

Diabetes mellitus is a chronic endocrinological disorder characterized by high blood levels of glucose due to insufficient secretion of insulin by the pancreas or improper utilization of insulin by target cells. Diabetes is associated with serious complications and premature death. The major therapy option in diabetes mellitus is lifestyle management. Besides exercise, weight control and nutrition therapy, oral glucose lowering drugs and insulin injection are the conventional therapies for the disease. This review explores the role of various vitamins and mineral elements in management of type 2 diabetes mellitus. The literature regarding their modes of action in lowering blood glucose levels is also discussed in the review