

HOW WE TESTED YOGUTIDE ON OURSELVES

The plain-English version of our 10-day glucose pilot: the experiment, the results, and the honest limits.

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1. THE EXPERIMENT IN ONE BREATH

2 people	10 days	5 breakfasts	×2 each eaten twice	1 thing changed: a can of Yogutide
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We each wore a small glucose monitor on our upper arm that recorded our blood sugar every five minutes, day and night. We ate the same five breakfasts twice each — once normally, once with Yogutide. Same meals, same mornings; the only change was one can of Yogutide.

2. WHAT WE MEASURED

We focused on the morning window (06:00–12:00) and one number above all: the morning peak — the highest glucose reading after breakfast — plus when that peak happened, and whether the overall morning average changed.

3. WHAT WE FOUND

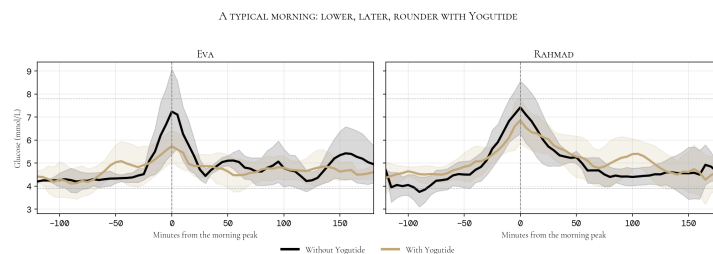


Figure 1. The average morning, without Yogutide (black) and with it (beige), for each of us. The shaded band shows the variation between mornings.

- A gentler peak. The morning peak was on average about 1.0 mmol/L lower with Yogutide (Eva 7.2 → 5.7; Rahmad 7.4 → 6.9 mmol/L).
- A later, rounder peak. The highest reading arrived roughly 19 minutes later — a slower climb rather than a sharp jump.
- The average stayed the same. Yogutide did not lower our overall morning glucose. It softened the sharpest part of the morning, not the whole morning.
- The biggest peaks disappeared. The four largest morning peaks of the whole study (9.6, 9.1, 8.8, 8.8 mmol/L) all happened on mornings without Yogutide, and 8 of the 10 paired breakfasts peaked lower with Yogutide.

4. THE HONEST PART

Who we are. Two healthy adults taking no medication — Eva (female) and Rahmad (male), both with a BMI in the healthy weight range (below 25). We are the people behind Yogutide, and we tested our own product on ourselves.

What we used. One 330 ml can of Yogutide (natural flavor with a hint of yuzu), drunk 10–20 minutes before breakfast on the Yogutide mornings.

What we're not claiming. This is two people and ten days — a pilot, not a clinical trial. There was no placebo, and we knew which mornings had Yogutide. The days were not identical: one morning included a five-hour train trip, and two mornings were work days. A CGM measures the fluid under the skin, which tracks but is not identical to blood glucose.

Even so, the direction was clear and consistent across almost every paired breakfast: a lower, later, rounder peak, with the average untouched. We will keep testing on more people and will publish whatever we find — including results that don't flatter us.

5. SEE THE FULL DATA

Every number on this page is computed from the raw CGM files by shared public code (`study_core.py`). Report 6 lists every day and every pair, and the raw CSV files are in the project — you don't have to take our word for it.

Results are from a small, self-conducted 2-participant, 10-day pilot study, not a clinical trial. Yogutide is a food product, not a medicine, and is not intended to diagnose, treat, cure, or prevent any disease. Individual results may vary.