

A Study on Soy-Based Food Supplements as Medical Nutraceutical Therapy In Reversing Lipid Abnormalities

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INTRODUCTION

Cardiovascular diseases rank number one in causing death globally.

Lipid abnormalities like high cholesterol, triglycerides, LDL (“bad cholesterol”) and HDL (“good cholesterol”) are major risk factors for cardiovascular disease.

Soy and fibers have been proven to improve lipid abnormalities and therefore, benefit health

AIM

To determine the efficacy and safety of soy-based oral food supplements Reliv Now[®] and FibRestore[®] in the management of lipid abnormalities.

STUDY DESIGN

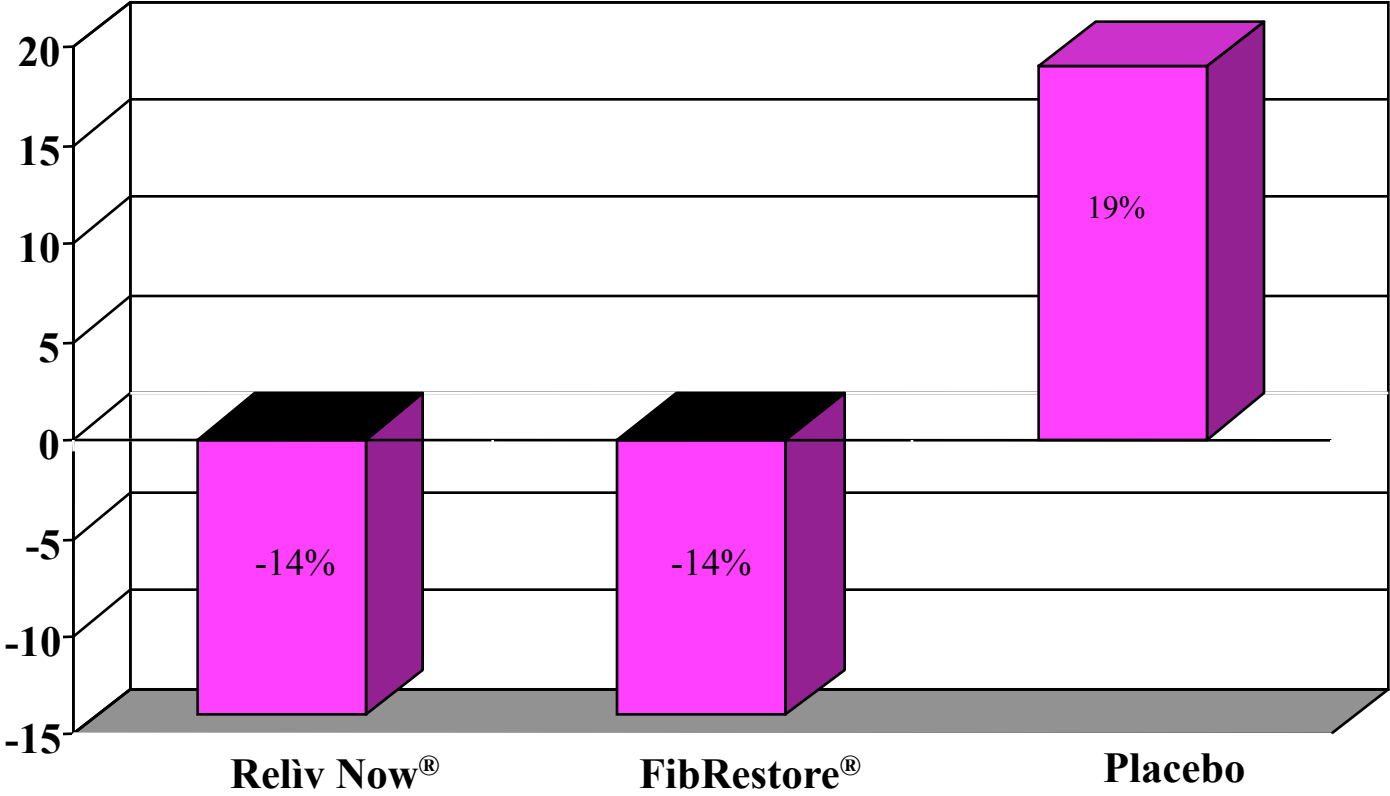
60-day multi-center, prospective, randomized, double-blind, placebo-controlled trial on soy-based food supplements

