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TITLE

Intervention of Nutritional Drink (SAI) in Poorly Controlled Hyperglycemic Patients With Type 2 Diabetes Despite Oral Anti Diabetic Drugs Treatment: Randomized Controlled Trial

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The primary objective of this study is to evaluate intervention of a nutritional drink (SAI) in poorly controlled hyperglycemic patients (HbA1c >8.5) with type 2 diabetes despite Oral Anti Diabetic drugs in a double blind randomized placebo controlled study. SAI is a nutritional drink fortified with bioactive peptides from soy and whey and antioxidants, fiber, cinnamon, vitamins and minerals specifically developed to lower HbA1c levels of people with diabetes. They were treated for 12 weeks with two doses of either SAI or placebo which were taken every day half an hour before or along with morning breakfast and evening meals. The primary end points are HbA1c and Fasting Blood Sugar (FBS) and the secondary end points are weight, BMI, lipid profile, blood pressure and kidney functional tests. The analysis of covariance (ANCOVA) model on the change from baseline values of primary and secondary end points with baseline value and age as covariates was used. Statistically significant reduction in HbA1c (-1.5) and FBS levels (-56.4) with p-values of 0.016 and 0.059 respectively were observed in patients treated with SAI compared to placebo. Also reduction in body weight, BMI, systolic blood pressure, micro albumin and triglycerides in patients treated with SAI was observed.

Biography

Vijai Pasupuleti has completed his Ph.D and did postdoctoral studies at Vanderbilt University School of Medicine, Nashville, TN. Later he moved to Germany to take up Alexander van Humboldt Fellowship and then came back to New York to join as Product Development director at Quest International. In 2000 he founded SAI International to Share, Educate and Empower people with diabetes. He co-edited a book "Nutraceuticals, Glycemic Health and Type 2 Diabetes" by Wiley Blackwell publishers. Also published, chaired technical sessions and gave talks on nutrition and diabetes at conferences.