Exogenous Ketones Lower Blood Glucose in Rodent Models

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Video Byte

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Abstract

Diseases like epilepsy and diabetes are linked to inflammation and oxidative stress which can be further complicated by persistent high blood glucose levels Drug-based treatments can help, but issues of tolerance, effectiveness, and compliance can complicate treatment The ketogenic diet (KD) reduces blood glucose and insulin, helping individuals to manage their condition But adherence to a strict KD can be difficult A recent study at the University of South Florida identified a promising possible alternative to KD adherence Using rodent models of epilepsy and glucose intolerance as well as non-disease models Researchers evaluated blood glucose levels after administration of exogenous ketone supplements Animals given exogenous ketones had lower blood glucose levels, both when resting and after exercise This treatment was effective for all of the disease models evaluated, and it also helped reduce blood glucose in rodents without pathology at different age ranges Further preclinical and clinical studies are needed in humans But these results suggest that there may be a way to help reduce blood glucose without strict adherence to the difficult ketogenic diet Ari, et al. "Exogenous Ketones Lower Blood Glucose Levels in Rested and Exercised Rodent Models." *Nutrients* (2019) 11(10, 2330. DOI: 10.3390/nu11102330