INCLUSION

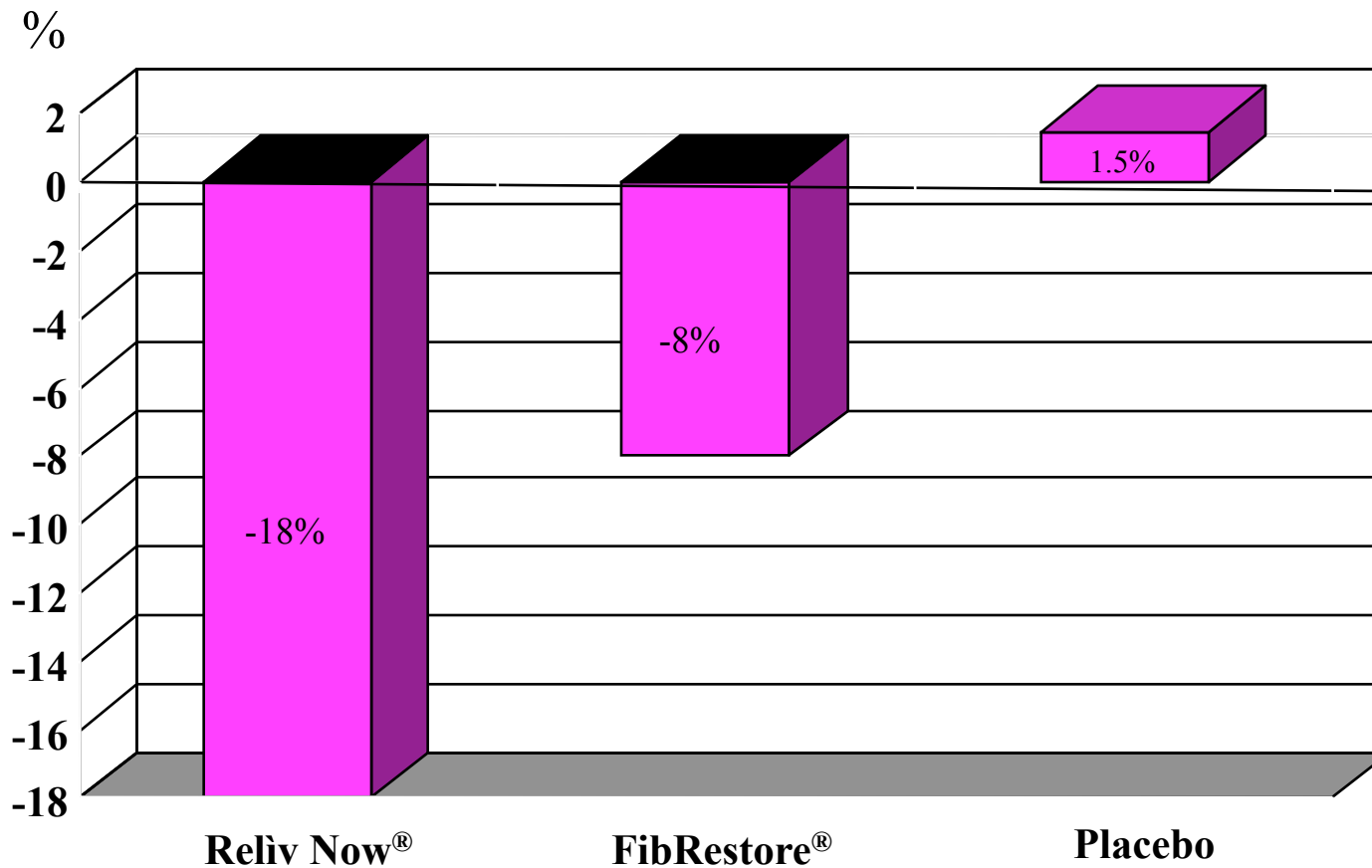
Adult patients (≥ 18 years old) with lipid abnormalities which may be any of the following: high cholesterol, triglycerides, LDL

