

Looking for a natural way to decrease diabetes symptoms and improve glycemic response? Medical research has found that Black Seed – the seeds of *Nigella sativa* – improve glycemic control among diabetics. Study compares black seed doses. The study gave 94 human diabetics either one gram, two grams or three grams per day of *Nigella sativa* in capsules for three months. The patients' glycemic control was tested before, during and after the treatment period using fasting blood glucose, blood glucose levels after eating, and glycosylated haemoglobin levels. They also measured C-peptide levels, insulin resistance, beta- cell function and changes in weight among the patients.

After only four weeks, the researchers found that two grams per day of the Black seed significantly reduced fasting and post-meal blood glucose levels, and glycosylated haemoglobin levels. The improvement increased at eight weeks and 12 weeks. For example, fasting blood glucose levels went down by 45 mg/dl at four weeks, 62 mg/dl at eight weeks, and 56 mg/dl after 12 weeks of taking the *Nigella sativa* seed. Other diabetic parameters also improved during the treatment. Beta-cell function improved significantly with the two-grams/day treatment program. The one gram/day also led to improvements, but not as significant as the improvements found using two grams per day.

