

Scientific References

- 1) <https://www.liebertpub.com/doi/10.1089/jmf.2017.0114>
- 2) Antiglycation and Antioxidant Properties of *Momordica charantia*
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4981456/>
- 3) Antiglycation and Antioxidant Properties of *Momordica charantia*
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4981456/>
- 4) The Effect of *Momordica charantia* in the Treatment of Diabetes Mellitus: A Review
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7826218/>
- 5) *Momordica charantia* extracts protect against inhibition of endothelial angiogenesis by advanced glycation endproducts in vitro
<https://pubmed.ncbi.nlm.nih.gov/30318521/>
- 6) The Effect of *Momordica charantia* in the Treatment of Diabetes Mellitus: A Review
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7826218/>
- 7) Antidiabetic effects of *Momordica charantia* (bitter melon) and its medicinal potency
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4027280/>
- 8) The Effects of *Momordica charantia* on Type 2 Diabetes Mellitus and Alzheimer's Disease
<https://www.mdpi.com/1422-0067/24/5/4643>
- 9) *Momordica charantia* L.—Diabetes-Related Bioactivities, Quality Control, and Safety Considerations
<https://www.frontiersin.org/articles/10.3389/fphar.2022.904643/full>
- 10) <https://www.sciencedirect.com/science/article/abs/pii/S096522992030249>
- 11) <https://oamjms.eu/index.php/mjms/article/view/950>
- 12) Effect of Extended Release Gymnema Sylvestre Leaf Extract (Beta Fast GXR)
<https://www.diabetesincontrol.com/effect-of-extended-release-gymnema-sylvestre-leaf-extract-beta-fast-gxr/>
- 13) *Gymnema sylvestre*: A Memoir
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2170951/>

14) Investigation of intracellular signalling cascades mediating stimulatory effect of a Gymnema sylvestre extract on insulin secretion from isolated mouse and human islets of Langerhans

<https://pubmed.ncbi.nlm.nih.gov/22775778/>

15) A systematic review of Gymnema sylvestre in obesity and diabetes management

<https://pubmed.ncbi.nlm.nih.gov/24166097/>

16) Gymnemic Acid Ameliorates Pancreatic β -Cell Dysfunction by Modulating Pdx1 Expression: A Possible Strategy for β -Cell Regeneration

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9130387/>

17) A novel Gymnema sylvestre extract protects pancreatic beta-cells from cytokine-induced apoptosis

<https://pubmed.ncbi.nlm.nih.gov/31515869/>

18) Antidiabetic activity of a standardized extract (Glucosol) from Lagerstroemia speciosa leaves in Type II diabetics. A dose-dependence study

<https://pubmed.ncbi.nlm.nih.gov/12787964/>

19) Management of Diabetes and Its Complications with Banaba (Lagerstroemia speciosa L.) and Corosolic Acid

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3468018/>

20) Gymnema sylvestre for Diabetes: From Traditional Herb to Future's Therapeutic

<https://pubmed.ncbi.nlm.nih.gov/27834124/>

21) Gymnema sylvestre: A Memoir

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2170951/>

22) Alpha-Lipoic Acid (ALA) as a supplementation for weight loss: Results from a Meta-Analysis of Randomized Controlled Trials

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5523816/>

23) Lipoic acid prevents hypertension, hyperglycemia, and the increase in heart mitochondrial superoxide production

<https://pubmed.ncbi.nlm.nih.gov/12620694/>

24) (R)- α -Lipoic acid inhibits fructose-induced myoglobin fructation and the formation of advanced glycation end products (AGEs) in vitro

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5769525/>

25) Interactions of the advanced glycation end product inhibitor pyridoxamine and the antioxidant alpha-lipoic acid on insulin resistance in the obese Zucker rat

<https://pubmed.ncbi.nlm.nih.gov/18803954/>

26) α-lipoic acid can greatly alleviate the toxic effect of AGEs on SH-SY5Y cells

<https://www.spandidos-publications.com/10.3892/ijmm.2018.3477>

27) Diabetes and Alpha Lipoic Acid

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3221300/>

28) Alpha-Lipoic Acid and Glucose Metabolism: A Comprehensive Update on Biochemical and Therapeutic Features

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9824456/>

29) Diabetes and Alpha Lipoic Acid

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3221300/>

30) Alpha-lipoic acid as a pleiotropic compound with potential therapeutic use in diabetes and other chronic diseases