RESULTS

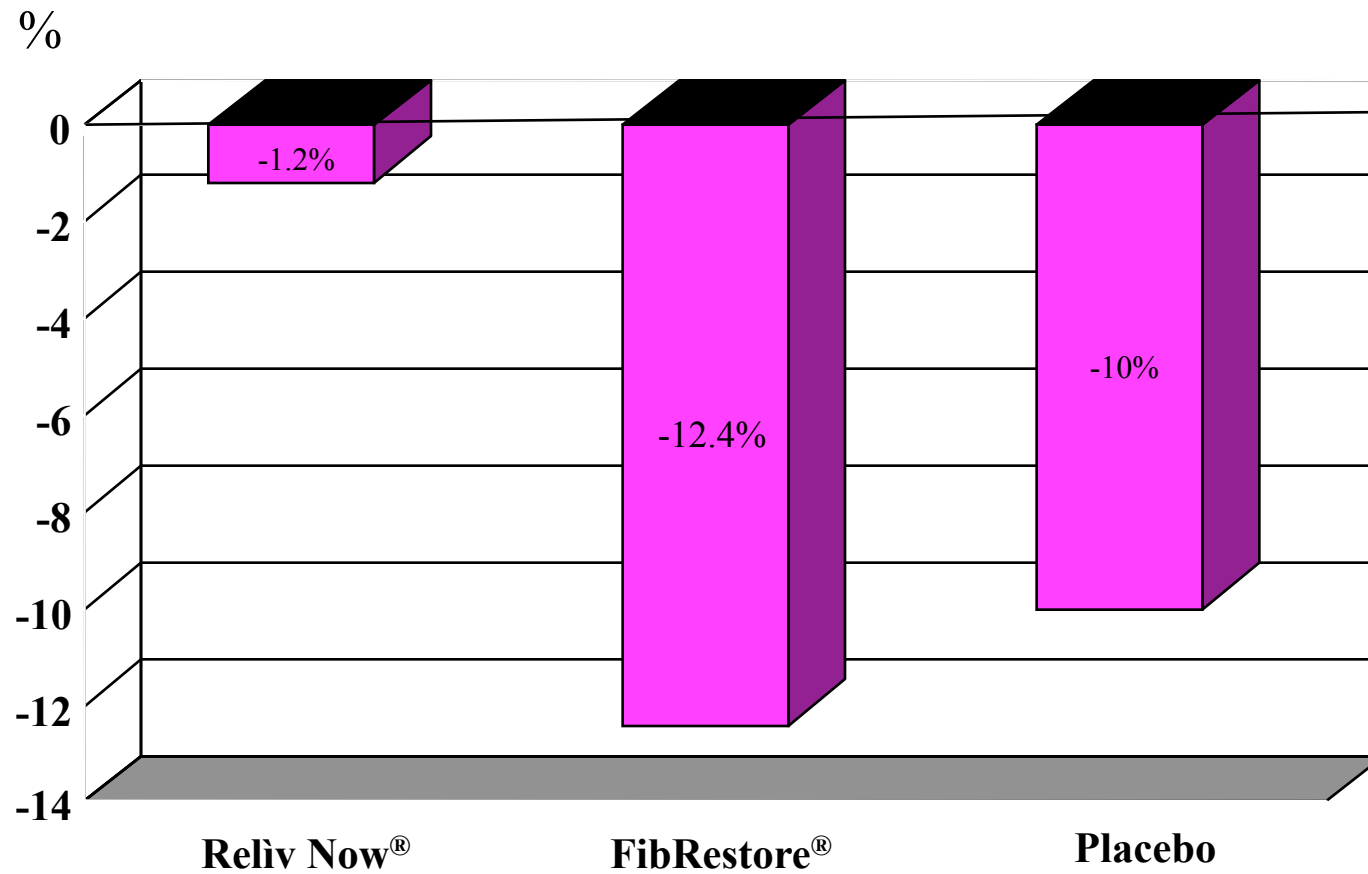
Decrease in average cholesterol level after 60 days was seen only in Reliv Now® & FibRestore®



