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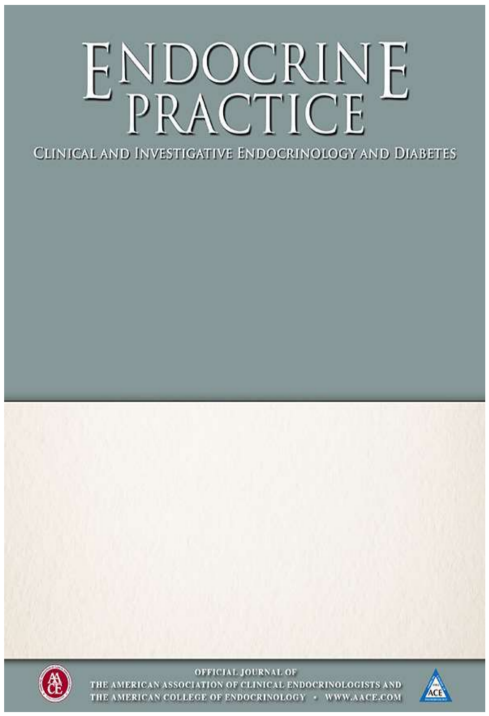

COMPARISON OF ANTI-HYPERGLYCEMIC EFFECTS OF CINNAMON ON POSTPRANDIAL BLOOD GLUCOSE WHEN INGESTED BEFORE, SIMULTANEOUSLY WITH AND AFTER THE INTAKE OF CARBOHYDRATE AMONG NORMOGLYCEMIC SUBJECTS

by Albert M. Hutapea

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Abstract # OR-11

COMPARISON OF ANTI-HYPERGLYCEMIC EFFECTS OF CINNAMON ON POSTPRANDIAL BLOOD GLUCOSE WHEN INGESTED BEFORE, SIMULTANEOUSLY WITH AND AFTER THE INTAKE OF CARBOHYDRATE AMONG NORMOGLYCEMIC SUBJECTS

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Objective: Investigate anti-hyperglycemic effects of cinnamon on postprandial blood glucose as influenced by the timing of ingestion among normoglycemic subjects.

Methods: Thirty healthy subjects fasted for 10-12 hours prior to each experiment and each of this experiment has a 1 week wash-out period. For the treatment group, the subjects ingested 6 g of cinnamon at different time points such as 30 minutes before (B), 30 minutes after (A) and simultaneously with (S) glucose. For the control (C) experiment, the subjects just ingested 75 g of D-(+)-glucose monohydrate alone. Blood samples were collected and analysed using Accu-chek Performa® at 0, 30, 60, 90 and 120 minutes after ingestion of glucose.

Results: The total incremental area under curve then the iAUC ± SEM were calculated. One-way ANOVA test was used to compare means of iAUC among the control and treatment groups and the significance of the difference of each pair is C & B ($P<.05$), C & S ($P<.001$), C & A ($P<.001$), B & S ($P<.05$), B & A ($P<.001$), S & A ($P<.05$).

Conclusion: It is concluded that cinnamon significantly attenuates postprandial hyperglycemia and it has higher efficacy when taken 30 min after ingestion of glucose.

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