

PHYTOEXTRACTS FOR MONITORING OF CHOLESTEROLEMIA

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Introduction

The Seven Countries Study, conducted on 12,467 men, with a mean age ranging from 40 and 59, confirmed that an increase in cholesterolemia by 20 mg/dL, corresponds with an increase by about 12% in the risk of coronary mortality. The lowest mortality incidence occurs in those countries whose population show cholesterolemia values ranging from 125 to 150 mg/dL. On the basis of this assumption, we tested a herb supplement with Liquorice indicated for its capacity to influence cholesterolemia.

Materials and Methods

The study, conducted on a double-blind basis and with the requirement of informed consent, involved 50 subjects (median age 47, 30% males, 70% females), of whom 25 had placebo (PL) and 25 the active principle (PA: 50 ml diluted in 1 litre of water to be drunk during the day). The main components of the phytoextract produced are *Durvillea Antartica*, Black Radish and Artichoke.

Results

At the beginning of the observation period the subjects were made to follow a balanced normocaloric diet and cholesterolemia (total and LDL). Thirty days later, the hematochemical testing was repeated and it was observed that total cholesterol had dropped significantly by 36% ($p < 0.05$), while LDL cholesterol had dropped by 21%, which represented a non significant figure. As far as weight is concerned, it was seen that both groups showed a weight reduction between 1 and 2 kg.

Conclusions

At the present state of affairs, even without an in-depth hematochemical evaluation and considering the limited number of subjects observed, it is possible to hypothesize that the use of the product as an adjuvant element in eating regimens aimed at reducing cholesterolemia is of benefit.

| TOTAL Cholesterolemia | | | | |
|-----------------------|--------------------------|---------------------------|------------------|--------------|
| GROUP | COL-TOT day 1 [mg/dl] | COL-TOT day 30 [mg/dl] | Variation [%] | Significance |
| Placebo | 220 | 196 | - 11 | $p > 0.05$ |
| Depurative | 237 | 152 | - 36 | $p < 0.05$ |
| LDL Cholesterolemia | | | | |
| GROUP | COL-LDL day 1 [mg/dl] | COL-LDL day 30 [mg/dl] | Variation [%] | Significance |
| Placebo | 145 | 139 | - 4 | $p > 0.05$ |
| Depurative | 151 | 120 | - 21 | $p > 0.05$ |