

# THE CLINICAL IMPACT OF FIBER SUPPLEMENTATION FOR THE REDUCTION OF POSTPRANDIAL BLOOD GLUCOSE AND RISK REDUCTION OF COMPLICATIONS FROM TYPE 2 DIABETES

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## Introduction

- Diets high in soluble fiber may interfere with glucose uptake from the diet.
- The advised level of fiber, 30 grams per day, is difficult to achieve through diet alone.
- Bios Life 2 is a patented fiber drink mix, designed to lower cholesterol, but case reports also indicate benefits for diabetics.

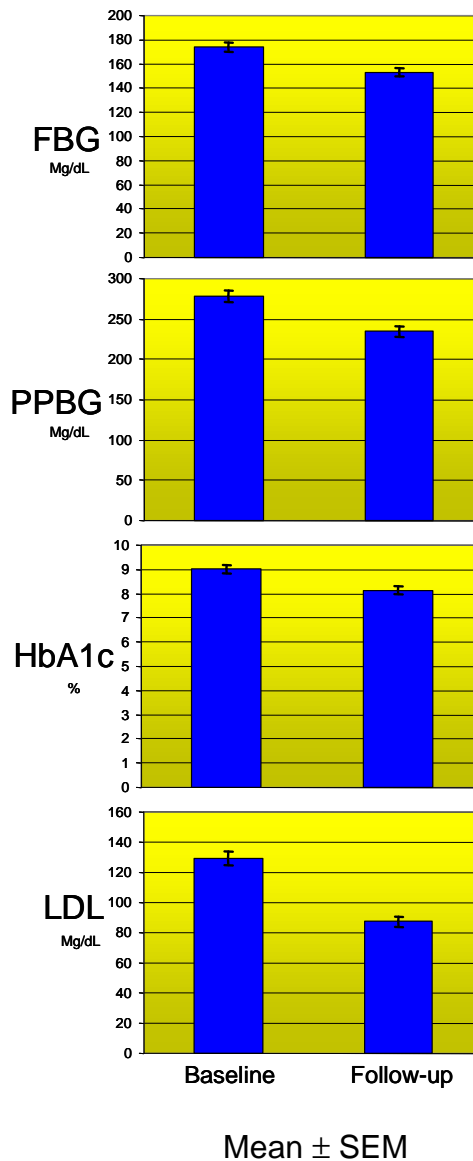
## Objectives

- To study the effect of BiosLife 2 on glycemic and lipid parameters in Type-2 diabetics.

## Study design

- Open label study with 78 Type-2 Diabetics (42 male, 36 female) with average age 59 years.
- Subjects took 10 – 15 grams of Bios Life 2, in 5 grams portions 10 minutes prior to a meal.
- Baseline and follow-up (90 days) measurements of HbA1c, FBG, PPBG, Tot.Chol., LDL, HDL, TG, and weight.
- Statistical analysis with paired Student's T-test.

## Results



## Discussion

- Increasing soluble fiber intake with Bios Life 2 significantly reduces pre- and post prandial glucose, and HbA1c levels.
- Mechanism is through interaction of carbohydrates with gel matrix formed by soluble fiber.
- Same mechanism reduces lipid and cholesterol levels.

## Conclusion

- Bios Life 2 is a very beneficial fiber drink mix for Type-2 diabetics, who want to control their glycemic parameters and cholesterol in a natural side-effect free way.**

## References

- Sprecher, *et al*, Metabolism (2002), 51, 1166.

<sup>a</sup>Unicity Int. Orem, UT, USA.

[www.makelifebetter.com](http://www.makelifebetter.com)

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Parameter	Unit	t=0 ± SEM	t=90 ± SEM	Δ	p-value
Total Chol	mg/dL	215.5	179.5	- 36.0	p < 0.000001
LDL	mg/dL	129.2	87.4	- 41.8	p < 0.000001
HDL	mg/dL	43.3	59.3	+ 16.0	p < 0.000001
Triglycerides	mg/dL	214.8	164.1	- 50.7	p < 0.000001
Fasting BG	mg/dL	173.7	153.3	- 20.4	p < 0.001
Post-prandial BG	mg/dL	278.1	234.4	- 43.7	p < 0.0001
HbA1c	%	9.03	8.15	- 0.88	p < 0.001
Systolic BP	mmHg	131.3	127.2	- 4.1	p < 0.000001
Diastolic BP	mmHg	82.7	81.2	- 1.5	p < 0.05
Weight	lb	182.1	175.4	- 6.7	ns