Effect of acute stevia consumption on blood glucose response in healthy Malay young adults

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Abstract
Previously, researchers had initiated investigations to find an alternative drug that can treat diabetes mellitus without having to use traditional treatments and traditional plants with potential health benefits. In this study, researchers aimed to determine the effectiveness of stevia in reducing blood glucose levels in healthy adults. The study involved 32 subjects aged between 18 and 23 years old. Subjects were divided into two groups: one group consumed stevia (600 and 1000 mg) while the other group consumed sucrose (500 mg) for 2 hours. The results showed that stevia significantly reduced blood glucose levels compared to sucrose. No differences were observed between the two groups. In conclusion, stevia is a potential alternative for reducing blood glucose levels in healthy adults.

Author keywords
Glycemic response, Natural sweetener, Stevia rebaudiana

Indexed keywords
blood, consumption behavior, glucose, health impact, health risk, sucrose, sugar

Cited by 3 documents

The effects of the combination of egg and fiber on appetite, glycemic response and food intake in normal weight adults – a randomized, controlled, crossover trial
Molecular evidence of insulinomimetic effects exhibited by steviol and


Effect of the natural sweetener, steviol glycoside, on cardiovascular risk factors: A systematic review and meta-analysis of randomised clinical trials

Cited by 3 documents