

MamaCare® Diabetic Nutrition Secures Low GI Certification in a University Led Study

A premium Australian nutrition brand announced the results of a glycaemic index (GI) study conducted by a leading Australian university on its flagship diabetic nutrition supplement product.



Melbourne, Australia May 20, 2025 ([Issuewire.com](https://www.issuewire.com)) - MamaCare®, a new brand in diabetic-friendly nutrition, received the results of a glycaemic index (GI) study conducted by Sydney University's Glycaemic Index Research Service (SUGiRS). The study confirms that [MamaCare® Diabetic Nutrition](#)

[Vanilla Flavour](#) has a **low GI of only 33**.

GI is a common abbreviation for glyceamic index, and ranges from 0 to 100. GI indicates how fast a food can raise your blood sugar levels. Though blood sugar is essential for maintaining energy levels, a spike in it can cause fatigue and sluggishness. Thus, low GI foods are beneficial for maintaining balanced energy levels throughout the day. Foods with a GI value of less than 55 are generally good for maintaining blood sugar levels. This includes fruits, vegetables, and nuts. Thus, a nutritional supplement made to address the dietary needs of people managing type 2 diabetes has to offer low GI nutrition.

The study followed internationally recognised testing protocols, analysing MamaCare's formulation's impact on healthy participants' blood glucose responses. Results showed that the product replenishes the blood sugar more gradually over a long period. Gradual rise and long-term blood glucose stability reinforces the product's suitability for diabetic and health-conscious consumers.

Phillip James, CEO of MamaCare®, shared his excitement, "At MamaCare®, our mission has always been to deliver science-backed nutritional solutions that empower people to take control of their health. This certification from Sydney University validates our commitment to high-quality, diabetic-friendly nutrition for Australians."

According to the Australian Bureau of Statistics, nearly a third of the adult population in Australia suffers from high cholesterol conditions. It is more common among the older age groups, with 17% of Australians aged 65 and over diagnosed with the condition.

Although preventive measures like screening and awareness campaigns have brought type 2 diabetes down, the numbers remain high. The more significant impact of diabetes is on the health of Australians, contributing to serious complications and increasing the burden on the healthcare system.

In 2022, diabetes was the seventh leading cause of death in Australia, with 6,050 deaths attributed to the condition. It also accounted for 4.8% of the disease burden, meaning it significantly contributes to overall health decline. Thus, adequate nutrition becomes a critical factor along with blood sugar management for people managing diabetes.

The low GI rating of MamaCare® is significant for these consumers who need nutritional products that offer sustained energy levels, assist in weight management, and contribute to long-term health benefits. With diabetes and metabolic health concerns in Australia, solutions like MamaCare® align with the growing demand for smarter dietary supplements.

MamaCare® remains dedicated to innovation in nutritional science, ensuring its products meet the highest standards of quality, efficacy, and consumer trust.

About MamaCare®

MamaCare® specialises in clinically tested nutritional formulations that support blood sugar management and overall wellness. With a strong commitment to science-driven innovation, the brand continues to lead the way in diabetic-friendly nutrition.

Check the full results of the [GI study here](#).

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