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Resveratrol supplementation improves glycemic control in type 2 diabetes mellitus.

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Abstract

Resveratrol is a naturally occurring polyphenolic compound. Numerous animal studies have been reported on its wide-ranging beneficial effects in the biological system including diabetes mellitus (DM). We hypothesized, therefore, that oral supplementation of resveratrol would improve the glycemic control and the associated risk factors in patients with type 2 diabetes mellitus (T2DM). The present clinical study was therefore carried out to test the hypothesis. Sixty-two patients with T2DM were enrolled from Government Headquarters Hospital, Ootacamund, India, in a prospective, open-label, randomized, controlled trial. Patients were randomized into control and intervention groups. The control group received only oral hypoglycemic agents, whereas the intervention group received resveratrol (250 mg/d) along with their oral hypoglycemic agents for a period of 3 months. Hemoglobin A(1c), lipid profile, urea nitrogen, creatinine, and protein were measured at the baseline and at the end of 3 months. The results reveal that supplementation of resveratrol for 3 months significantly improves the mean hemoglobin A(1c) (means \pm SD, 9.99 ± 1.50 vs 9.65 ± 1.54 ; $P < .05$), systolic blood pressure (mean \pm SD, 139.71 ± 16.10 vs 127.92 ± 15.37 ; $P < .05$), total cholesterol (mean \pm SD, 4.70 ± 0.90 vs 4.33 ± 0.76 ; $P < .05$), and total protein (mean \pm SD, 75.6 ± 4.6 vs 72.3 ± 6.2 ; $P < .05$) in T2DM. No significant changes in body weight and high-density lipoprotein and low-density lipoprotein cholesterol were observed. Oral supplementation of resveratrol is thus found to be effective in improving glycemic control and may possibly provide a potential adjuvant for the treatment and management of diabetes.

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