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Efficacy and safety of a nutritional supplement combination on dyslipidemia and cardiovascular inflammatory markers

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This study was a randomized, double-blind, placebo-controlled and single-center trial of 40 patients, consisting of a screening visit, a 2-week run-in, and a 4-month treatment period with a combination nutritional supplement (LC). Advanced lipid testing and advanced cardiovascular inflammatory markers were measured. LC[®] significantly reduced total cholesterol, LDL-C, VLDL-C, ox LDL, ApoB, TG, LDL-P, heart rate and diastolic blood pressure and increased HDL-P and increased LDL size compared to placebo at one month and four months. In addition, LC[®] significantly reduced hs-CRP, TNF alpha, IL-6 within the treatment group from baseline. There were no adverse effects in the treatment group. LC[®] did not lower Co enzyme Q 10 levels or adversely affect any other lab parameters that were measured. These changes would be expected to reduce cardiovascular risk. LC[®] is an effective and safe alternative to statins and other lipid-lowering drugs in the treatment of dyslipidemia.

Biography

Mark Houston has received his MD from Vanderbilt Medical School and Internal Medicine Training at UCSF. He is an Associate Clinical Professor of Medicine at Vanderbilt University School of Medicine, Clinical Instructor in the Department of Physical Therapy and Health Care Sciences at George Washington University (GWU), Director of the Hypertension Institute and Vascular Biology and Medical Director of the Division of Human Nutrition at Saint Thomas Hospital in Nashville, TN. He was selected as one of the Top Physicians in Hypertension in the US in 2008-2014 by the Consumer Research Council, and by USA Today as one of the Most Influential Doctors in the US in both Hypertension and Hyperlipidemia twice in 2009-2010. He was selected as The Patient's Choice Award in 2010-2012 by Consumer Reports USA. He is Triple Boarded Certified by the American Board of Internal Medicine (ABIM), the American Society of Hypertension (ASH) (FASH) and the American Board of Anti-Aging and Regenerative Medicine (ABAARM, FAARM). He holds two Master of Science degrees in Human Nutrition from the University of Bridgeport, CT and another in Metabolic and Nutritional Medicine from University of South Florida School of Medicine, Tampa.

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