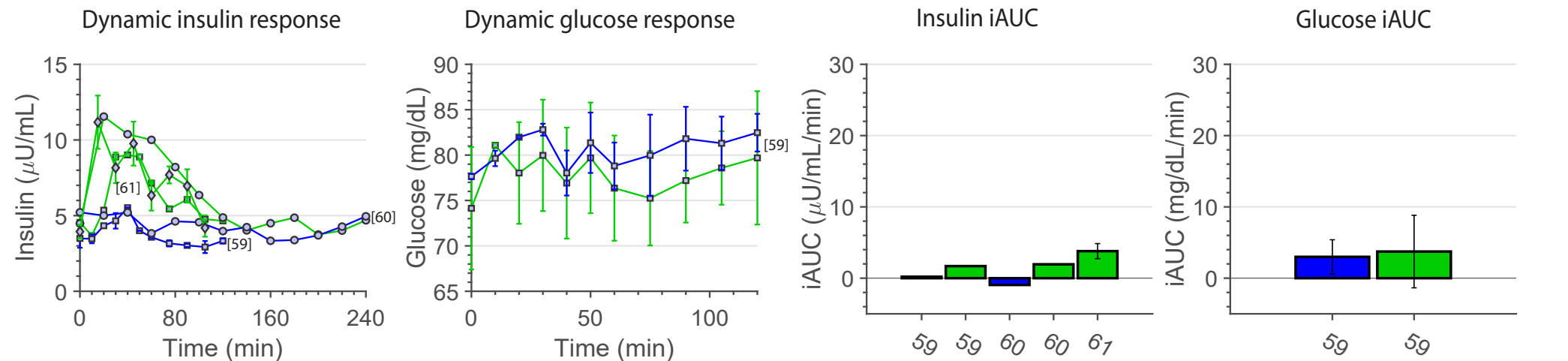


Effect of glutamate intake on glucose and insulin dynamics

NC(CC(=O)O)C(=O)[O-]

A	Oral glutamate 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)
[59] Di Sibastiano, KM	Healthy	Control	Oral	9	11	40	5.5	11	30	82.8
	Healthy	11.9 glutamate	Oral	9	11	40	9.0	11	10	81.1
[60] Fernstrom, JD ¹	Healthy	Control	Oral	8	13	0	5.2	-	-	-
	Healthy	12.7g glutamate	Oral	8	13	20	11.6	-	-	-
[61] Graham, TE ¹	Healthy	11.5g glutamate	Oral	9	8	15	11.2	-	-	-

Healthy - water/control
Healthy - glutamate



¹Glucose values were not reported

B	Oral glutamate+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)
No Data	No Data	No Data	No Data	No Data	No Data	No Data	No Data	No Data	No Data	No Data

C	Intravenous glutamate 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)
No Data	No Data	No Data	No Data	No Data	No Data	No Data	No Data	No Data	No Data	No Data

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