Amylase Inhibitors
Vitamins, Minerals and Dietary Supplements

Amylase Inhibitors

What is amylase inhibitors? Why do we need it?

Amylase inhibitors are substances that prevent certain starches from being absorbed by the body. Developed decades ago, amylase inhibitors are extracted from plants that belong to the legume family, such as kidney beans, then reformulated and sold as dietary supplements.

What can happen if I take too many amylase inhibitors? Are there any interactions I should be aware of? What precautions should I take?

High amounts of amylase inhibitors may cause diarrhea in some people, based on the effects undigested starch may have in the colon. In addition, because amylase inhibitors can have an effect on blood sugar levels, they should not be taken by diabetics who are currently taking medications to lower their blood sugar without first consulting a licensed health care provider. As always, make sure to consult with a licensed health care provider before taking amylase inhibitors or any other herbal remedies or dietary supplements.

Advantages

Amylase inhibitors are derived from certain members of the legume family, such as white kidney beans. Amylase inhibitors can also be extracted from plants. They are usually sold as capsules and tablets, and are available at most health food stores.

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References