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Complex approach to cardiovascular risk profile with a food supplement

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Background: Cardiovascular diseases continue to be a challenge and burden to societies. Beneficial modifying of the cardiometabolic profile has major impact for long-term success. Our previous open-label pilot study showed a complex positive influence of a new innovative food supplement Reg'Activ Cholesterol (RAC) on cardiometabolic parameters (CMP).

Objective: The objective of this studies were to test the effect of RAC to CMP in clinically asymptomatic volunteers with borderline-high values of glycosylated hemoglobin (HbA1c%), b) sustainability of the RAC effect on CMP implementing two time-points –4 weeks and 8 weeks (the guidelines of EFSA).

Design: A randomized double-blind placebo-controlled clinical trial (ISRCTN55339917)

Results: The level of total cholesterol (Chol), LDL-chol and oxLDL and HbA1c% decreased significantly and HDL-chol increased significantly only in the study group after 4 and 8 weeks of consumption RAC containing LFME-3. The level of homocysteine (Hcy) also decreased significantly after 8 weeks.

Conclusions: RAC has shown a complex positive effect on cardiovascular risk profile. Still investigations are needed to evaluate its long-term effects on clinical outcomes.

References: In 4 weeks, the lipid profile was positively modified with RAC. The effect stayed at 8 weeks timepoint and by then also the HbA1c% had dropped.

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