

Scientific References

- 1)** Healthy behavior change and cardiovascular outcomes in newly diagnosed type 2 diabetic patients: a cohort analysis of the ADDITION-Cambridge study
- 2)** Reversing Type 2 Diabetes and ongoing remission
- 3)** Role of chromium supplementation in Indians with type 2 diabetes mellitus
- 4)** Understanding the root causes of diabetes to develop effective therapies
- 5)** Elevated intakes of supplemental chromium improve glucose and insulin variables in individuals with type 2 diabetes
- 6)** Effects of short-term chromium supplementation on insulin sensitivity and body composition in overweight children: randomized, double-blind, placebo-controlled study
- 7)** Chromium supplementation shortens QTc interval duration in patients with type 2 diabetes mellitus
- 8)** Effect of chromium on glucose and lipid profiles in patients with type 2 diabetes; a meta-analysis review of randomized trials
- 9)** Ginseng therapy in non-insulin-dependent diabetic patients
- 10)** Single doses of Panax ginseng (G115) reduce blood glucose levels and improve cognitive performance during sustained mental activity
- 11)** Effect of Korean red ginseng on arterial stiffness in subjects with hypertension
- 12)** Yale scientists study how some insulin-producing cells survive in type 1 diabetes
- 13)** Effects of oral L-carnitine supplementation on insulin sensitivity indices in response to glucose feeding in lean and overweight/obese males
- 14)** Effects of Panax ginseng supplementation on muscle damage and inflammation after uphill treadmill running in humans
- 15)** Ameliorating hypertension and insulin resistance in subjects at increased cardiovascular risk: effects of acetyl-L-carnitine therapy
- 16)** The effects of L-carnitine supplementation on glycemic control: a systematic review and meta-analysis of randomized controlled trials
- 17)** Pharmacokinetic and the effect of capsaicin in *Capsicum frutescens* on decreasing plasma glucose level
- 18)** The effect of eight weeks of supplementation with *Eleutherococcus senticosus* on endurance capacity and metabolism in human

19) Effect of 2-month controlled green tea intervention on lipoprotein cholesterol, glucose, and hormone levels in healthy postmenopausal women

20) The effect of *Irvingia gabonensis* seeds on body weight and blood lipids of obese subjects in Cameroon

21) Acceptability, Safety, and Efficacy of Oral Administration of Extracts of Black or Red Maca (*Lepidium meyenii*) in Adult Human Subjects: A Randomized, Double-Blind, Placebo-Controlled Study