

# Ampalaya Tablet for Type 2 Diabetes



## THE PROBLEM

Type 2 diabetes mellitus (T2DM) is a growing global health concern, particularly in low- and middle-income countries like the Philippines. The increasing prevalence of T2DM is exacerbated by factors such as obesity and lifestyle changes, underscoring the need for effective and accessible treatments. Traditional pharmacological interventions can be costly and may have adverse side effects, highlighting the necessity for alternative therapies that are both efficacious and safe.



## TECHNOLOGY GENERATOR

Institute of Herbal Medicine  
National Institutes of Health  
University of the Philippines Manila

## TECHNOLOGY DEVELOPMENT

The development team is seeking partnerships with pharmaceutical companies and healthcare institutions to facilitate large-scale production and distribution of the ampalaya tablet.

## THE SOLUTION

Researchers at the Institute of Herbal Medicine (IHM) of the National Institutes of Health, University of the Philippines Manila, have developed an ampalaya (bitter gourd) tablet aimed at managing T2DM. This herbal medicine has undergone rigorous clinical trials, demonstrating a significant reduction in blood sugar levels comparable to the drug glibenclamide. Unlike many herbal supplements, this ampalaya tablet is classified as an herbal medicine, having been extensively tested for safety and efficacy and regulated by health authorities like the Philippine Food and Drug Administration (FDA). The tablet effectively reduces fasting plasma glucose by the third week of treatment and decreases glycosylated hemoglobin after 12 weeks.

*Interested technology adopters may send a letter of intent addressed to:*



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