New Human Study Finds that Euromed's ABAlife, Fig Fruit Extract (FFE), Improves Glucose Tolerance / Glycemic Index and Insulinemic Index

Published in the journal Nutrients, the study "Abscisic Acid Standardized Fig (Ficus carica) Extracts Ameliorate Postprandial Glycemic & Insulinemic Responses in Healthy Adults" shows promising results

BRIDGEVILLE, Pa. (PRWEB) August 13, 2019 -- Euromed USA, a leading manufacturer of therapeutic botanical extracts, announced today that a new human study, just published in the journal Nutrients, evaluated the efficacy of ABAlife® on glucose metabolism blood parameters, particularly the Glycemic Index (GI) and the Insulinemic Index (II). The GI indicates how fast and efficiently the body can metabolize a carbohydrate meal, while the II shows how much insulin the body releases in response to a meal.

This is very good news for millions of people around the globe, and especially here in the US. This is because the average American consumes 19.5 teaspoons of sugar every day. That adds up to 66 pounds of added sugar consumed per person every year! Sugar increases the level of glucose in the blood and causes the pancreas to release insulin. Higher insulin levels lead to more storage of dietary calories as fat. ABA Life has been shown to assist insulin release and may help lower blood glucose.

According to Centers for Disease Control, another 86 million adults – more than 1 in 3 U.S. adults – have prediabetes -- where their blood sugar levels are higher than normal but not high enough to be classified as type 2 diabetes. Unfortunately, without weight loss and moderate physical activity, 15 to 30 percent of people with prediabetes will develop type 2 diabetes within five years.

STUDY DETAILS
This latest study* was conducted at the University of Sydney, Australia, School of Life and Environmental Sciences, where it investigated the effects of 2 different strengths of the active ingredient, abscisic acid (ABA), in ABAlife® standardized extracts (100 mg and 200 mg) on post-prandial glucose and insulin responses in healthy subjects. The highest dosage of 200 mg of ABAlife added to a glucose solution lowered overall levels and peaks in blood glucose and insulin between 30 and 120 minutes post-dose, and significantly improved glycemic index (GI) compared to a reference glucose solution alone. The lower dosage was also effective on GI but did not reach statistical significance. Both dosages however, were able to lower significantly the post-prandial Insulinemic Index (II), with the highest dosage indicating more significant values (p< 0.01). A clear dose-response reduction of GI and II was also elucidated from the data. The study reported that, FFE standardized in ABA consumed in small doses can produce significant and clinically relevant reductions in postprandial glucose and insulin responses to a high GI glucose drink.

High glucose concentrations cause increased plasma concentration of the β-pancreatic cells to release ABA, which improves the efficiency of a glucose transporter (Glut 4) by binding to the receptor LANCL2, to support glucose uptake into cells, and enhances insulin efficiency, suggesting an adaptogen beneficial effect of ABA in promoting whole glycemic control and homeostasis. ABA consumed as a dietary supplement will be an aid in improving glucose tolerance in healthy individuals and those seeking health enhancement.

“American consumers grapple with diets containing processed foods with refined sugars. This initial study suggests ABAlife may be a beneficial dietary adjunct in helping to maintain healthy blood sugar levels,” according to Guy Woodman, Euromed USA General Manager.

*The study was conducted under the guidance of Dr. Tony Grant at the University of Sydney, Australia, School of Life and Environmental Sciences.
*Atkinson, F.S; Villar, A; Mula, A; Zangara, A; Risco, E; Smidt, C.R; Hontecillas, R; Leber, A; Bassaganya-Riera, J. Abscisic Acid Standardized Fig(Ficus carica) Extracts Ameliorate Postprandial Glycemic and Insulinemic Responses in Healthy Adults, Nutrients 2019, 11, 1757.

About ABAlife™
ABAlife is a proprietary all-natural line of botanical extracts that contain ABA. The first product to be introduced is an extract from fig fruit, Ficus carica L.. Figs, a long-standing foodstuff of Mediterranean populations, grow naturally throughout Spain and have one of the highest concentrations of abscisic acid found in nature. About 92% of Americans do not consume adequate fruits and vegetables and may be deficient in ABA, a compound also produced endogenously. ABAlife delivers the scientifically proven health benefits of ABA while avoiding additional calories associated with eating figs.

About Euromed S.A.
Founded in 1971 by the German pharmaceutical company Madaus, Euromed is a leading producer of standardized herbal extracts and active pharmaceutical ingredients (APIs) of botanical origin for the international pharmaceutical, nutraceutical, food, and cosmetic industries.

Annually, a biomass of more than 5000 tons is extracted at the company’s manufacturing facilities in Spain, Barcelona and Murcia. The new production plant in Murcia further expands Euromed’s capabilities with eco-friendly technologies that use a sophisticated water-based extraction method, the Pure-Hydro Process.™ All extracts comply with worldwide GMP (Good Manufacturing Practice) norms, international pharmacopoeias and regulations. Euromed has a long history of expertise in research and development, laboratory analyses and extraction technologies and is committed to the highest quality standards in terms of analytical, chemical and evidence-based therapeutic aspects.

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