Effect of Spirulina Supplementation on the Nutrient Adequacy and Health Status of Non-Insulin-Dependent Diabetes Mellitus (NIDDM) Male Subjects

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KEYWORDS Spirulina, Diabetes, Nutrients, Haematological Profile

ABSTRACT Sixty male diabetic subjects (40 years) of middle income group were selected from Punjab Agricultural University, Hospital, Ludhiana and divided equally into three groups viz. E1, E2 and C. Spirulina supplementation was given daily in the form of SUNOVA capsules with two capsules (lg) and four capsules (2g) to E1 & E2 group respectively for a period of two months and C group was not given any supplementation. The impact of spirulina supplementation was studied individually on nutrient intake and haematological profile of the subjects before and after the study. It was observed that mean carbohydrate and protien intake decreased significantly (P<0.01) in group E2 while non significantly in Group E1 and C. It was observed that there was an improvement in the haematological profile of the subjects of E1 and E2 because spirulina contained highly available form of iron, calcium, magnesium, copper, vitamin B12, folic acid and vitamin B6 which are essential for haemopoiesis. It is suggested that 2g of spirulina supplementation can improve iron status of NIDDM subjects.