I’m about to make your day: based on a recent study, tequila can aid in weight loss.

Yes, you read that correctly. TEQUILA WILL HELP YOU LOSE WEIGHT.

Not only will it assist in the weight loss process, but it will also help to lower blood sugar. This is amazing news for people suffering from type-2 Diabetes.

A recent study conducted at the American Chemical Society has blessed us with this amazing information on this glorious humpday.

Basically agavina, a sugar that comes from the agave plant used to produce tequila, triggered insulin production and lowered blood sugar in an experiment conducted with mice. In addition to these astonishing results, the sweetener also helped the overweight mice drops some hefty LBS.

Agavins, unlike sucrose, fructose and glucose, is not absorbed by the body, so it will not increase blood glucose.

Can I get a “hallelujah”? Yeah, I’m talking to you Jeff Buckley.

We’re not telling you to rip tequila shots with every meal, however — these agavins are actually a type of fiber that creates a full feeling, ergo suppressing appetite.

The scientists who conducted this study believe that agavins are a viable light sweetener substitute since, “they are sugars, highly soluble, have a low glycemic index, and a neutral taste, but most important, they are not metabolized by humans.”
Currently there are approximately 26 million Americans suffering from diabetes, with another 2 million getting diagnosed annually.

The fact that there is the potential for developing a different type of sweetener that lowers sugar levels instead of raising them is revolutionary.

Stayed tuned as the study and tests continue to progress.

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Ashley Fern

Ashley Fern is the second most veteran female staff member of Elite Daily. She started off as a Senior Lifestyle Writer and is now our Director of Branded Social Strategy. You can follow her on Instagram and Twitter @disco_infern0!

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