

A comparative study on effect of nutrimix on elevated blood glucose levels – An experimental pre- post study

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■ **ABSTRACT** : In the present study hyperglycemic and hyperlipidemic subjects were supplemented with fibre and polyphenol rich nutrimix. The study was designed as comparative study between residents of 2 cities *i.e.* Vizag and Bhubaneswar, from each city 80 participants were selected in the age group of 40-60 years. The data relating to study was collected using questionnaire method. The product was supplemented as a part of their daily diet for a period of 6 months. Post analysis the result showed decrease in blood glucose and lipid levels of the participants. A significant improvement was found in blood glucose levels of type 2 diabetic subjects.

■ **KEY WORDS**: Nutrimix, Diabetes, Supplementation, Blood Glucose Levels

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