*, and *Zingiber officinale*.

Pubmed Data : Plants (Basel). 2021 Jul 14 ;10(7). Epub 2021 Jul 14. PMID: [34371645](#)

Article Published Date : Jul 13, 2021

Authors : Rosa Martha PÃ©rez GutiÃ©rrez, Alethia MuÃ±iz-Ramirez, Abraham Heriberto Garcia-Campoy, JosÃ© MarÃ­a Mota Flores

Study Type : Animal Study

Additional Links

Substances : Celery : CK(138) : AC(60), Ginger : CK(1261) : AC(363), Nettle : CK(274) : AC(109)

Diseases : Diabetes: Oxidative Stress : CK(492) : AC(182), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

Daidzein (AC 3) (CK 4)

Dietary soy protein isolate attenuates metabolic syndrome in rats.

Pubmed Data : J Nutr. 2009 Aug;139(8):1431-8. Epub 2009 Jun 10. PMID: [19515742](#)

Article Published Date : Aug 01, 2009

Authors : Martin J Ronis, Ying Chen, Jamie Badeaux, Thomas M Badger

Study Type : Animal Study

Additional Links

Substances : Daidzein : CK(142) : AC(54), Genistein : CK(788) : AC(365), Isoflavones : CK(845) : AC(171), Soy Protein : CK(331) : AC(56)

Diseases : Fatty Liver : CK(2522) : AC(701), High Cholesterol : CK(2715) : AC(455), Insulin Resistance : CK(3522) : AC(792), Metabolic Syndrome X : CK(2073) : AC(376)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Isoflavonoids and peptides from meju, long-term fermented soybeans, increase insulin sensitivity and exert insulinotropic effects in vitro.

Pubmed Data : Nutrition. 2011 Feb;27(2):244-52. Epub 2010 Jun 11. PMID: [20541368](#)

Article Published Date : Feb 01, 2011

Authors : Dae Young Kwon, Sang Mee Hong, Il Sung Ahn, Min Jung Kim, Hye Jeong Yang, Sunmin Park

Study Type : In Vitro Study

Additional Links

Substances : Daidzein : CK(142) : AC(54), Genistein : CK(788) : AC(365), Isoflavones : CK(845) : AC(171), Soy : CK(2158) : AC(552), Soy: Fermented : CK(169) : AC(33)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792), Metabolic Syndrome X : CK(2073) : AC(376)

Pharmacological Actions : Glucagon Like peptide 1 (GLP-1) Up-regulation : CK(129) : AC(35), Hypoglycemic Agents : CK(5366) : AC(1338), Insulinotrophic : CK(11) : AC(7)

The role of isoflavones in type 2 diabetes prevention and treatment-A narrative review.

Pubmed Data : Int J Mol Sci. 2020 Dec 28 ;22(1). Epub 2020 Dec 28. PMID: [33379327](#)

Article Published Date : Dec 27, 2020

Authors : Alina KuryÅ,owicz

Study Type : Review

Additional Links

Substances : Biochanin A : CK(9) : AC(8), Daidzein : CK(142) : AC(54), Formononetin : CK(2) : AC(1), Genistein : CK(788) : AC(365), Isoflavones : CK(845) : AC(171)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Eggplant (AC 3) (CK 4)

Eggplant has a positive effect on plasma lipid levels, lipidic peroxidation and attenuates endothelial dysfunction in experimental hypercholesterolemia

Pubmed Data : Arq Bras Cardiol. 1998 Feb;70(2):87-91. PMID: [9659714](#)

Article Published Date : Feb 01, 1998

Authors : P A Jorge, L C Neyra, R M Osaki, E de Almeida, N Bragagnolo

Study Type : Animal Study

Additional Links

Substances : Eggplant : CK(30) : AC(16)

Diseases : Endothelial Dysfunction : CK(2115) : AC(440), High Cholesterol : CK(2715) : AC(455), Oxidative Stress : CK(9437) : AC(3550)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Eggplant phenolics may inhibit key enzymes associated with the pathogenesis of type 2 diabetes and hypertension.

Pubmed Data : Bioresour Technol. 2008 May;99(8):2981-8. Epub 2007 Aug 13. PMID: [17706416](#)

Article Published Date : May 01, 2008

Authors : Y-I Kwon, E Apostolidis, K Shetty

Study Type : Commentary

Additional Links

Substances : Eggplant : CK(30) : AC(16), Fiber : CK(1411) : AC(184)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Hypertension : CK(6384) : AC(950)

Pharmacological Actions : Alpha-glucosidase inhibitor : CK(274) : AC(201), Angiotensin-Converting Enzyme Inhibitors : CK(99) : AC(54), Enzyme Inhibitors : CK(692) : AC(347)

The aim of this review is to report on the available anti-diabetic polyphenols, medicinal plants, fruits and vegetables and their potential in the treatment of diabetes mellitus.

