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14.07.2012

I had conducted various trials regarding the efficacy of SRIRAM HERBALS Glucocare in the management of NIDDM (non insulin dependent diabetes mellitus) in adults from the period May 2011 to June 2012 . I shall summarize the results in this section.

Summary of the Clinical Trials:

Sample Recruitment:

The sample of patients was recruited from outpatients clinic, a sample size of 70 patients from 18 years to 65 yrs old. The mean age range was 42 yrs. The inclusion criteria were that of patients on oral medication and not requiring Insulin. The second inclusion criteria was HbA1c (glycosylated hemoglobin) levels being more than 7.8 in the previous 4 consecutive readings. There was no randomization involved. Subjects were screened from the outpatient's clinic, those who attended the clinic every month in the previous 2 years. The subjects were placed in the trial following Informed Consent and voluntary agreement on being administered SRIRAM HERBALS Glucocare, in addition to the medications that they were already taking. The details of action of SRIRAM HERBALS Glucocare were explained in detail and appropriate literature was given.

Control Group:

A cohort group of 60 Patients were selected, matching the criteria such as age, and the medications, the chief criteria being that of HbA1c, the level being above 7.8 in the previous 2 years. These subjects were given a choice to take SRIRAM HERBALS Glucocare, if they wished to, and appropriate adjustments were made as cross over subjects.

Criteria for Improvement:

After a trial period of 3months, 6 months and 12 months, the HbA1c levels remained the main criteria for improvement along with other secondary criteria as follows:

- 1, Reduction in Hba1c Levels below 7.8. A reduction of more than 1.4 levels in Hba1c was considered a good improvement on the Diabetic State
- 2 .Reduction in secondary long-term effects of Diabetic mellitus such as peripheral neuropathy.
- 3 .Sense of well being and better energy levels as reported subjectively by the subjects.

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Results of the Efficacy of SRIRAM HERBALS Glucocare:

1. In those subjects who took SRIRAM HERBALS Glucocare for 3 months, there was a marked reduction of Glucose levels as monitored by Hba1c levels and random Blood glucose and fasting Blood glucose measurements
2. More than 65 Percent of the subjects reported a feeling of better energy levels after taking SRIRAM HERBALS Glucocare.
3. After 6 months of taking SRIRAM HERBALS Glucocare, 85 percent of the subjects reported an improvement in Glucose levels, Hba1c reduction below 7.8 levels and HBA1c reduction levels more than 1.4.
4. About 60 % of the subjects reported a significant reduction in the symptoms of peripheral neuropathy.
5. Only 2 subjects reported side effects and those side effects included Diarrohea and Nausea. These 2 subjects were reportedly taking Metformin and having diarrhea as a side effect. Metformin is well known to have the side effect of Diarrhea, so it is unclear whether the side effect was a result of SRIRAM HERBALS Gluco care.
6. About 20 % of the subjects reported increased energy levels after taking SRIRAM HERBALS Gluco care for 6 months.
7. In the control group, only 10 percent of the subjects reported a reduction in HBA1c levels as opposed to 80 percent in the trial group. Hence there is a statistically significant improvement of the Diabetic status in those subjects taking SRIRAM HERBALS Gluco care.

Recommendations:

Based on the Clinical trials and having followed up the patients who have been taking SRIRAM HERBALS Glucocare, I strongly recommend that SRIRAM HERBALS Glucocare is beyond doubt a worthwhile treatment fro those Diabetic Patients who are taking Oral Diabetic drugs such as metformin , Glucophage, Glibenclamide and other drugs. The subjects in the trial did not include children less than 18 years of age and adults over the age of 65 yrs.

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