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## Anti-diabetic effect of cinnamon extract on blood glucose in db/db mice

Sung Hee Kim <sup>1</sup>, Sun Hee Hyun, Se Young Choung

Affiliations

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### Abstract

The anti-diabetic effect of Cinnamomi cassiae extract (Cinnamon bark: Lauraceae) in a type II diabetic animal model (C57BLKsj db/db) was studied. Cinnamon extract was administered at different dosages (50, 100, 150 and 200 mg/kg) for 6 weeks. It was found that blood glucose concentration is significantly decreased in a dose-dependent manner ( $P < 0.001$ ) with the most in the 200 mg/kg group compared with the control. In addition, serum insulin levels and HDL-cholesterol levels were significantly higher ( $P < 0.01$ ) and the concentration of triglyceride, total cholesterol and intestinal alpha-glycosidase activity were significantly lower after 6 weeks of the administration. These results suggest that cinnamon extract has a regulatory role in blood glucose level and lipids and it may also exert a blood glucose-suppressing effect by improving insulin sensitivity or slowing absorption of carbohydrates in the small intestine.

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