LDL- AND HLD-CHOLESTEROL OPTIMIZATION USING PHYTONUTRIENT COMBINATION THERAPY: FIRST LINE INTERVENTION AND ADJUNCT THERAPY TO STATINS

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Introduction: Framingham risk analysis shows that simultaneous decreasing LDL-c and increasing HDL-c has a strong correlation with risk reduction for development of cardio vascular disease. Current prescription lipid lowering therapy has shown excellent results in reducing LDL-c, but limited results for HDL-c increase. Our research focuses on using phytonutrient combinations in optimizing both lipoprotein fractions. We present our results of phytonutrient combination therapy as a first line treatment for hypercholesterolemia, as well as adjunct therapy to statin medication.

Methods: Three studies were performed at three locations in subjects with elevated LDL-c levels (130 – 200 mg/dl at baseline), that used phytonutrient combination therapy (viscous soluble fiber, policosanol, phytosterols, and *Chrysanthemum morifolium*) as stand-alone or along with statins for a period of 8 weeks.

Results:

	Parameter	BL level (mg(dL)	BL (mg/dL)	t=8 weeks (mg/dL)	Δ %	p-value
Study 1	LDL-c	>130	168	127	-24.5	<0.0001
	HDL-c	<40	32	37	+12.0	n.s.
Study 2 (adjunct to statins)	LDL-c	>130	150	118	-21.1	<0.05
	HDL-c	<40	34	42	+23.2	<0.05.
Study 3	LDL-c	>130	154	119	-22.5	<0.05
	HDL-c	<40	25	30	+20.2	n.s.

Conclusion: The intervention product, that lowers cholesterol through 4 different mechanisms, is effective in lowering LDL-c, and increasing HDL-c, making it an effective alternative for patients with mild hypercholesterolemia, also in combination with statin medication.