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The investigation of changes some blood profiles with oral green tea extract intake in type 2 diabetic rats**Maryam Azhdari**

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Background: Diabetic mellitus (DM) is a chronic disease characterized by high glucose levels, lipoprotein abnormalities and altered intermediary metabolism of major food substrates. In this study, we have investigated effects of green tea extract (GTE) on some blood profiles like: Serum glucose, hemoglobin A1C (HbA1C), triglyceride (TG), low density cholesterol (LDL-C), high density cholesterol (HDL-C) and total cholesterol (TC) in type 2 diabetic rats.

Methods: Type 2 diabetes was induced by 10% fructose administration to male Wistar rats (120-140g) for 8 weeks. Forth animals divided into two groups (n=20): diabetic group without green tea extract (GTE) and diabetic group with

100mg/kg body weight GTE for eight weeks. Some blood profiles like: Serum glucose, HbA1C, TG, LDL-C, HDL-C and TC were measured before the experiment and by the end of period (8 weeks) in all groups.

Results: This study showed significant beneficial effects of green tea extract in decrease the levels of TG, LDL-C and TC and increase HDL-C in compared with those of diabetic rats without GTE, but we did not find significant changes in Serum glucose, hemoglobin A1C between two groups.

Conclusion: The results of this study showed beneficial effects of green tea extract on lipid profiles of diabetes rats.

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