

Popular scientific project description for project funded by Ekhagastiftelsen

Popular scientific project description is to be submitted within 2 months of project grant.

Application number:	2019-04
Project title:	Aronia in the type 2 diabetes treatment regimen
Receiver of grant (name, address):	Aarhus Universitet Steno Diabetes Center Aarhus Palle Juul-Jensens Boulevard 99 8200 Aarhus N Denmark
Contact / project manager:	Søren Gregersen
Project start (yyyy-mm-dd): *	2020-01-01
Project end (yyyy-mm-dd): *	2022-12-31
By Ekhagastiftelsen granted sum:	1 350 000 SEK

Project description: (max 150 words)

Globally 10% of adults suffer from diabetes. It is urgent to develop more natural and sustainable alternatives to treat and prevent type 2 diabetes to complement current treatment guidelines. We focus on the power of the aronia berry which has a prominent antioxidant capability. We believe that fermentation of the berry exacerbates the healthy antioxidant capacity. Aronia may be useful as complementary medicine with the potential to prevent diabetes and its complications. Thus, the aim of this clinical trial is to examine the longer-term effects of aronia, both fermented and non-fermented, compared to placebo in type 2 diabetes patients. The effects of supplementation with aronia extract twice daily on main risk factors will be examined, e.g. blood glucose control, cholesterol, blood pressure, body weight and inflammation. Insight into mechanisms of action will be obtained from detailed studies on small metabolites (metabolomics) and changes in the fecal bacteria (microbiome).

* Dates for project start and end should be the dates for which the grant is received (Not dates for total project if longer than period for which grant is received)