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Evaluation of efficacy and safety of Micon Gold in Type 2 Diabetes: A PMS study

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ABSTRACT

Background: The growing prevalence of type 2 diabetes mellitus (T2DM), which has numerous crippling consequences, is a significant public health issue. Ayurvedic extracts of Jamun, Neem, Karela, and Gudmar are included in the exclusive Micon Gold formulation for T2DM, along with Vasantkusumakar Ras, TrivangaBhasma, Praval Pishti, Shilajit, and other herbs and minerals.

Methods: Post-marketing, open label, clinical study. Convenient sampling was done and written informed consent acquired from 30 patients aged ≥ 18 years (both male and female) with diagnosed T2DM. End point assessment for efficacy and safety done after 90 days by changes in diabetic panel glycosylated haemoglobin (HbA1c), fasting blood glucose (FBG), and postprandial blood glucose (PPBG) were the primary endpoints. Liver profile and renal profile were the secondary endpoints. Statistical significance was considered at the level of $p < 0.05$.

Results: Substantial improvements were seen in the parameters: FBG, PPBG, HbA1c ($p < 0.001$) after twice a day administration of Micon Gold for 90 days along with QoL improvements over the domains. Safety metrics remained within the expected ranges, and no anomalies or clinically significant adverse events were identified.

Conclusion: Micon Gold administration is both safe and notably effective for usage in T2DM due to potent herbo-mineral composition.

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