

# Scientific References

1) THE RESERVE INCRETORY CAPACITY OF THE PANCREAS

<https://academic.oup.com/endo/article-abstract/15/2/107/2771296>

2) Severity of Gastrointestinal Side Effects of Metformin Tablet Compared to Metformin Capsule in Type 2 Diabetes Mellitus Patients

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5463552/>

3) Metformin: A review of its therapeutic efficacy and adverse effects

<https://www.sciencedirect.com/science/article/abs/pii/S2451847620300063>

4) Green coffee bean extract has anti-diabetic benefits

[https://www.diabetes.co.uk/news/2013/apr/green-coffee-bean-extract-has-anti-diabetic-benefits-](https://www.diabetes.co.uk/news/2013/apr/green-coffee-bean-extract-has-anti-diabetic-benefits-91144231.html#:~:text=Green%20unroasted%20coffee%20beans%20may,as%20well%20as%20reduce%20weight.)

[91144231.html#:~:text=Green%20unroasted%20coffee%20beans%20may,as%20well%20as%20reduce%20weight.](https://www.diabetes.co.uk/news/2013/apr/green-coffee-bean-extract-has-anti-diabetic-benefits-91144231.html#:~:text=Green%20unroasted%20coffee%20beans%20may,as%20well%20as%20reduce%20weight.)

5) Supplementation of Type 1 Diabetic Rats with Carrot Powder Lowers Blood Glucose without Improving Cardiac Structure and Function

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6047871/>

6) Delving into the Nutraceutical Benefits of Purple Carrot against Metabolic Syndrome and Cancer: A Review

<https://www.mdpi.com/2076-3417/12/6/3170>

7) The Beneficiary Role of Selenium in Type II Diabetes: A Longitudinal Study

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6973540/#:~:text=The%20recommended%20average%20daily%20dosage,risk%20factors%20of%20cardiovascular%20disease.>

8) How Cinnamon Lowers Blood Sugar and Fights Diabetes

<https://www.healthline.com/nutrition/cinnamon-and-diabetes#imitate-insulin>

9) Cinnamon effects on metabolic syndrome: a review based on its mechanisms

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5220230/>