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A pilot study of ten Asian-American subjects consuming 2 Laminine<sup>TM</sup> 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.

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