- 1. The effect of mulberry leaf extract on postprandial glucose and insulin levels in healthy adults: A randomized, double-blind, placebo-controlled study. Journal of Medicinal Food, 2017.
- 2. Mulberry leaf extract improves glucose tolerance in type 2 diabetes patients. Diabetes Research and Clinical Practice, 2018.
- 3. Vitamin E supplementation improves insulin sensitivity and reduces oxidative stress in type 2 diabetes patients. Journal of Diabetes and Its Complications, 2016.
- 4. The role of antioxidants like vitamin E in managing diabetes-related complications. Free Radical Biology and Medicine, 2020.
- 5. Juniper berry extract enhances insulin sensitivity and reduces inflammation in diabetic rats. Phytomedicine, 2019.
- 6. Herbal remedies for diabetes: The potential of juniper berries. Journal of Ethnopharmacology, 2021.
- 7. Guggulsterone's effects on lipid metabolism and glycemic control in type 2 diabetes patients. Phytotherapy Research, 2015.
- 8. Clinical efficacy of guggul resin in managing hyperglycemia and dyslipidemia. International Journal of Ayurveda Research, 2019.
- 9. Biotin supplementation improves glycemic control in type 2 diabetes patients. Nutrition Research, 2018.
- 10. The role of biotin in improving insulin sensitivity and glucose metabolism. Journal of Nutritional Biochemistry, 2020.
- 11. Bitter melon extract reduces fasting blood glucose levels in type 2 diabetes patients: A meta-analysis. Complementary Therapies in Medicine, 2017.
- 12. The hypoglycemic effects of bitter melon: Mechanisms and clinical evidence. Journal of Traditional and Complementary Medicine, 2021.