

# Probiotics Intervention: Manage Blood Glucose

## Probiotic Mechanisms Affecting Glucose Homeostasis

- ① Induce the secretion of GLP-1
- ② Increase serum levels of adiponectin
- ③ Reduce insulin resistance
- ④ Improve inflammations and immune system
- ⑤ Balance gut microbiota

## Effects of GLP-1 on Glucose Homeostasis ...

The most noteworthy effect of GLP-1 is its ability to promote insulin secretion in a glucose-dependent manner. In the stomach, GLP-1 inhibits gastric emptying, acid secretion and motility, which collectively decrease appetite. It can also repress hepatic gluconeogenesis, stimulate hepatic lipogenesis, improve glucose uptake, and hence, reduce postprandial plasma glucose levels via insulin. Therefore, inducing GLP-1 secretion is an important way for probiotics to regulate blood glucose.



**Great Safety**  
Less safety concerns



**Balance Gut Microbiota**  
Modify composition  
of gut microbiota



**Long-Term Efficacy**  
Control glucose homeostasis



**Formulation Flexibility**  
Endless delivery possibilities

## Glycemic Control Probiotics

- ✓ *L.fermentum* HH-LF392    ✓ *L.paracasei* HH-LP58
- ✓ *L.helveticus* HH-LPH17    ✓ *L.plantarum* HH-LP56

## Animal Study

Type 2 diabetes rat model was established using a high-fat diet and streptozotocin. Rats were divided into normal group, model group, metformin group, high-potency probiotic group(90mg/kg/d,  $4.0 \times 10^{10}$ CFU/g), and low-potency probiotic group(90mg/kg/d,  $4.0 \times 10^9$ CFU/g). A 8-week oral gavage was performed in the rats, and levels of serum GLP-1 and Peptide YY(PYY) were tested. It can be seen from Table 1 that the levels of serum GLP-1 and PYY in model group was lower than that in normal group, while both probiotic treatment groups and metformin group showed higher level in GLP-1 and PYY comparing with model group.

Table 1. Effects of probiotics on GLP-1 and PYY

| Group                        | GLP-1(pmol/L) | PYY(mmol/L) |
|------------------------------|---------------|-------------|
| Model group                  | 3.60±0.10     | 2.35±0.20   |
| Metformin Group              | 4.89±0.20     | 3.55±0.08   |
| Low-potency probiotic group  | 3.98±0.18     | 2.89±0.25   |
| High-potency probiotic group | 4.66±0.12     | 3.41±0.14   |
| Normal group                 | 5.02±0.11     | 3.75±0.08   |

It can be seen from Fig 1 that both probiotic treatment groups and metformin group showed higher level in colon GLP-1 comparing with model group. In a conclusion probiotics administration showed strong ability in inducing GLP-1 secretion, suggesting that they have the potential to reduce blood glucose in diabetic patients.

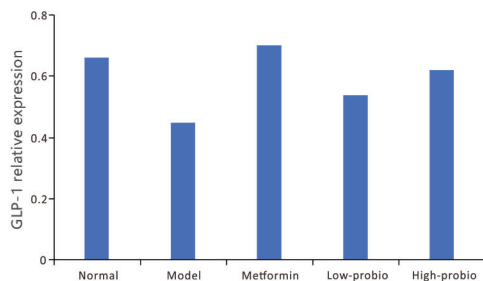
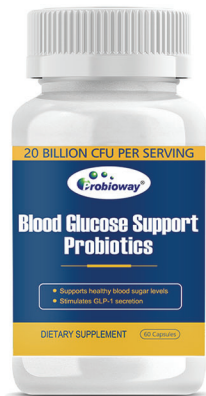


Fig 1. Effects of probiotics on colon GLP-1 level

## Scientifically-Proven Formula



### Supplement Facts

| Serving Size: 1 vegetarian capsule           |                  |
|--|------------------|
| Servings Per Container: 60                   |                  |
| Amount Per Serving                           | %DV*             |
| Probiotic Blend                              | 20 Billion CFU † |
| <i>Limosilactobacillus fermentum</i> 392     |                  |
| <i>Lactocaseibacillus casei</i> PB-LC39      |                  |
| <i>Lactobacillus helveticus</i> HH-LPH17     |                  |
| <i>Lactiplantibacillus plantarum</i> HH-LP56 |                  |
| <i>Lactobacillus acidophilus</i> HH-LA26     |                  |
| <i>Lactocaseibacillus rhamnosus</i> PB-LR76  |                  |
| <i>Lactocaseibacillus paracasei</i> HH-LP58  |                  |
| *Daily Value(DV) not established             |                  |

## Recommended Human Daily Intake

For a 70kg adult:  $4.0 \times 10^{10}$ CFU/day

## Consumer Study

In the consumer study, 30 adults between the age 55 to 65 years were recruited to the study and asked to consume 2 capsules of the Blood Glucose Support Probiotics daily for 90 days and send the filled questionnaire. The table below demonstrates the improvement of discomfort in the participants.

Table 2. Improvement of discomfort in the participants

| Discomfort                               | % adults who felt improvement |
|--|-------------------------------|
| Excessive thirsty                        | 80%                           |
| Polyuria<br>(excessive urination volume) | 70%                           |
| Weight loss                              | 80%                           |

## Product Quality

