

Supplementary Materials

Effects of mulberry leaves & water chestnut husk tea on postprandial and second meal interstitial glucose in healthy adults: A randomised, double-blind, placebo-controlled crossover study

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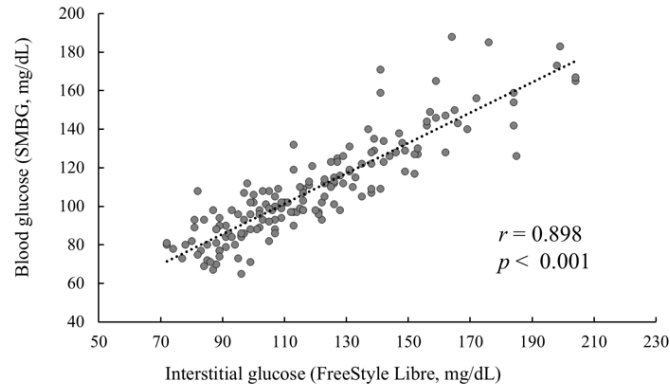
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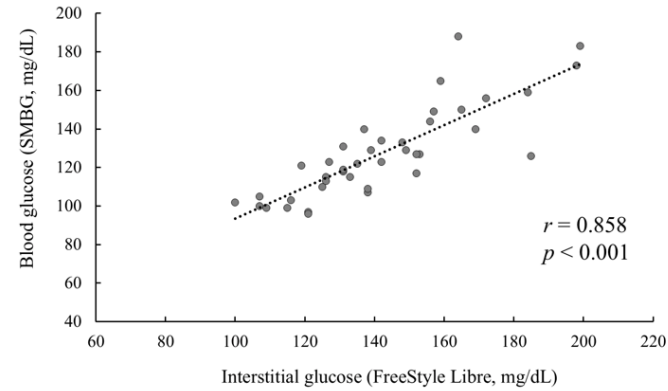
doi: 10.6133/apjcn.202606_35(3).0007

Supplementary figure 1

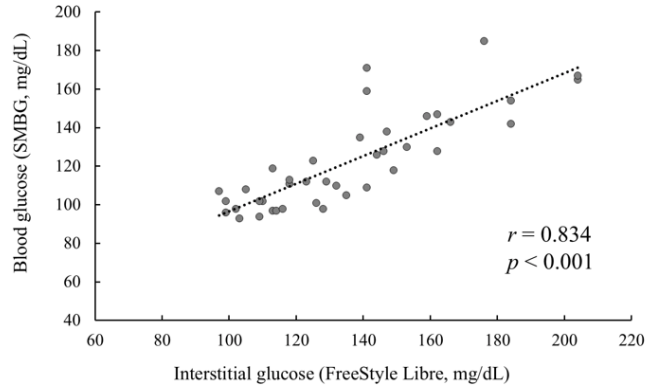
a) 30–120 min (pooled)



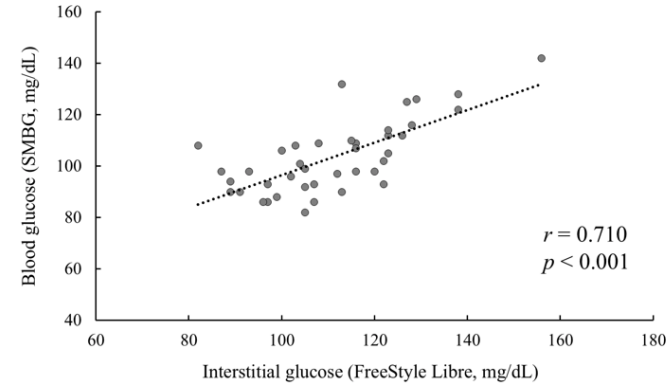
b) 30 min



c) 60 min



d) 120 min



Supplementary Figure 1. Correlation Between Interstitial and Blood Glucose Measurements Obtained by FreeStyle Libre and SMBG. Scatter plots showing the correlations between interstitial glucose levels measured by the FreeStyle Libre and capillary blood glucose levels measured by self-monitoring blood glucose (SMBG) at postprandial time points after breakfast (loaded food A). Panel (A) presents the pooled data from 30 to 120 min, whereas panels (B), (C), and (D) show the data obtained at 30, 60, and 120 min, respectively. Strong to moderate positive correlations were observed across all panels, indicating consistent associations between interstitial and blood glucose levels throughout the postprandial period