Pubmed Data : Curr Pharm Des. 2015 Nov 24. Epub 2015 Nov 24. PMID: [26601968](#)

Article Published Date : Nov 23, 2015

Authors : Md Solayman, Yousuf Ali, Fahmida Alam, Md Asiful Islam, Nadia Alam, Md Ibrahim Khalil, Siew Hua Gan

Study Type : Review

Additional Links

Substances : Apricot : CK(17) : AC(10), Blackberries : CK(1) : AC(1), Cocoa : CK(1280) : AC(173), Coffee : CK(1460) : AC(180), Eggplant : CK(30) : AC(16), Grapes : CK(26) : AC(7), Green Tea : CK(3450) : AC(1057), Polyphenols : CK(1878) : AC(700)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Glucose Uptake Optimization : CK(26) : AC(9), Insulin-releasing : CK(122) : AC(49)

Additional Keywords : Risk Reduction : CK(15144) : AC(1708)

Fenofibrates (AC 2) (CK 4)

Paradoxical severe decrease in high-density lipoprotein cholesterol due to rosiglitazone-fenofibrate interaction has been reported.

Pubmed Data : Endocr Pract. 2010 May-Jun;16(3):382-8. PMID: [20061291](#)

Article Published Date : May 01, 2010

Authors : William Schwing, Leighanne Hustak, Harris C Taylor

Study Type : Human: Case Report

Additional Links

Diseases : Cholesterol: LDL/HDL ratio : CK(556) : AC(67), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), HDL: Low : CK(305) : AC(50)

Problem Substances : Fenofibrates : CK(133) : AC(19), Rosiglitazone (trade name Avandia) : CK(108) : AC(16)

Statins and fenofibrates may exert their wide range of adverse side effects through interfering with selenoprotein expression.

Pubmed Data : Trends Cardiovasc Med. 2004 Oct;14(7):273-81. PMID: [15542379](#)

Article Published Date : Oct 01, 2004

Authors : Bernd Moosmann, Christian Behl

Study Type : Review

Additional Links

Diseases : Drug-Induced Nutrient Depletion: Statin Drugs : CK(177) : AC(36), High Cholesterol : CK(2715) : AC(455), Mineral Deficiencies: Selenium : CK(164) : AC(24), Statin-Induced Pathologies : CK(1848) : AC(368)

Additional Keywords : Drug-Nutrient Depletion : CK(53) : AC(8), Statin-Selenium Deficiency : CK(3) : AC(3)

Problem Substances : Fenofibrates : CK(133) : AC(19), Statin Drugs : CK(4587) : AC(553)

Plum (AC 2) (CK 4)

Ficus carica and Sизigium cumini regulate glucose and

lipid parameters in high-fat diet and streptozocin-induced rats.

Pubmed Data : J Diabetes Res. 2020 ;2020:6745873. Epub 2020 Oct 28. PMID: [33178838](#)

Article Published Date : Dec 31, 2019

Authors : El-Shaimaa A Arafa, Waseem Hassan, Ghulam Murtaza, Manal Ali Buabeid

Study Type : Animal Study

Additional Links

Substances : Fig : CK(145) : AC(61), Plum : CK(98) : AC(33)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), High Fat Diet : CK(1267) : AC(602), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338), Malondialdehyde Down-regulation : CK(2065) : AC(678)

Incorporating polyphenol-enriched Oriental plum into a high-cholesterol diet can ameliorate some of the symptoms of neurodegenerative conditions.

Pubmed Data : Br J Nutr. 2015 Apr 13:1-8. Epub 2015 Apr 13. PMID: [25866056](#)

Article Published Date : Apr 12, 2015

Authors : Ping-Hui Kuo, Ching-I Lin, Yue-Hwa Chen, Wan-Chun Chiu, Shyh-Hsiang Lin

Study Type : Animal Study

Additional Links

Substances : Plum : CK(98) : AC(33), Polyphenols : CK(1878) : AC(700)

Diseases : Alzheimer's Disease : CK(3372) : AC(1307), High Cholesterol : CK(2715) : AC(455), Neurodegenerative Diseases : CK(8689) : AC(2653)

Pharmacological Actions : Hypolipidemic : CK(5358) : AC(1221), Neuroprotective Agents : CK(10404) : AC(4396)

Garcinia Mangostana (AC 2) (CK 3)

A comprehensive update on the medicinal properties of mangosteen.

