

Broccoli sprouts could boost battle against Type 2 diabetes

13 March 2014

The University of Queensland is seeking participants in a trial to investigate the effects of sprouted broccoli capsules on Type 2 diabetic patients.

UQ School of Human Movement Studies PhD student Christine Houghton said the broccoli-derived sulforaphane compound has many health benefits.

"The health benefits are a response to activating a range of antioxidant and other protective genes," she said.

"Activating these genes has been shown to reduce the degree of oxidative stress, a contributor to a number of diseases, including Type 2 diabetes."

Ms Houghton is working with other UQ researchers to conduct clinical trials designed to develop a new intervention for the disease.

"Other studies have shown that sulforaphane from broccoli sprout powder might reduce the signs and symptoms of Type 2 diabetes.

"However, this will be the first time a characterised broccoli capsule will be used in a clinical trial," she said.

Type 2 diabetes sufferers between 18 and 45 are invited to participate in the study.

Participation involves taking six capsules a day over a seven day period at UQ's St Lucia campus (parking provided).

Application details can be found at www.easydiab2.com.

Contact: UQ School of Human Movement Studies Marketing and Communications officer Caroline Day, +61 7 3365 6764, or caroline.day@uq.edu.au, or Faculty of Health and Behavioural Sciences Senior Media and Communications Officer Kirsten O'Leary, +61 7 3366 3035, k.oleary@uq.edu.au.

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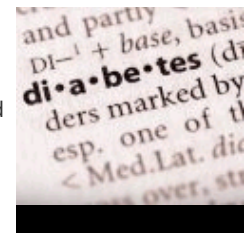
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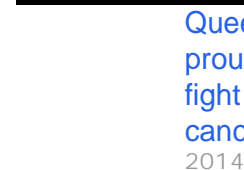
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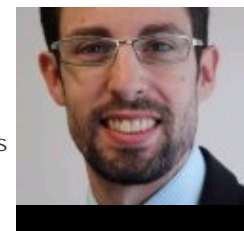
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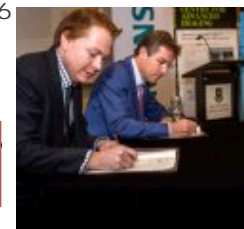


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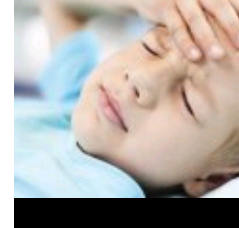
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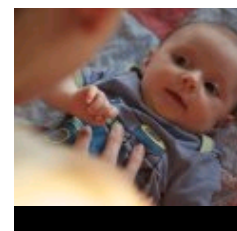


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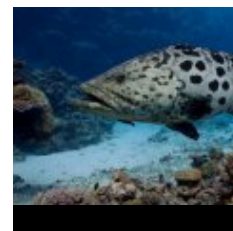
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