

## 1.1. Other non-clinical supplements for type 2 diabetes

There are supplements that have been reported by users to low blood sugar. These supplements have not undergone rigorous clinical trials and have not been approved by regulatory bodies such as the US Food and Drug Administration, Health Canada, European Medicines Agency etc. These are mainly herbal, homeopathic or ayurvedic supplements. It is important to note that these supplements may contain natural ingredients that can support blood sugar control but they are not medications for preventing, treating or curing type 2 diabetes. These supplements include: curalin, berberine, cinnamon.

Despite the claims by users and the manufacturers, these are not treatments of type 2 diabetes and are not recommended to replace treatments recommended by a doctor. The use of these supplements may be risky because they may interact with medications or contain substances that are dangerous to the body. More importantly, because they are not prescribed by a medical doctor, the patient will be using them without any form of clinical monitoring and this is very dangerous for the patient.