The effects of a fiber-rich nutritional supplement, Bios Life® Slim, on the glycemic and insulin index of three common starchy foods

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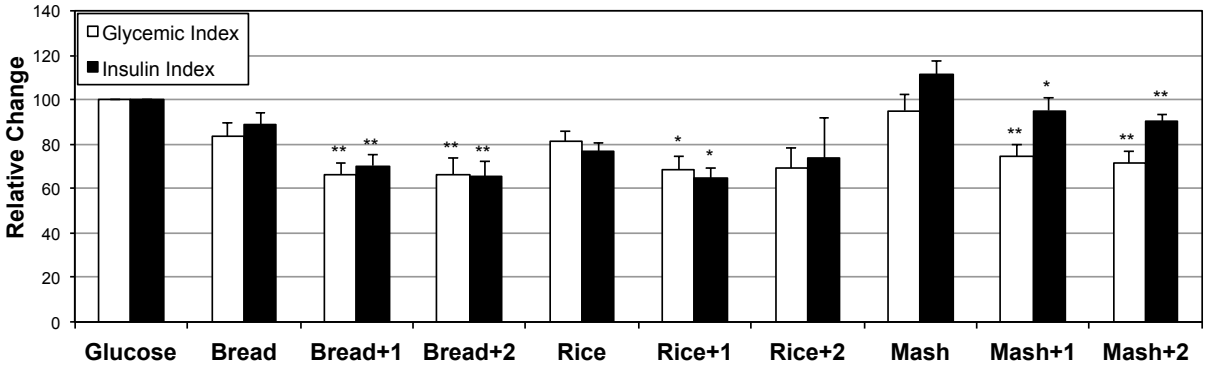
Introduction:

Research has shown that glycemic control, or blood sugar management, is an accurate indicator for overall health and long-term consumption of high glycemic index diets cause continual surges in blood sugar and insulin levels that increase the risk for diabetes, cardiovascular disease and obesity. The objective of this study was to quantitatively measure the impact of a fiber-rich nutritional supplement on the glycemic index of three common foods, white bread, white rice and instant mashed potatoes.

Methods:

Lean, healthy subjects (n=10) consumed 50 grams of glucose in water and three starchy foods (white bread, white rice and instant mashed potatoes) along with 7.25 g of Bios Life Slim or 14.5 g of Bios Life Slim dissolved in 250 ml of water. Plasma samples were collected and analyzed for glucose and insulin levels. Glycemic and insulin indices were calculated by dividing the two-hour plasma glucose or insulin AUC by the two-hour plasma glucose reference AUC and multiplying that value by 100 to obtain a percentage.

Results:



*p<0.05 vs. food alone; **p<0.01 vs. food alone
"+1" refers to single dose; "+2" refers to double dose

Conclusions:

The fiber-rich supplement, Bios Life Slim, decreased the glycemic index of three common, starchy foods, namely white bread (bread), white rice (rice), and mashed potato (mash). In each case, it reduced the glycemic indices from "high" glycemic foods to "medium" glycemic foods. Furthermore, and noteworthy given the relevance of insulin in obesity, diabetes, heart disease and more, the fiber supplement reduced the insulin index for all three test foods, effectively reducing the insulin secretion following food ingestion. Further research is needed to measure the effects of supplementation long term. At the present, these results indicate Bios Life Slim is effective at dampening glucose and insulin responses to starchy meals in healthy individuals.