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Randomised, double blind, cross-over, placebo and active controlled human pharmacodynamic study on the influence of silver fir wood extract (Belinal) on post-prandial glycaemic response

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The aim of this study was to test the extract from silver fir wood (Belinal) on the reduction of the blood glucose concentrations after consumption of a standard meal. 31 healthy participants consumed 100 g of white bread 4 times (with 1 week washout period, consequently) concomitantly with a capsule of Belinal, capsule of chestnut wood extract, placebo or acarbose (active control). Glucose and insulin in the blood were measured before and after the meal. The area under the curve of glucose concentration in blood after the meal was 35% lower when Belinal was added compared with the placebo group ($p=0.019$). Acarbose lowered the area for 43% ($p=0.002$). By this, we proved that the effect of Belinal might be beneficial for prevention of diabetes. This is the first study that provides a scientific rationale for use of silver fir wood extract as food supplement for reduction of health risks connected to type 2 diabetes mellitus.

Biography

Mateja Sirše is a Doctor of Gynecology at University Medical Centre Maribor, Slovenia. Her research focus is in blood collection, followed by a morning visit, which included reviews Patient after surgery and prescribing therapies.

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