

*glucosidase inhibitors,"* write the authors.

The team is now studying what dose of the herb is most effective, and when it should be taken relative to a meal.

*"We want to know how long it takes for the herb to bind to the enzymes that break down carbohydrates,"* Hertzler explained. *"The participants in this study took the herb with their meal, but maybe taking it before eating would be even more effective."*

The researchers are planning to study the extract's effects on diabetics.

*"Lowering blood glucose levels lowers the risk of disease-related complications in people with diabetes,"* Hertzler said.

He added that poor compliance with diabetes medications often hinders their efficacy.

*"It may be easier to get someone to take a herb with food or in a beverage, as opposed to a pill."*

Dr Joerg Gruenwald, president of herbals consultancy Phytopharm, said the study "looks promising" but that he had not seen any salacia on the European market.