

# 11<sup>TH</sup> EUROPEAN NUTRITION AND DIETETICS CONFERENCE

June 29-July 01, 2017 Madrid, Spain



## *Theodora Mantzourani*

United Kingdom

### **“Tribitor® reduces caloric impact of sugar, glycaemic index of food & glucose and insulin spikes after high carbohydrate meals” – The latest clinical studies**

All dietary carbohydrates get converted into glucose after digestion. Carbohydrate digestion and absorption is a multistage process involving enzymes and transporter proteins. High Glycemic Index (GI) carbohydrates break down fast during digestion and release glucose rapidly into the bloodstream; low GI carbohydrates breaks down more slowly and release glucose more gradually. High intake of carbohydrates especially those with high GI together with environmental factors contribute to obesity, metabolic syndrome and diabetes. A new product (Tribitor®) was developed during animal and human studies. During OGTT animal studies performed in rats, different plant extracts were tested for their hypoglycemic effects and after performed comparisons, the plant extracts with the highest hypoglycemic capacities were included into combinations tested for best synergistic hypoglycemic effect. The combination of three extracts with the greatest ability to lower postprandial glycaemia was chosen for further testing in humans. Two randomized, double-blind, placebo controlled studies were performed to GCP standards to verify the hypoglycemic effects of Tribitor®. The effects of this preparation on blood glycaemia were monitored after consumption of different meals. Statistically significant reductions of glucose and insulin peak levels were observed, particularly during the first phase of the test. Reactive hypoglycemia events were observed significantly less frequently when Tribitor® was given before meals. It was also found in a follow-up study, that Tribitor® had the ability to lower the Glycemic Index of white bread.

#### **Biography**

Theodora Mantzourani BSc, MD, MRCP, MSc, DipNutMed is a GP Specialist in Endocrinology & Diabetes, Nutritional and Preventive Medicine. She is an expert in bioidentical hormones and their use in wellbeing, antiaging and cosmeceuticals. She has a special interest in obesity and obesity-related disease such as insulin resistance and metabolic syndrome. She is an international speaker and a member of IFM and AAFARM. Her scientific research is on Reproductive Endocrinology.

[th\\_mantz@yahoo.co.uk](mailto:th_mantz@yahoo.co.uk)

#### **Notes:**