

2nd Edition of International Summit on **Diabetes, Endocrinology and Metabolic Disorders** July 21-22, 2026 | Vienna, Austria



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Combination of a Micronutrient Mixture, Probiotics, Omega3, and Collagen Peptides may Prevent and Improve Treatment of Diabetes

Diabetes mellitus is a progressive chronic disease associated with enhanced levels of fasting glucose, HbA1C, and insulin resistance. Despite valuable recommendations for improving diet and lifestyle, and avoiding environmental toxins, the incidence of diabetes type II continues to increase. Despite use of diabetic medications which do not address the causes of the disease, the disease continues to progress rather slowly, and complications such as retinopathy, nephropathy, peripheral neuropathy, and heart disease develop. External stressors such as poor diet and lifestyle, and excessive exposure to environmental toxins increase the risk of diabetes type II by increasing the levels of oxidative stress and chronic inflammation which damage the insulin receptors causing accumulation of glucose in the blood. Other internal stressors such as intestinal dysbiosis, dysfunctional omega 3, damaged insulin receptors, and increased activity of dipeptidyl peptidase-4 (DPP-4) that prevents the secretion of insulin from the pancreas to the blood, contribute to the development and progression of diabetes type II. Addressing one of these internal stressors at a time may not produce an optimal benefit. The proposed plan may prevent and in combination with drugs may improve their effectiveness of treatment in diabetes type II. This plan includes (a) adoption of current prevention guidelines, (b) supplementation with a micronutrient mixture which would simultaneously reduce oxidative stress and chronic inflammation (c) probiotics with prebiotics which would reverse the harmful effects of intestinal dysbiosis, (d) in patients with insulin resistance, omega-3-fatty acids directly activate AKT which signals glucose transporter-4 (GLUT-4) to migrate to the cell surface and allows entry of glucose inside the cells, and (e) collagen peptides which increase the secretion of insulin by inhibiting dipeptidyl peptidase-4 (DPP-4) activity.

Keywords: Diabetes, prevention, improved treatment, Natural products



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Biography

Dr. Prasad graduated from the University of Iowa, Post-doctoral training at the Brookhaven National laboratory, and joined the University of Colorado Medical School where he taught and researched funded by the NIH.

Discoveries: An elevation of cyclic AMP induced terminal differentiation in neuroblastoma cells in culture. Butyric acid and vitamin E succinate are potent anti-cancer agents.

Honors: In 1982, he was invited by the Nobel Prize Committee to nominate a candidate for the Nobel Prize in Medicine. In 2017, he was invited to become a member of the Royal Society of Medicine, London.

He published over 250 papers and authored or edited 33 books on radiobiology, neurodegenerative disease, and nutrition and cancer.