

# Full Reference List of Blood Sugar Clinical Studies for NuSpring

## Blood Sugar Management: Resistant Starch Studies (85)

[Effects of dietary propionate on carbohydrate and lipid metabolism in healthy volunteers.](#)

Venter CS, Vorster HH, Cummings JH.

Am J Gastroenterol. 1990 May;85(5):549-53.

PMID: 2159696 Clinical Trial.

[Intestinal transport and fermentation of resistant starch evaluated by the hydrogen breath test.](#)

Olesen M, Rumessen JJ, Gudmand-Høyer E.

Eur J Clin Nutr. 1994 Oct;48(10):692-701.

PMID: 7835324 Clinical Trial.

[Nutrients excreted in ileostomy effluents after consumption of mixed diets with beans or potatoes. II. Starch, dietary fibre and sugars.](#)

Schweizer TF, Andersson H, Langkilde AM, Reimann S, Torsdottir I.

Eur J Clin Nutr. 1990 Aug;44(8):567-75.

PMID: 2170104 Clinical Trial.

[Resistant starch: the effect on postprandial glycemia, hormonal response, and satiety.](#)

Raben A, Tagliabue A, Christensen NJ, Madsen J, Holst JJ, Astrup A.

Am J Clin Nutr. 1994 Oct;60(4):544-51. doi: 10.1093/ajcn/60.4.544.

PMID: 8092089 Clinical Trial.

[Physiological effects of resistant starches on fecal bulk, short chain fatty acids, blood lipids and glycemic index.](#)

Jenkins DJ, Vuksan V, Kendall CW, Würsch P, Jeffcoat R, Waring S, Mehling CC, Vidgen E, Augustin LS, Wong E.

J Am Coll Nutr. 1998 Dec;17(6):609-16. doi: 10.1080/07315724.1998.10718810.

PMID: 9853541 Clinical Trial.

[Acute effect of fructose on postprandial lipaemia in diabetic and non-diabetic subjects.](#)

Abraha A, Humphreys SM, Clark ML, Matthews DR, Frayn KN.

Br J Nutr. 1998 Aug;80(2):169-75.

PMID: 9828758 Clinical Trial.

[Glycaemic and insulinaemic responses to natural foods, frozen foods and their laboratory equivalents.](#)

Kanan W, Bijlani RL, Sachdeva U, Mahapatra SC, Shah P, Karmarkar MG.

Indian J Physiol Pharmacol. 1998 Jan;42(1):81-9.

PMID: 9513797 Clinical Trial.

[Effect of high-amylose starch and oat bran on metabolic variables and bowel function in subjects with hypertriglyceridemia.](#)

Noakes M, Clifton PM, Nestel PJ, Le Leu R, McIntosh G.

Am J Clin Nutr. 1996 Dec;64(6):944-51. doi: 10.1093/ajcn/64.6.944.

PMID: 8942421 Clinical Trial.

[Neither raw nor retrograded resistant starch lowers fasting serum cholesterol concentrations in healthy normolipidemic subjects.](#)

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Am J Clin Nutr. 1996 Sep;64(3):312-8. doi: 10.1093/ajcn/64.3.312.  
PMID: 8780339 Clinical Trial.
10. [The influence of starch structure on glycogen resynthesis and subsequent cycling performance.](#)  
Jozsi AC, Trappe TA, Starling RD, Goodpaster B, Trappe SW, Fink WJ, Costill DL.  
Int J Sports Med. 1996 Jul;17(5):373-8. doi: 10.1055/s-2007-972863.  
PMID: 8858410 Clinical Trial.
  11. [The effects of pre-exercise starch ingestion on endurance performance.](#)  
Goodpaster BH, Costill DL, Fink WJ, Trappe TA, Jozsi AC, Starling RD, Trappe SW.  
Int J Sports Med. 1996 Jul;17(5):366-72. doi: 10.1055/s-2007-972862.  
PMID: 8858409 Clinical Trial.
  12. [Dietary fibre, resistant starch and in vitro starch digestibility of cereal meals. Glycaemic and insulinaemic responses in NIDDM patients.](#)  
Lintas C, Cappelloni M, Bonmassar L, Clementi A, Del Toma E, Ceccarelli G.  
Eur J Clin Nutr. 1995 Oct;49 Suppl 3:S264-7.  
PMID: 8549543 Clinical Trial. No abstract available.
  13. [Sourdough fermentation or addition of organic acids or corresponding salts to bread improves nutritional properties of starch in healthy humans.](#)  
Liljeberg HG, Lönner CH, Björck IM.  
J Nutr. 1995 Jun;125(6):1503-11. doi: 10.1093/jn/125.6.1503.  
PMID: 7782904 Clinical Trial.
  14. [Replacement of digestible by resistant starch lowers diet-induced thermogenesis in healthy men.](#)  
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Br J Nutr. 1995 Mar;73(3):423-32. doi: 10.1079/bjn19950044.  
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  15. [\[Effects of resistant starch on insulin resistance of type 2 diabetes mellitus patients\].](#)  
Zhang WQ, Wang HW, Zhang YM, Yang YX.  
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PMID: 17605234 Clinical Trial. Chinese.
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Robertson MD, Bickerton AS, Dennis AL, Vidal H, Frayn KN.  
Am J Clin Nutr. 2005 Sep;82(3):559-67. doi: 10.1093/ajcn.82.3.559.  
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Robertson MD, Currie JM, Morgan LM, Jewell DP, Frayn KN.  
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22. [Dietary treatment with rice containing resistant starch improves markers of endothelial function with reduction of postprandial blood glucose and oxidative stress in patients with prediabetes or newly diagnosed type 2 diabetes.](#)  
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Br J Nutr. 2010 Mar;103(6):917-22. doi: 10.1017/S0007114509992534. Epub 2009 Oct 27.  
PMID: 19857367 Clinical Trial.
  31. [The effects of whole grain high-amylose maize flour as a source of resistant starch on blood glucose, satiety, and food intake in young men.](#)  
Luhovyy BL, Mollard RC, Yurchenko S, Nunez MF, Berengut S, Liu TT, Smith CE, Pelkman CL, Anderson GH.  
J Food Sci. 2014 Dec;79(12):H2550-6. doi: 10.1111/1750-3841.12690. Epub 2014 Nov 11.  
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Souza da Silva C, Haenen D, Koopmans SJ, Hooiveld GJ, Bosch G, Bolhuis JE, Kemp B, Müller M, Gerrits WJ.  
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PMID: 24845880 Clinical Trial.
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Nichenametla SN, Weidauer LA, Wey HE, Beare TM, Specker BL, Dey M.  
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Poquette NM, Gu X, Lee SO.  
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PMID: 26645521 Clinical Trial.
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PMID: 26259632 Clinical Trial.
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PMID: 26287417 **Free PMC article.** Clinical Trial.
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