

WEIGHT MANAGEMENT

PureSea® seaweed for weight and blood sugar management.

CLINICAL PEER-REVIEWED SCIENTIFIC PAPER PureSea® benefits for blood glucose management

Title:

The Effect of Seaweed Enriched Bread on Carbohydrate Digestion and the Release of Glucose from Food.

Authors:

Dr Matthew Wilcox et al.

Journal:

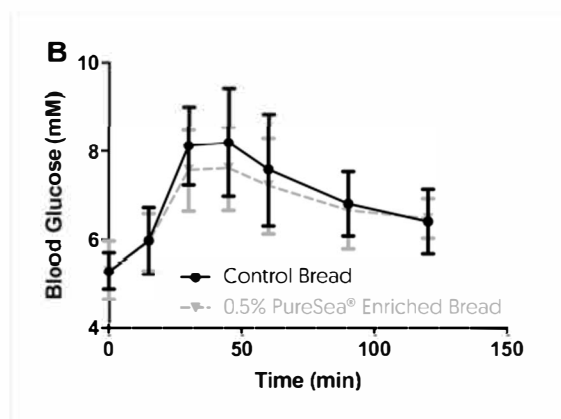
Journal of Functional Foods [2021].

Key findings:

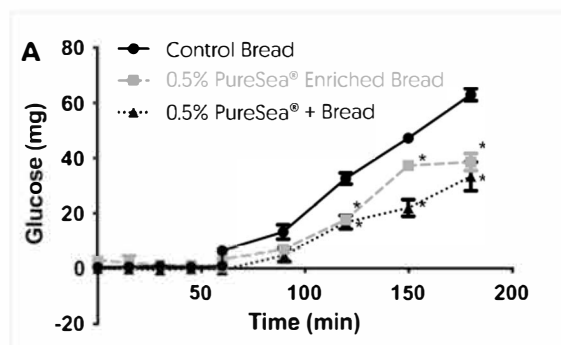
- Reductions were observed in the mean peak blood glucose concentration for 0.5% PureSea® enriched bread compared to control bread.
- The PureSea® enriched bread reduced the incremental area under the curve compared to the control bread in the model gut system.
- After the initial 30 minutes in the small intestinal phase the addition of PureSea® as both enriched bread and free seaweed significantly reduced the amount of glucose release compared to the control at all subsequent time points.
- PureSea® was shown to have an inhibitory effect on carbohydrate digestion in vitro and a reduction in insulin response in vivo.

Conclusion:

Glucose was released at a significantly lower rate when bread was consumed with PureSea®. This can have applications in blood sugar and healthy weight management by resulting in a more sustained release of glucose and less spikes in blood sugar, and so more of a feeling of satiety.



Blood glucose concentration after consumption of the control bread (●) and bread enriched with 0.5% PureSea® (▲)



Glucose release in the Model Gut System - control bread (●), bread enriched with 0.5% PureSea® (■), and control bread + PureSea®, equivalent to the 0.5% enriched bread (▲).

In their own words...

Brown seaweeds have been shown to be particularly effective against the activity of carbohydrate digesting enzymes, as well as in this study when PureSea® has been tested in the model gut system.

Paper reference: Wilcox, M.D., Cherry, P., Chater, P.L., Yang, X., Zulali, M., Okello, E.J., Seal, C.J. and Pearson, J.P. 2021. The Effect of Seaweed Enriched Bread on Carbohydrate Digestion and the Release of Glucose from Food: Journal of Functional Foods.