



ABSTRACT

This study was conducted to compare the effects of apple cider vinegar and apple juice on the blood glucose level and lipid profiles induced by alloxan in rats. Twelve (12) male albino rats were divided into three (3) groups, each consists of two (2) rats with two (2) replicates. All groups (T0, T1 and T2) were induced with alloxan. The control group (T0) was not given any treatment after the induction while T1 and T2 were administrated for eleven (11) days within three (3) weeks every other day with apple cider vinegar and apple juice, respectively. Blood glucose level and lipid profiles were gathered from pre-induction, post-induction, and post-treatment. Treatment with apple cider vinegar showed a significant effect ($p \leq 0.05$) on the blood glucose level since data for the lipid profile were unreliable due to delayed reactivity of rats to alloxan. Apple juice only exhibited a significant effect ($p \leq 0.05$) on lipid profiles. Although there is no significant difference between the apple cider vinegar and apple juice on blood glucose level and lipid profiles, such findings of the study can be extrapolated to humans as treatments for well-known human diseases, particularly cardiovascular disease and diabetes.

Key words: Apple cider vinegar, Apple juice, Blood glucose level, Lipid profile, Alloxan, Diabetes, Cardiovascular disease