

# Supplements to help manage Blood Sugar Health

## Pectin

COMMON NAME: Fruit pectin

SCIENTIFIC NAME: Pectin

### RECOMMENDED WITH CAUTION

#### LEVELS OF EVIDENCE



**Recommended:**

Several well-designed studies in humans have shown positive benefit. Our team is confident about its therapeutic potential.



**Recommended with Caution:**

Preliminary studies suggest some benefit. Future trials are needed before we can make a stronger recommendation.



**Not Recommended - Evidence:**

Our team does not recommend this product because clinical trials to date suggest little or no benefit.



**Not Recommended – High Risk:**

Our team recommends against using this product because clinical trials to date suggest substantial risk greater than the benefit.

#### Evaluated Benefits

Lowered post prandial blood glucose and improved control of diabetes.

## Source

Pectins are gel-forming polysaccharides from plant cell walls, especially found in apple and citrus fruits. Pectins are a type of soluble, viscous dietary fiber not digestible by humans. Depending on its molecular weight and degree of esterification, pectin can vary in its viscosity and gelling ability.

## Indications/Population

Lowering blood sugar for the diabetic and metabolic syndrome population

## Mechanism of Action

Viscous or gel-forming fibers, such as pectin and guar gum, can increase satiety and reduce subsequent energy intake. Increased oral exposure (i.e., presence of food in the oral cavity) and delayed gastric emptying can modify neural and hormonal signals in the gut associated with satiety and glucose absorption. Slowed down or diminished absorption of nutrients may lower blood glucose levels in a viscosity-dependent mechanism.

## Side Effects

Glucose levels have shown to be increased after ingestion of pectin. Other side effects are bloating and diarrhea.

## Dosing

At least 10 grams of pectin should be consumed per meal when wishing to control blood glucose levels.

## Drug Interactions/Cautions

Pectin is well tolerated with few reactions. There may be an issue with palatability with larger doses.

## Notes

Pectin has “Generally Recognized as Safe” (GRAS) status in the U.S. and is safe for children and in pregnancy. It is considered a harmless food additive (dietary fiber) by the World Health Organization.

## References

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