ABSTRACT

The present invention relates to a peptide complex having an antidiabetic activity and to a use thereof. The peptide complex of the present invention promotes uptake of glucose into cells, suppresses insulin resistance signals, promotes insulin sensitivity signals, and suppresses the death of pancreatic beta cells, which are insulin-producing cells, thereby exhibiting an effect of lowering blood glucose levels. In addition, the present invention relates to a peptide having an antidiabetic activity and an antiobesity activity and to a use thereof. The peptide of the present invention has an activity of suppressing insulin resistance signals, promoting insulin sensitive signals, and promoting fat decomposition in adipocytes.