

During the new meta -analysis published in *Diabetes & Metabolic Syndrome: Clinical Research and Reviews*, scientists have combined the results of 13 clinical research. Specialists concentrated precisely in people with diabetes.

In a new study, experts included 13 scientific papers with the participation of 731 adults with diabetes. Most of the participants suffered from type 2 diabetes. This study was also conducted in several countries, including in Iran, India, Brazil, Pakistan.

Participants received sesame seeds in doses from 200 to 60,000 mg per day. The experiment lasted from 6 to 12 weeks. Scientists measured indicators such as cholesterol, blood sugar, antioxidant activity, body weight, inflammation markers. For this, the GRADE system was used.



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In general, it was found that the use of sesame products is associated with a significant decrease in several indicators - risk factors for the development of heart disease in people

with diabetes. In particular, this is the level of glucose in the blood of the Test, Hemoglobin A1C, glucose in the blood after eating, the level of harmful cholesterol, total cholesterol and triglycerides. The participants also increased catalase levels (kat) and superoxidismutase (SOD) - key antioxidant enzymes.

These changes show that sesame seeds can help regulate blood sugar levels, improve lipid profile, protect the body from oxidative stress. These factors are important in the treatment of diabetes and a decrease in the likelihood of developing heart diseases.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.