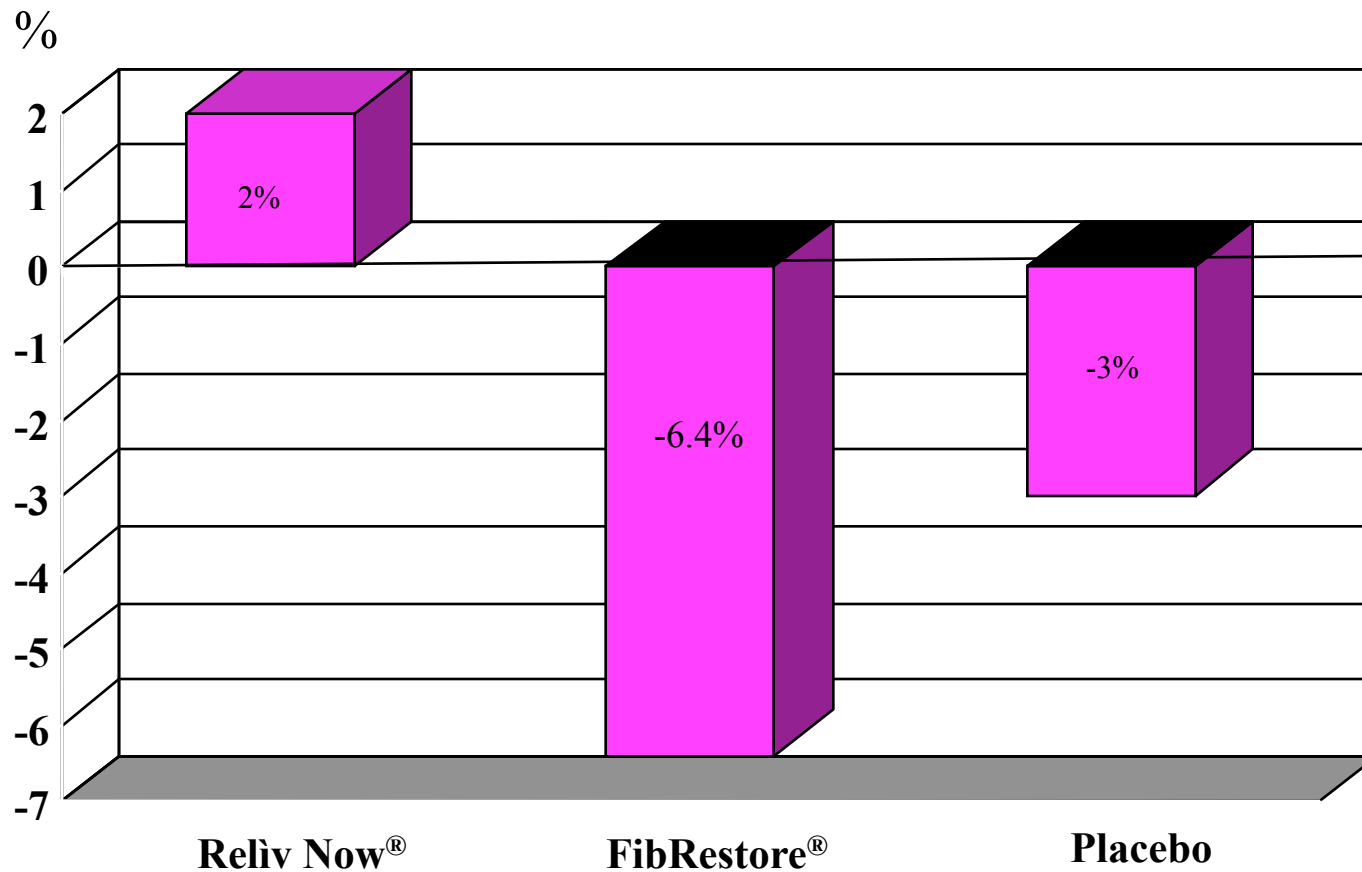
Decrease in LDL level after 60 days was seen only in **Reliv Now[®]** & **FibRestore[®]**