Pubmed Data : Food Chem Toxicol. 2017 Nov ;109(Pt 1):102-122. Epub 2017 Aug 24. PMID:

[28842267](#)

Article Published Date : Oct 31, 2017

Authors : Berenice Ovalle-Magallanes, Dianelena Eugenio-PÃ©rez, JosÃ© Pedraza-Chaverri

Study Type : Review

Additional Links

Substances : Garcinia Mangostana : CK(9) : AC(1), Xanthones : CK(32) : AC(24)

Diseases : Cancers: All : CK(28241) : AC(10590), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Inflammation : CK(9572) : AC(3089), Obesity : CK(6879) : AC(1686)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Antinoceptive : CK(647) : AC(197), Antioxidants : CK(21528) : AC(8856), Antiproliferative : CK(6801) : AC(5032), Apoptotic : CK(6986) : AC(5304), Hypolipidemic : CK(5358) : AC(1221), Neuroprotective Agents : CK(10404) : AC(4396)

Dietary CCGG supplementation may exert potential effects on ameliorating hyperlipidaemia, insulin resistance, liver steatosis and related inflammation.

Pubmed Data : BMC Complement Altern Med. 2015 ;15:269. Epub 2015 Aug 12. PMID: [26264374](#)

Article Published Date : Dec 31, 2014

Authors : Chih-Wei Chang, Yi-Ju Hsu, Yi-Ming Chen, Wen-Ching Huang, Chi-Chang Huang, Mei-Chich Hsu

Study Type : Animal Study

Additional Links

Substances : Cocoa : CK(1280) : AC(173), Garcinia Mangostana : CK(9) : AC(1), Green Tea : CK(3450) : AC(1057)

Diseases : High Cholesterol : CK(2715) : AC(455), Hyperlipidemia : CK(1569) : AC(402), Insulin Resistance : CK(3522) : AC(792), Liver Steatosis : CK(103) : AC(38), Triglycerides: Elevated : CK(916) : AC(152)

Pharmacological Actions : Anti-Inflammatory Agents : CK(20859) : AC(8334), Hypolipidemic : CK(5358) : AC(1221), Interleukin-6 Downregulation : CK(5029) : AC(1994), Tumor Necrosis Factor (TNF) Alpha Inhibitor : CK(6736) : AC(2815)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Sesame Seeds (AC 2) (CK 3)

Sesame seed powder contains antihypertensive ACE-inhibiting peptides.

Pubmed Data : Biosci Biotechnol Biochem. 2006 May;70(5):1118-26. PMID: [16717411](#)

Article Published Date : May 01, 2006

Authors : Daisuke Nakano, Kyoichi Ogura, Masazumi Miyakoshi, Fumie Ishii, Hideaki Kawanishi, Daisuke Kurumazuka, Chol-Jun Kwak, Kenji Ikemura, Masanori Takaoka, Shigeo Moriguchi, Taeko Iino, Aki Kusumoto, Sumio Asami, Hiroshi Shibata, Yoshinobu Kiso, Yasuo Matsumura

Study Type : Animal Study

Additional Links

Substances : Sesame Seeds : CK(499) : AC(152)

Diseases : Blood Pressure: High : CK(6384) : AC(950), Hypertension : CK(6384) : AC(950)

Sesame showed relevant effects on oxidative stress, suggesting it could increase the antioxidant capacity.

Pubmed Data : J Med Food. 2016 Apr ;19(4):337-45. PMID: [27074618](#)

Article Published Date : Mar 31, 2016

Authors : Luciana de Almeida Vittori Gouveia, Carolina Alves Cardoso, Glaucia Maria Moraes de Oliveira, Glorimar Rosa, Annie Seixas Bello Moreira

Study Type : Review

Additional Links

Substances : Sesame Seeds : CK(499) : AC(152)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Dyslipidemias : CK(1104) : AC(241), Hypertension : CK(6384) : AC(950), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

Additional Keywords : Antioxidants : CK(303) : AC(126), Antioxidants : CK(303) : AC(126), Antioxidants : CK(303) : AC(126), Antioxidants : CK(303) : AC(126), Antioxidants : CK(303) : AC(126), Antioxidants : CK(303) : AC(126)

Sprouts (AC 2) (CK 3)

Mung bean sprout and seed coat extracts improve symptoms of type 2 diabetes in mice.

