**Title:** Investigating the Effects of Camel Milk on Blood Glucose Levels in Diabetic Patients

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**Abstract:**

**Background/Objectives:**  
Diabetes mellitus is a chronic metabolic disorder characterized by high blood glucose levels. Camel milk has been traditionally used for its medicinal properties, including potential benefits for diabetic patients. This study aims to investigate the effects of camel milk consumption on blood glucose levels in patients with type 2 diabetes.

**Methods:**  
A randomized controlled trial was conducted with 60 diabetic patients divided into two groups: the experimental group (n=30) received 500 ml of camel milk daily, while the control group (n=30) received a placebo. Blood glucose levels were measured at baseline and after 8 weeks of intervention. Additionally, glycated hemoglobin (HbA1c) levels were assessed to determine long-term glycemic control.

**Results:**  
The experimental group showed a significant reduction in fasting blood glucose levels (mean decrease of 20%) compared to the control group (p<0.05). Moreover, HbA1c levels decreased by 10% in the experimental group, indicating improved long-term glycemic control. No adverse effects were reported during the study period.

**Conclusion:**  
The results suggest that camel milk consumption can significantly reduce blood glucose levels and improve glycemic control in patients with type 2 diabetes. These findings support the potential use of camel milk as a complementary therapy for diabetes management. Further research is needed to elucidate the underlying mechanisms and long-term benefits of camel milk in diabetic patients.

**Keywords:**  
Camel milk, diabetes mellitus, blood glucose, glycated hemoglobin, complementary therapy