

عنوان مقاله:

The Effect of A New Mixture of Sugar and Sugar-Alcohol (Lacritose) on Blood Glucose and Lipids and the Possible Adverse Reactions in Patients with Type ۲ Diabetes: A Triple-Blind Randomized Clinical Trial

محل انتشار:

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خلاصه مقاله:

Background: A new sweetener with the commercial name of Lacritose has been recently produced, which is a combination of four simple sugars (lactose, fructose, sucrose, erythritol), with specific ingredients and percentages. This study aimed to assess glycemic response and short term gastrointestinal reactions in type ۲ diabetic patients. Methods: In this triple-blind randomized clinical trial, ۳۰ diabetic patients referred to Yazd Diabetes Research Center in ۲۰۱۸ were included. After collecting the primary data, they were assigned into three groups, including sucrose consumers as the control group, sucrose-lactose, and lacritose as the groups of consumers group. They were followed for two weeks, and fasting blood glucose (FBG), ۲-hour postprandial test (۲HPP), fructose amine, SGOT, SGPT, urea, creatinine, and insulin resistance index (HOMA-IR) were assessed. Results: In lacritose consumers, significant reductions were seen in FBG and ۲HPP ($P < ۰.۰۰۱$ and $P = ۰.۰۵$, respectively), although changes among the groups were not significant. In sucrose-lacritose consumers, FBG and cholesterol levels decreased ($P = ۰.۰۴$ and $P = ۰.۰۳$, respectively). In sucrose consumers, no reduction was seen. HOMA-IR did not significantly decrease, but intergroup changes were obvious. Conclusion: The lacritose effects on FBG and ۲HPP were significantly evident, but the other metabolic indices did not show any significant change

کلمات کلیدی:

Diabetes, Lactose, Sugars, Sweeteners, Blood glucose control

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