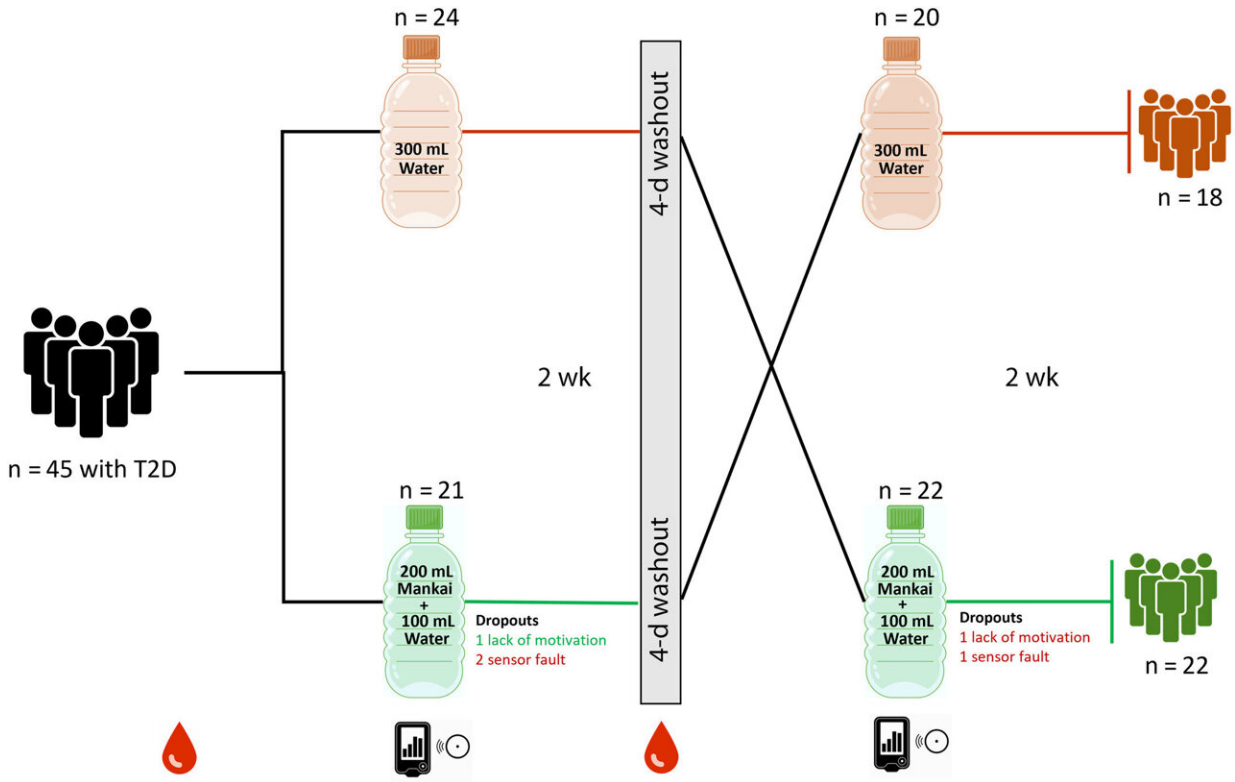
Mankai plant found to reduce post-meal sugar levels in diabetics

August 29 2024



Study design and flowchart. Type 2 diabetes. Credit: *Diabetes, Obesity and Metabolism* (2024). DOI: 10.1111/dom.15840

A pioneering clinical trial conducted at Sheba Medical Center, Tel Hashomer, and Ben-Gurion University of the Negev has demonstrated that consuming Mankai—a novel cultivated aquatic plant—after meals

can significantly lower blood sugar levels in patients with diabetes. The study found that Mankai's impact on reducing blood sugar levels is comparable to that of some medications.

The study is published in the journal *Diabetes, Obesity and Metabolism*.

High blood sugar, especially after meals, poses significant health risks for individuals with type 2 diabetes. This condition is often worsened by insulin resistance, which reduces the effectiveness of insulin in muscles and the liver.

Chronic high blood sugar can damage blood vessels, affect the peripheral nervous system, and increase the risk of severe complications such as heart attack, stroke, kidney failure, blindness, and reduced sensation in extremities.

Prof. Amir Tirosh from Sheba Medical Center, along with Dr. Gal Tsaban and Prof. Iris Shai from Ben-Gurion University, investigated the effects of Mankai on post-meal blood sugar levels in type 2 diabetes patients. Mankai is known for its high protein, dietary fiber, and antioxidant content.

The study found that drinking a Mankai beverage after dinner led to an approximate 20% reduction in post-meal blood sugar levels, lower peak sugar levels, and a faster return to baseline levels. This effect was observed in about two-thirds of the participants.

The trial involved 45 participants with diabetes and glycosylated hemoglobin (A1c) levels between 6.5% and 8.5%. Participants were randomly assigned to consume either a 300 ml Mankai drink or an equivalent volume of water after dinner for two weeks, followed by a switch in interventions for another two weeks. Blood sugar levels were monitored continuously using glucose sensors and standard laboratory

tests throughout the study.

Mankai, which grows naturally in water and is now cultivated under controlled conditions, has shown promise in previous research for improving vascular and brain health, reducing abdominal and liver fat, and positively influencing the microbiome. Early studies also suggest that Mankai may help lower post-meal blood sugar levels even in individuals without diabetes.

Dr. Gal Tsaban remarked, "The study demonstrates that consuming Mankai after meals can lead to significant reductions in blood sugar levels. This finding introduces a promising new option for managing diabetes and reducing associated complications."

Prof. Iris Shai added, "These results highlight the potential of Mankai as a valuable tool for diabetes management and warrant further investigation."

Prof. Amir Tirosh concluded, "Nutrition plays a crucial role in both the development and management of diabetes. Incorporating Mankai into the diet can enhance blood sugar control and provide beneficial nutrients that support overall health."

More information: Gal Tsaban et al, The effect of Mankai plant consumption on postprandial glycaemic response among patients with type 2 diabetes: A randomized crossover trial, *Diabetes, Obesity and Metabolism* (2024). DOI: 10.1111/dom.15840

Provided by Ben-Gurion University of the Negev