

# Salacia extract improves post-prandial glucose and insulin response

<b>Submission date</b>	<b>Recruitment status</b>	<input type="checkbox"/> Prospectively registered
17/02/2016	No longer recruiting	<input type="checkbox"/> Protocol
<b>Registration date</b>	<b>Overall study status</b>	<input type="checkbox"/> Statistical analysis plan
19/02/2016	Completed	<input checked="" type="checkbox"/> Results
<b>Last Edited</b>	<b>Condition category</b>	<input type="checkbox"/> Individual participant data
31/07/2018	Other	

## Plain English summary of protocol

### Background and study aims

The amount of sugar (glucose) in the blood is controlled by a hormone called insulin. If you have diabetes, either the body does not produce enough insulin or the insulin produced doesn't work properly, leading to high blood glucose levels. Extracts of the Salacia species of herb from roots, stems, and leaves are used for the treatment of diabetes in Asia. The aim of this study is to examine the effect of different doses of a new form of Salacia extract (Salacia Chinensis, SCE) on the glucose and insulin response to oral sucrose (sugar) solution in healthy individuals (South Asian Population).

### Who can participate?

People aged 18-55, with body mass index (BMI) 24.5 to 29.5 kg/m<sup>2</sup>

### What does the study involve?

Participants are given sucrose solution and Salacia extract, and blood samples are collected at the start and after 30, 60, 90, 120 and 180 minutes to assess their blood glucose and insulin response. Different doses of Salacia extract are tested with a 7-day break in between treatments and results are compared with a placebo (dummy) treatment.

### What are the possible benefits and risks of participating?

We will find out whether Salacia supplementation helps to maintain or lower blood glucose and insulin levels after sucrose solution administration. This will help them to understand how to manage blood glucose levels and helps in diabetes condition. Pain associated due to multiple times of blood collection to assess blood glucose and insulin levels.

### Where is the study run from?

Semler Research Center (India)

### When is the study starting and how long is it expected to run for?

July to December 2015

### Who is funding the study?

Atlantic Canada Opportunities Agency

Who is the main contact?

Dr Vijaya Juturu

## Contact information

### Type(s)

Scientific

### Contact name

Dr Vijaya Juturu

### ORCID ID

<https://orcid.org/0000-0002-7397-715X>

### Contact details

OmniActive Health Technologies Inc.

67 East Park Place, Suite 500

Morristown

United States of America

07960

## Additional identifiers

### Protocol serial number

OAHT\_SE2015

## Study information

### Scientific Title

Salacia extract improves post-prandial glucose and insulin response: a randomized double-blind placebo-controlled, cross-over study in healthy volunteers

### Study objectives

Studies indicate that Salacia extracts modulate multiple targets that influence carbohydrate and lipid metabolism. This study is to examine the effect of differing doses of a novel form of Salacia extract (Salacia Chinensis, SCE) on glucose and insulin response to an oral sucrose load in healthy individuals (South Asian Population).

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Sri Venkateswara Hospital Ethics Committee , India, 08/06/2015, ref: S-15-1203

### Study design

Randomized double-blind placebo-controlled cross-over study

### Primary study design

Interventional

**Study type(s)**

Prevention

**Health condition(s) or problem(s) studied**

Not Applicable

**Interventions**

Participants will be randomly assigned to ingest Salacia extract at dosages of 200 mg SCE , 300 mg SCE and 500 mg SCE (OmniLeanTM) or placebo (PLA) in a single-center, double-blind, randomized, placebo-controlled four-way cross-over design. Washout period between treatment periods was 7 days. Plasma glucose and plasma insulin responses after 0, 30, 60, 90, 120, 180 min of ingesting oral sucrose standard solution and area under curve for glucose (AUCglucose) and insulin response (AUCinsulin) will be calculated. ANOVA and paired t-tests will be used to examine differences between treatments and over baseline.

**Intervention Type**

Supplement

**Primary outcome(s)**

Glucose and insulin responses after 0, 30, 60, 90, 120 and 180 min

**Key secondary outcome(s)**

AUC glucose and AUC insulin

**Completion date**

30/12/2015

## Eligibility

**Key inclusion criteria**

1. Male and female subjects aged 18-55 years of age (both ages inclusive), of BMI 24.5 to 29.5 Kg/ m<sup>2</sup>
2. Participants required to avoid all dietary supplements, OTC or any foods interfere with post-prandial glucose and insulin before and throughout the study period and not allowed to drink alcoholic beverages or caffeine during the period of the study
3. Non smokers
4. No pregnant and lactating women
5. Signed consent form

**Participant type(s)**

Healthy volunteer

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Upper age limit**

55 years

**Sex**

All

### **Key exclusion criteria**

1. Participation in any bioavailability/bioequivalence/pharmacokinetic study or received an investigational drug within a period of 3 calendar months prior to check in of period one
2. Use of dietary supplements to reduce body weight or metabolic health management at least 30 days before check in of period one
3. Use of hormone replacement therapy for a period of 6 calendar months prior to check in of period one
4. History of drug abuse, or alcohol dependence or abuse
5. History of any allergies (asthma, urticaria) including drug allergies
6. Known hypersensitivity or allergy to Salacia extract or any of the excipients or related drugs.
7. Smokers, prescriptions, chronic conditions such as hypertension, diabetes , inflammatory disorders, cardiovascular disease and cancer etc

**Date of first enrolment**

02/08/2015

**Date of final enrolment**

08/09/2015

## **Locations**

**Countries of recruitment**

India

**Study participating centre**

**Semler Research Center**

Semler Research Center Pvt. Ltd

P A Arcade, No 21, 22, 23

Kodigehalli Main Road

Sahakarnagar

Bangalore

India

560092

## **Sponsor information**

**Organisation**

OmniActive Health Technologies Ltd (Canada)

ROR

<https://ror.org/05rga6m50>

## Funder(s)

### Funder type

Government

### Funder Name

Atlantic Canada Opportunities Agency

### Alternative Name(s)

Agence de Promotion Économique du Canada Atlantique, ACOA Canada, ACOA

### Funding Body Type

Government organisation

### Funding Body Subtype

Local government

### Location

Canada

## Results and Publications

### Individual participant data (IPD) sharing plan

### IPD sharing plan summary

Available on request

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/07/2016		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes