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Hypoglycemic efficacy and safety of Momordica charantia (bitter melon) in patients with type 2 diabetes mellitus

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Abstract

Introduction: Momordica charantia (bitter melon) is widely used for its glucose-lowering effects. This study was conducted to assess the efficacy and safety of M. charantia as an adjuvant treatment in patients with type 2 diabetes.

Methods: We performed a randomized, placebo-controlled study. Blood glucose levels, lipid profile, and adverse events were investigated after 12 weeks of treatment. Ninety subjects were included in the final analysis for glucose lowering efficacy of bitter melon.

Results: There were no differences in age, sex, or glycated hemoglobin (HbA1c) levels between the bitter melon extract and placebo groups. After treatment with bitter melon extract for 12 weeks, the HbA1c levels of the bitter melon and placebo groups remained unchanged; however, the average fasting glucose level of the bitter melon group decreased ($p = 0.014$). No serious adverse events were reported during the treatment period.

Conclusions: Our data showed that bitter melon has effects of glucose lowering in patients with type 2 diabetes.

Keywords: Adjuvant therapy; Hypoglycemic agents; Momordica charantia; Type 2 diabetes mellitus.

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