

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

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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 (1g) 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 protein 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.