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A pilot study of ten Asian-American subjects consuming 2 Laminine™ dietary supplements daily for 12 weeks showed highly significant lowering (p<0.005) of blood glucose as measured by ha1-c levels

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Introduction: High blood sugar is monitored with the Hemoglobin A1-C assay (HA1-C), an important clinical test because it also provides a range of values whereby the physician can monitor prediabetes or diabetes. Subjects who take prescribed medicines such as MetFORMIN and GlipiZIDE daily may still show HA1-C values of 6.5% or greater (diabetes). A dietary supplement, laminine, contains proprietary 9-day fertilized chicken egg, shark cartilage and pea protein powders. A pilot study was undertaken to observe if subjects consuming the supplement with their standard diabetes medications would show additional blood sugar lowering effects.

Method: Ten subjects taking MetFORMIN and/or GlipiZIDE with values of HA1-C of 6.2% or greater (prediabetic or diabetic) signed voluntary informed consent. Subjects refrained from consuming other supplements for 2 weeks prior to and during the trial. Subjects took one supplement in the morning and one in the evening for 12 weeks. Baseline HA1-C was compared to HA1-C at 12 weeks supplementation for each subject.

Results: Eight of ten subjects had a decrease in their HA1-C levels while none had an increase. The average decrease in HA1-C percent was 0.36 which was very highly significant with p=0.002 using the t test for two independent samples. Two subjects experienced higher SGOT and ALT liver enzymes with unknown cause during the trial.

Conclusion: Type II diabetes and its complications are on the rise throughout the world. Consuming a supplement daily could be a simple adjuvant to support lowering of blood glucose levels in subjects with prediabetes or diabetes on medication but still showing high HA1-C levels. As study group was small, a larger study is warranted and liver enzymes should be monitored.

Biography

Adam Hy D O is a family Medicine Doctor who practices in Rowland Heights, CA. He has graduated from University of California, Los Angeles (UCLA). He has attended Western University of Health Sciences College of Osteopathic Medicine of the Pacific and graduated in 1999. His residency was at Riverside County Regional Medical Center. He is affiliated with Whittier Hospital Medical Center and Alhambra Hospital Medical Center, USA. He is Board Certified in Family Practice, by the Accrediting Board for the American Board of Family Medicine.

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