

Effects of polypeptide-k supplemented soft bun on blood glucose level in healthy adults.

Abstract

The aim of this study is to evaluate the effects of Polypeptide-k (Ppk) supplemented soft roll on the blood glucose level of 18 healthy individuals compared to control soft roll alone. Healthy individuals were fasted overnight and blood was taken at baseline (0 min) before consumption of control soft roll, and at 0, 30, 90, 150 and 210 min. Glucose level was then determined. This procedure was repeated with Ppk supplemented soft roll on the same individual the next day. Ppk supplemented roll still showed significant decrease ($p < 0.05$) in glucose level when compared to control soft roll at 90, 150 and 210 min. Blood glucose level with Ppk supplemented soft roll requires statistically significant lesser time, 110 min, to drop to baseline glucose level as compared to control soft roll, which requires 190 min. Blood glucose level with Ppk supplemented soft roll further dropped to 0.9 mmol/L after 210 min while for control soft roll, blood glucose level only dropped slightly to 0.2 mmol/L. In conclusion, Ppk supplemented soft roll caused enhanced reduction in blood glucose level as compared to control soft roll in healthy adults.

Keyword: Polypeptide-k; Blood glucose; Momordica charantia.