

# Early research shows dietary supplement may lower risk of developing type 2 diabetes

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UCLA researchers demonstrated that an over-the-counter dietary supplement may help inhibit development of insulin resistance and glucose intolerance, conditions that are involved in the development of Type 2 diabetes and metabolic syndrome, which affect millions worldwide.

In this early preclinical study, a naturally produced amino acid-like molecule called GABA was given orally to mice that were obese, insulin resistant and in the early stages of Type 2 diabetes. Researchers found that GABA suppressed the inflammatory immune responses that are involved in the development of this condition.

According to study authors, GABA helped prevent disease progression and improved [glucose tolerance](#) and insulin sensitivity, even after onset of Type 2 diabetes in mice. Researchers also identified the regulatory immune cells that likely direct GABA's activity in inhibiting inflammation.

**More information:** The research appears in the Sept. 22 online edition of the peer-reviewed journal, *PLoS One*.

Provided by University of California - Los Angeles

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