<https://dmsjournal.biomedcentral.com/articles/10.1186/1758-5996-6-80>

31) Efficacy of Alpha-lipoic Acid in The Management of Diabetes Mellitus: A Systematic Review and Meta-analysis

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7059057/>

32) Alpha lipoic acid and diabetes mellitus: potential effects on peripheral neuropathy and different metabolic parameters

<https://www.tandfonline.com/doi/full/10.1080/20905068.2021.1907961>

33) Alpha-lipoic acid

<https://www.mountsinai.org/health-library/supplement/alpha-lipoic-acid>

34) Highlighting Alpha Lipoic Acid in Diabetes

<https://www.naturalmedicinejournal.com/journal/highlighting-alpha-lipoic-acid-diabetes>

35) Cinnamon Use in Type 2 Diabetes: An Updated Systematic Review and Meta-Analysis

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3767714/>

36) Cinnamon Improves Glucose and Lipids of People With Type 2 Diabetes

<https://diabetesjournals.org/care/article/26/12/3215/21858/Cinnamon-Improves-Glucose-and-Lipids-of-People>

37) Juniper Berries Regulate Diabetes and Obesity Markers Through Modulating PPAR α , PPAR γ , and LXR: In Vitro and In Vivo Effects

<https://pubmed.ncbi.nlm.nih.gov/37186895/>

38) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5321430/>

39) Effect of chili pepper (*Capsicum frutescens*) ingestion on plasma glucose response and metabolic rate in Thai women

<https://pubmed.ncbi.nlm.nih.gov/14649970/>

40) Capsaicin in Metabolic Syndrome

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5986509/>

41) A scientific review: the role of chromium in insulin resistance

<https://pubmed.ncbi.nlm.nih.gov/15208835/>

42) Effects of phosphatidylserine in age-associated memory impairment

<https://pubmed.ncbi.nlm.nih.gov/21314459/>

43) Influence of biotin intervention on glycemic control and lipid profile in patients with type 2 diabetes mellitus: A systematic review and meta-analysis

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9659605/>

44) <https://www.sciencedirect.com/science/article/pii/S266656622200034X>

45) Ascorbic acid supplementation improves skeletal muscle oxidative stress and insulin sensitivity in people with type 2 diabetes: Findings of a randomized controlled study

<https://pubmed.ncbi.nlm.nih.gov/26774673/>

46) <https://www.sciencedirect.com/science/article/abs/pii/S0955286396001283>

47) Association of magnesium consumption with type 2 diabetes and glucose metabolism: A systematic review and pooled study with trial sequential analysis

<https://pubmed.ncbi.nlm.nih.gov/31758631>

48) Magnesium Intake, Quality of Carbohydrates, and Risk of Type 2 Diabetes: Results From Three U.S. Cohorts

<https://pubmed.ncbi.nlm.nih.gov/28978672/>

49) Zinc and diabetes mellitus: understanding molecular mechanisms and clinical implications

<https://link.springer.com/article/10.1186/s40199-015-0127-4>

50) Association of blood manganese level with diabetes and renal dysfunction: a cross-sectional study of the Korean general population

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3973834/>

51) Effect of vitamin E intake on glycemic control and insulin resistance in diabetic patients: an updated systematic review and meta-analysis of randomized controlled trials

<https://nutritionj.biomedcentral.com/articles/10.1186/s12937-023-00840-1>

52) Management of Diabetes and Its Complications with Banaba (*Lagerstroemia speciosa* L.) and Corosolic Acid

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3468018>

53) Advanced Glycation End Products

https://www.ahajournals.org/doi/10.1161/CIRCULATIONAHA.106.621854?url_ver=Z39.88-2003&rfr_id=ori:rid:crossref.org&rfr_dat=cr_pub%20%20pubmed

54) Bisphenol A and Type 2 Diabetes Mellitus: A Review of Epidemiologic, Functional, and Early Life Factors

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7830729/>

55) <https://www.sciencedirect.com/science/article/pii/S0160412018322517>

56) Artificial Sweeteners and Risk of Type 2 Diabetes in the Prospective NutriNet-Santé Cohort

<https://diabetesjournals.org/care/article/46/9/1681/153434/Artificial-Sweeteners-and-Risk-of-Type-2-Diabetes>

57) Non-nutritive sweeteners are in concomitant with the formation of endogenous and exogenous advanced glycation end-products

<https://pubmed.ncbi.nlm.nih.gov/31918589/>