

Effect of lysine intake on glucose and insulin dynamics

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A	Oral lysine ingestion									
First author	Subject condition	Amount administered	Ingestion type	# Subjects	Insulin time points	Insulin time to peak (min)	Insulin peak concentration (μU/mL)	Glucose time points	Glucose time to peak (min)	Glucose peak concentration (mg/dL)
[54] Kalogeropoulou, D	Healthy	Water	Oral	13	14	20	7.0	14	150	81.7
	Healthy	11g lysine	Oral	13	14	10	9.8	14	150	86.0
<div><div>Healthy - water</div><div>Healthy - lysine</div></div> <div><div>Dynamic insulin response</div><div>Dynamic glucose response</div><div>Insulin iAUC</div><div>Glucose iAUC</div></div>										
B	Oral lysine+glucose ingestion									
First author	Subject condition	Amount administered	Ingestion type	# Subjects	Insulin time points	Insulin time to peak (min)	Insulin peak concentration (μU/mL)	Glucose time points	Glucose time to peak (min)	Glucose peak concentration (mg/dL)
[54] Kalogeropoulou, D	Healthy	25g glucose	Oral	13	14	30	35.4	14	40	124.0
	Healthy	11g lysine +25g glucose	Oral	13	14	30	38.7	14	30	109.9
<div><div>Healthy - glucose</div><div>Healthy - lysine+glucose</div></div> <div><div>Dynamic insulin response</div><div>Dynamic glucose response</div><div>Insulin iAUC</div><div>Glucose iAUC</div></div>										
C	Intravenous lysine infusion									
First author	Subject condition	Amount administered	Ingestion type	# Subjects	Insulin time points	Insulin time to peak (min)	Insulin peak concentration (μU/mL)	Glucose time points	Glucose time to peak (min)	Glucose peak concentration (mg/dL)
[17] Floyd, JC	Healthy	15g lysine	IV-infusion	11	10	5	37.0	10	5	97.7
<div><div>Healthy - lysine</div></div> <div><div>Dynamic insulin response</div><div>Dynamic glucose response</div><div>Insulin iAUC</div><div>Glucose iAUC</div></div>										

*iAUC: Incremental area under the curve
**iAUC, time to peak and peak concentrations were calculated from the extracted data