

Scientific References

- *Healthy behavior change and cardiovascular outcomes in newly diagnosed type 2 diabetic patients: a cohort analysis of the ADDITION-Cambridge study*
- *Reversing Type 2 Diabetes and ongoing remission*
- *Role of chromium supplementation in Indians with type 2 diabetes mellitus*
- *Understanding the root causes of diabetes to develop effective therapies*
- *Elevated intakes of supplemental chromium improve glucose and insulin variables in individuals with type 2 diabetes*
- *Effects of short-term chromium supplementation on insulin sensitivity and body composition in overweight children: randomized, double-blind, placebo-controlled study*
- *Chromium supplementation shortens QTc interval duration in patients with type 2 diabetes mellitus*
- *Effect of chromium on glucose and lipid profiles in patients with type 2 diabetes; a meta-analysis review of randomized trials*
- *Ginseng therapy in non-insulin-dependent diabetic patients*
- *Single doses of Panax ginseng (G115) reduce blood glucose levels and improve cognitive performance during sustained mental activity*
- *Effect of Korean red ginseng on arterial stiffness in subjects with hypertension*
- *Yale scientists study how some insulin-producing cells survive in type 1 diabetes*
- *Effects of oral L-carnitine supplementation on insulin sensitivity indices in response to glucose feeding in lean and overweight/obese males*
- *Effects of Panax ginseng supplementation on muscle damage and inflammation after uphill treadmill running in humans*

- *Ameliorating hypertension and insulin resistance in subjects at increased cardiovascular risk: effects of acetyl-L-carnitine therapy*
- *The effects of L-carnitine supplementation on glycemic control: a systematic review and meta-analysis of randomized controlled trials*
- *Pharmacokinetic and the effect of capsaicin in *Capsicum frutescens* on decreasing plasma glucose level*
- *The effect of eight weeks of supplementation with *Eleutherococcus senticosus* on endurance capacity and metabolism in human*
- *Effect of 2-month controlled green tea intervention on lipoprotein cholesterol, glucose, and hormone levels in healthy postmenopausal women*
- *The effect of *Irvingia gabonensis* seeds on body weight and blood lipids of obese subjects in Cameroon*
- *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*