

**Acute Antihyperglycemic Effect of *Moringa oleifera* Leaves  
on the Postprandial Blood Glucose Excursions among  
Normoglycemic Subjects**

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**Abstract:** Chronic high blood glucose can be a serious health problem. Over time, high blood glucose raises the risk of many serious health problems, including heart disease and in fact, it is the main characteristic of diabetes. Therefore, it is important to keep blood glucose within healthy limits. The aim of the study is to investigate the acute effect of *Moringa oleifera* leaves on the postprandial blood glucose hyperglycemic excursions among healthy normoglycemic subjects. Thirty healthy normoglycemic volunteers were recruited and asked to fast 8-10 hrs overnight. The subjects were checked for fasting blood glucose then given 75 g of glucose (control) then after one week wash-out period, the subjects were given 75 g of food grade D-(+)-Glucose monohydrate mixed in warm water, then 30 minutes later were given 6 g of pulverized *Moringa oleifera* leaves dissolved in warm water (treatment), then checked and recorded the blood glucose level at 30, 60, 90 and 120 minutes. The *Moringa oleifera* leaves significantly attenuated hyperglycemia in treatment group at 60, 90 and 120 minutes postprandial. There is a significant efficacy of the *Moringa oleifera* leaves in attenuating the postprandial blood glucose excursions among healthy normoglycemic subjects.

**Keywords:** Hyperglycemic, antihyperglycemic, blood glucose, *Moringa*