Pubmed Data : J Agric Food Chem. 2008 Oct 8;56(19):8869-73. Epub 2008 Sep 4. PMID: [18767859](#)

Article Published Date : Oct 08, 2008

Authors : Yang Yao, Feng Chen, Mingfu Wang, Jiashi Wang, Guixing Ren

Study Type : Animal Study

Additional Links

Substances : Mung Bean : CK(35) : AC(16), Sprouts : CK(88) : AC(39)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Sprouting buckwheat triggers a variety of nutritional changes increasing hypocholesterolemic, hypotriglyceridemic, and antioxidative activities.

Pubmed Data : J Agric Food Chem. 2008 Feb 27;56(4):1216-23. Epub 2008 Jan 24. PMID: [18217700](#)

Article Published Date : Feb 27, 2008

Authors : Li-Yun Lin, Chiung-Chi Peng, Ya-Lu Yang, Robert Y Peng

Study Type : In Vitro Study

Additional Links

Substances : Buckwheat : CK(69) : AC(29), Flavonoids : CK(2352) : AC(870), Polyphenols : CK(1878) : AC(700), Quercetin : CK(1179) : AC(590), Rutin : CK(289) : AC(142), Sprouts : CK(88) : AC(39), Vitamin C : CK(4687) : AC(1149)

Diseases : High Cholesterol : CK(2715) : AC(455), Hyperlipidemia : CK(1569) : AC(402), Triglycerides: Elevated : CK(916) : AC(152)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Tamarind (AC 2) (CK 3)

Hibiscus sabdariffa and Tamarindus indica had high anti-lipase and high anti-amylase activities.

Pubmed Data : Phytother Res. 2015 Dec 3. Epub 2015 Dec 3. PMID: [26632284](#)

Article Published Date : Dec 02, 2015

Authors : Tina Buchholz, Matthias F Melzig

Study Type : In Vitro Study

Additional Links

Substances : Hibiscus sabdariffa : CK(307) : AC(87), Tamarind : CK(83) : AC(21)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Alpha-amylase inhibitor : CK(175) : AC(110), Enzyme Inhibitors: Pancreatic Lipase : CK(46) : AC(19)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Tamarind fruit pulp extract lowers cholesterol and has antioxidant activities in hypercholesterolemic hamstes.

Pubmed Data : Food Chem Toxicol. 2006 Jun;44(6):810-8. Epub 2005 Dec 5. PMID: [16330140](#)

Article Published Date : Jun 01, 2006

Authors : F Martinello, S M Soares, J J Franco, A C Santos, A Sugohara, S B Garcia, C Curti, S A Uyemura

Study Type : Animal Study

Additional Links

Substances : Tamarind : CK(83) : AC(21)

Diseases : Arteriosclerosis : CK(497) : AC(139), High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

Tocotrienols (AC 2) (CK 3)

Gamma- and delta-tocotrienol down-regulate cholesterol production.

Pubmed Data : J Biol Chem. 2006 Sep 1;281(35):25054-61. Epub 2006 Jul 10. PMID: [16831864](#)

Article Published Date : Sep 01, 2006

Authors : Bao-Liang Song, Russell A DeBose-Boyd

Study Type : In Vitro Study

Additional Links

Substances : Tocotrienol: Delta : CK(59) : AC(29), Tocotrienols : CK(107) : AC(32), Vitamin E : CK(2533) : AC(483)

Diseases : High Cholesterol : CK(2715) : AC(455)

Tocotrienol-rich fraction supplementation reduces hyperglycemia-induced skeletal muscle damage through regulation of insulin signaling and oxidative stress in type 2 diabetic mice.

Pubmed Data : J Nutr Biochem. 2018 07 ;57:77-85. Epub 2018 Mar 21. PMID: [29679925](#)

Article Published Date : Jan 01, 2018

Authors : Heaji Lee, Yunsook Lim

Study Type : Animal Study

Additional Links

Substances : Tocotrienols : CK(107) : AC(32)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Oxidative Stress : CK(9437) : AC(3550)

Pharmacological Actions : Oxidative Stress : CK(9437) : AC(3550), Insulin Sensitizers : CK(1185) : AC(244)

Problem Substances : Insulin : CK(384) : AC(68)

Black Pepper (AC 2) (CK 2)

Black pepper and piperine reduce cholesterol uptake and enhance translocation of cholesterol transporter proteins.

Pubmed Data : J Nat Med. 2013 Apr ;67(2):303-10. Epub 2012 Jun 27. PMID: [22736065](#)

Article Published Date : Mar 31, 2013

Authors : Acharaporn Duangjai, Kornkanok Ingkaninan, Sakonwun Praputbut, Nanteetip Limpeanchob

Study Type : In Vitro Study

Additional Links

Substances : Black Pepper : CK(497) : AC(217), Piperine : CK(320) : AC(159)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210)

This review focusses on some medicinal plants that have antidiabetic effects.

