ISSN 0975-1270
JOURNAL OF
LIFE SCIENCES

 J Life Sci, 2(2): 87-92 (2010)

# Beta Sistosterol of Wheat Germ Reduces Blood Glucose in Humans

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**KEYWORDS** Beta Sistosterol. Blood Glucose. Glycosylated Hemoglobin

**ABSTRACT** The glucose lowering ability of wheat germ remains unclear. The objective of the study was to assess the effect of wheat germ on diabetic subjects. 30 diabetic subjects were selected and divided into two groups of 15 each. Group A formed the experimental group to which 60 g of wheat germ was supplemented daily for a period of six months. Group B constituted the remaining 15 diabetic subjects who served as control to whom no supplementation was given. Fasting and post prandial glucose and glycosylated haemoglobin was evaluated initially and after the supplementation period. Group A showed significance ($P<0.01$) difference over group B in all the biochemical tests performed.