Anti-Diabetic & Hypoglycemic Actions of Graviola (*Annona muricata*)

More than 20 recent studies describe graviola's benefits and actions for Type 2 Diabetes. With regard to its anti-diabetic effect, mechanisms of inhibiting glucose absorption via α-glucosidase and α-amylase enzyme activity inhibition, increasing glucose tolerance and glucose uptake by peripheral tissues and muscles, and stimulating insulin release or acting like insulin have been reported in these studies. Graviola's hypoglycemic effect is mostly attributed to blocking the digestive enzymes required to break down starches and sugar in the diet, effectively lowering the amount of sugar absorbed during meals.

As previously described graviola's strong antioxidant action is highly beneficial to diabetics to help avoid diabetic complications like diabetic retinopathy, neuropathy, nephropathy, high blood pressure and clogged arteries, and neurogenerative diseases.

Research Published:

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