Pubmed Data : West Indian Med J. 2016 Apr 18. Epub 2016 Apr 18. PMID: [27399905](#)

Article Published Date : Apr 17, 2016

Authors : T Khaliq, M Sarfraz, M A Ashraf

Study Type : Review

Additional Links

Substances : Black Pepper : CK(497) : AC(217), Dates : CK(170) : AC(75), Turmeric : CK(7078) : AC(3169)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714)

Pharmacological Actions : Antioxidants : CK(21528) : AC(8856), Hypoglycemic Agents : CK(5366) : AC(1338), Hypolipidemic : CK(5358) : AC(1221)

Additional Keywords : Plant Extracts : CK(14140) : AC(5210), Risk Reduction : CK(15144) : AC(1708)

Cannabis (AC 2) (CK 2)

Cannabinoids and endocannabinoids may have therapeutic value in metabolic disorders and diabetes.

Pubmed Data : Handb Exp Pharmacol. 2011(203):75-104. PMID: [21484568](#)

Article Published Date : Jan 01, 2011

Authors : Vincenzo Di Marzo, Fabiana Piscitelli, Raphael Mechoulam

Study Type : Review

Additional Links

Substances : Cannabinoids : CK(2052) : AC(692), Cannabis : CK(3771) : AC(917), Endocannabinoids : CK(38) : AC(21)

Diseases : Diabetes Mellitus: Type 1: Prevention : CK(320) : AC(75), Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Endocannabinoid System : CK(22) : AC(12)

Additional Keywords : Beta Cell Protection : CK(61) : AC(25)

Hempseed peptides exert hypocholesterolemic effects with a statin-like mechanism.

Pubmed Data : J Agric Food Chem. 2017 Oct 11 ;65(40):8829-8838. Epub 2017 Oct 2. PMID: [28931275](#)

Article Published Date : Oct 10, 2017

Authors : Chiara Zanoni, Gilda Aiello, Anna Arnoldi, Carmen Lammi

Study Type : In Vitro Study

Additional Links

Substances : Cannabis : CK(3771) : AC(917), Hemp Seed : CK(92) : AC(45)

Diseases : High Cholesterol : CK(2715) : AC(455)

Pharmacological Actions : Anticholesteremic Agents : CK(3078) : AC(530)

Pine Nut (AC 2) (CK 2)

Antidiabetic effects of water-soluble Korean pine nut protein on type 2 diabetic mice.

Pubmed Data : Biomed Pharmacother. 2019 Sep ;117:108989. Epub 2019 Jun 19. PMID: [31228801](#)

Article Published Date : Aug 31, 2019

Authors : Didi Liu, Joe M Regenstein, Yan Diao, Junqiang Qiu, Hua Zhang, Jingtong Li, Haitian Zhao, Zhenyu Wang

Study Type : Animal Study

Additional Links

Substances : Pine Nut : CK(32) : AC(5)

Diseases : Diabetes Mellitus: Type 2 : CK(8552) : AC(1714), Insulin Resistance : CK(3522) : AC(792)

Pharmacological Actions : Hypoglycemic Agents : CK(5366) : AC(1338)

Korean pine nut oil contains a fatty acid called pinolenic acid which may have LDL-lowering properties by enhancing LDL uptake by liver cells.

Pubmed Data : Lipids. 2004 Apr;39(4):383-7. PMID: [15357026](#)

Article Published Date : Apr 01, 2004

Authors : Jin-Won Lee, Kwang-Won Lee, Seog-Won Lee, In-Hwan Kim, Chul Rhee

Additional Links

Substances : Pine Nut : CK(32) : AC(5)

Diseases : High Cholesterol : CK(2715) : AC(455)

White Button Mushroom (AC 1) (CK 2)

White button mushroom (*Agaricus bisporus*) lowers blood glucose and cholesterol levels in diabetic and hypercholesterolemic rats.

Pubmed Data : Nutr Res. 2010 Jan;30(1):49-56. PMID: [20116660](#)

Article Published Date : Jan 01, 2010

Authors : Sang Chul Jeong, Yong Tae Jeong, Byung Keun Yang, Rezuatul Islam, Sundar Rao

Koyyalamudi, Gerald Pang, Kai Yip Cho, Chi Hyun Song

Study Type : Animal Study

Additional Links

Substances : [White Button Mushroom](#) : CK(33) : AC(16)

Diseases : [Diabetes Mellitus: Type 2](#) : CK(8552) : AC(1714), [High Cholesterol](#) : CK(2715) : AC(455)

Pharmacological Actions : [Hypoglycemic Agents](#) : CK(5366) : AC(1338)

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