

**Table 1)** Mean Weights of the Rats and Glucose, Plasma Insulin, HOMA-IR Index, and Lipocalin-2 Levels in Five Groups after a 6-Week Intervention

Variables	Healthy Control (n=8)	Diabetic Control (n=8)	Diabetic Exercise (n=6)	Diabetes + Extract + Exercise (n=7)	Diabetes + Extract (n=7)
<b>Weight (g)</b>					
Pretest	223.12±11.59	183.00±8.33	206.50±18.06	211.00±16.00	207.00±22.00
Posttest	239.25±19.58	152.63±13.12	199.83±56.26	192.00±20.00	179.00±41.00
<b>Plasma Glucose (mg/dl)</b>					
Pretest	86.50±13.54	364.00±27.00	375.33±73.90	443.57±119.28	*403.86±71.32
Posttest	78.25±9.39	376.00±15.01	201.66±112.89	243.00±66.31	*254.00±181.63
<b>Plasma Insulin (µg/lit)</b>					
Posttest	0.51±0.20	0.19±0.02	0.28±0.15	0.20±0.05	0.26±0.13
<b>Insulin Resistance (HOMA-IR Index)</b>					
Posttest	2.55±1.24	4.35±0.65	2.90±1.09	2.79±0.75	*3.25±1.55
<b>Plasma Lipoclain-2 (ng/ml)</b>					
Posttest	3.93±1.15	4.50±1.68	6.82±1.30	5.62±1.76	5.72±3.02

\*p<0.05