Figure 2. Changes of logHOMA, Quicki and McAuley index, the insulin resistance indicators throughout the study period

42 subjects were supplemented with 4.8 g/d wild bitter gourd for three months. Insulin resistance index was monitored monthly during the three-month supplementation (visit 1-4) and another three months (visit 5-7) after the supplementation ceased. Values are means and error bars are 1/2 SEM. *p=0.043 and ***p=0.001 denote significantly different from the baseline value (visit 1) analyzed by linear mixed models after adjusting for age and sex.