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### **The Study of Glycemic Index of Gen-Premium**

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#### Abstract

**Objective:** To determine the glycemic index of Gen-Premium.

**Material and Method:** Ten healthy volunteers were included for testing glycemic index of Gen-Premium. After the overnight fast, the subjects consumed 50 grams of glucose (reference food) within five minutes. The blood samples were collected at 0, 30, 60, 90, and 120 minutes for measuring of plasma glucose. One day later, the same subjects consumed 50 grams of carbohydrate from Gen-Premium (test food) within five minutes. After complete the data, the glycemic index was calculated by the standard method.

**Results:** The glycemic index of Gen-Premium was 27.29, which classify in low GI food.

**Conclusion:** According to the methodology of glycemic index determination, the glycemic index of Gen-Premium is 27.29, which is considered to be favorably low.

**Keywords:** Plasma glucose level, Gen-premium, Glycemic index

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