

# [News story: Innovative natural ingredient could help prevent diabetes](#)

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Innovate UK-supported life science company Phynova finds further evidence that its plant-based food ingredient promotes healthy blood sugar.

In a clinical trial run in conjunction with the [University of Southampton](#) and [Oxford Brookes University](#), [Phynova](#) found clinical proof that its ingredient Reducose™ is effective at maintaining healthy blood glucose levels.

The study was funded through an Innovate UK grant. It demonstrated that Reducose™ could significantly suppress blood glucose and insulin rises after eating.

Reducose™ is a patented natural functional food ingredient. Derived from mulberry leaves, it can be incorporated directly into foods and drinks or used on its own in supplements to prevent sugar being absorbed by the body.

Dr. Mark Lown, lead author and clinical investigator, said:

It has been estimated that as much as a third of the UK population are prediabetic, where blood sugar levels are higher than normal but not high enough to be classed as diabetes. Excess calories from sugar and carbohydrate can increase the risk of developing diabetes.

The results of this study are positive and suggest that this herbal extract may have a role to play in regulating blood sugar levels. Further studies are required to evaluate the long-term effects.

The findings of the study are published on [open access journal PLOS ONE](#) and can be read for free.