

Spirulina and Diabetes

In a human clinical study involving 15 diabetic patients, Mani et al.⁸³ found a significant reduction in total lipids, free fatty acids, and triglyceride levels. A reduction in LDL/HDL ratio was also observed.

According to Takai et al.,⁸⁸ a water-soluble fraction of Spirulina was found effective in lowering the serum glucose level at fasting while the water-insoluble fraction suppressed glucose level at glucose loading.⁸⁸ Similar results were found in other studies.⁷⁸⁻⁷⁹ In a human clinical study involving 15 diabetics, a significant decrease in the fasting blood sugar level of patients was observed after 21 days of 2 g/day Spirulina supplementation.⁸³

Reference 83 is the following article:

Mani S, Iyer U, Subramanian S. Studies on the effect of Spirulina supplementation in control of diabetes mellitus. In: Subramanian G, et al., eds. *Cyanobacterial Biotechnology*. USA: Science Publishers Inc; 1998:301-304.