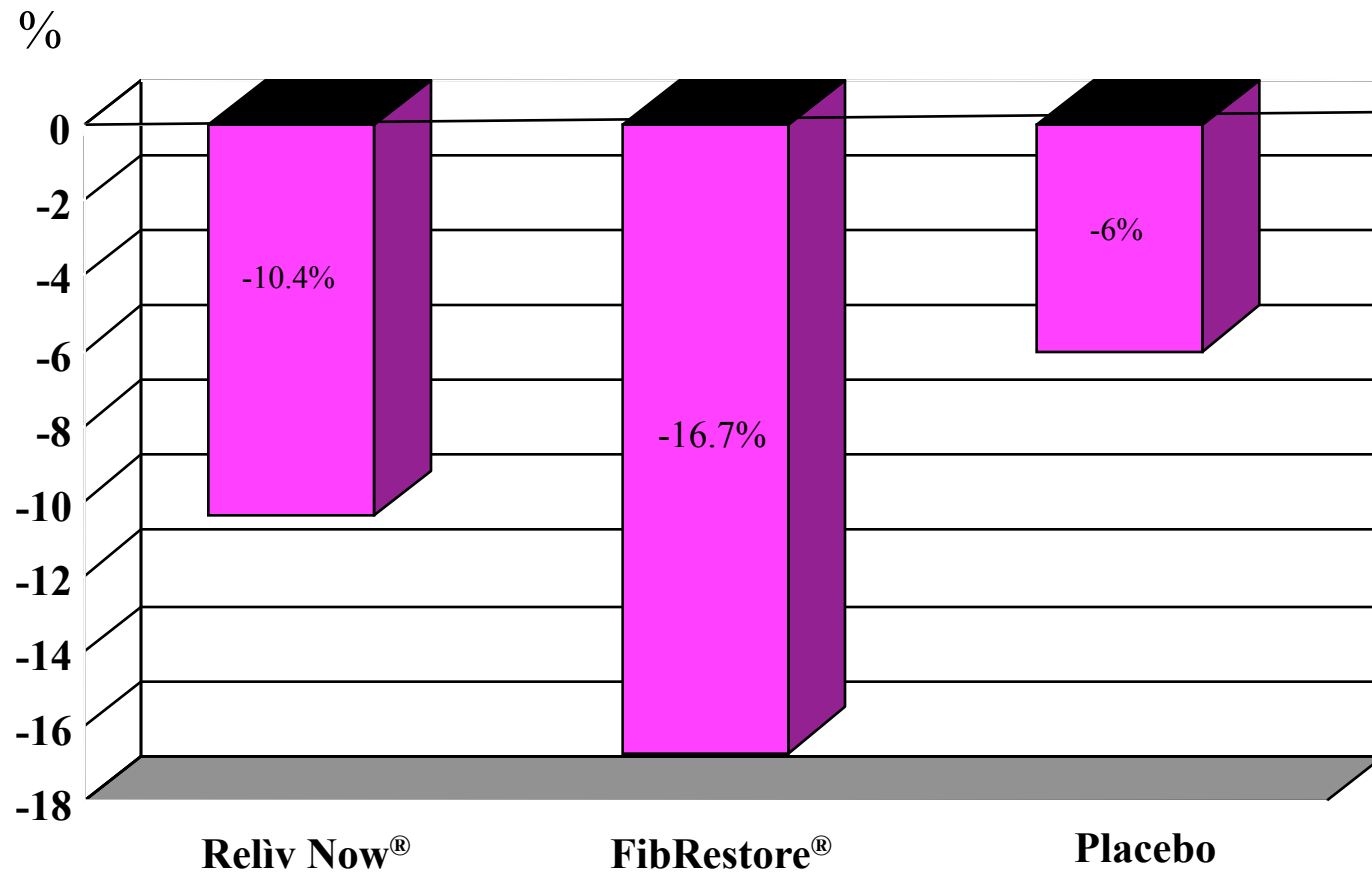
Triglyceride level was reduced by FibRestore® after 60 days



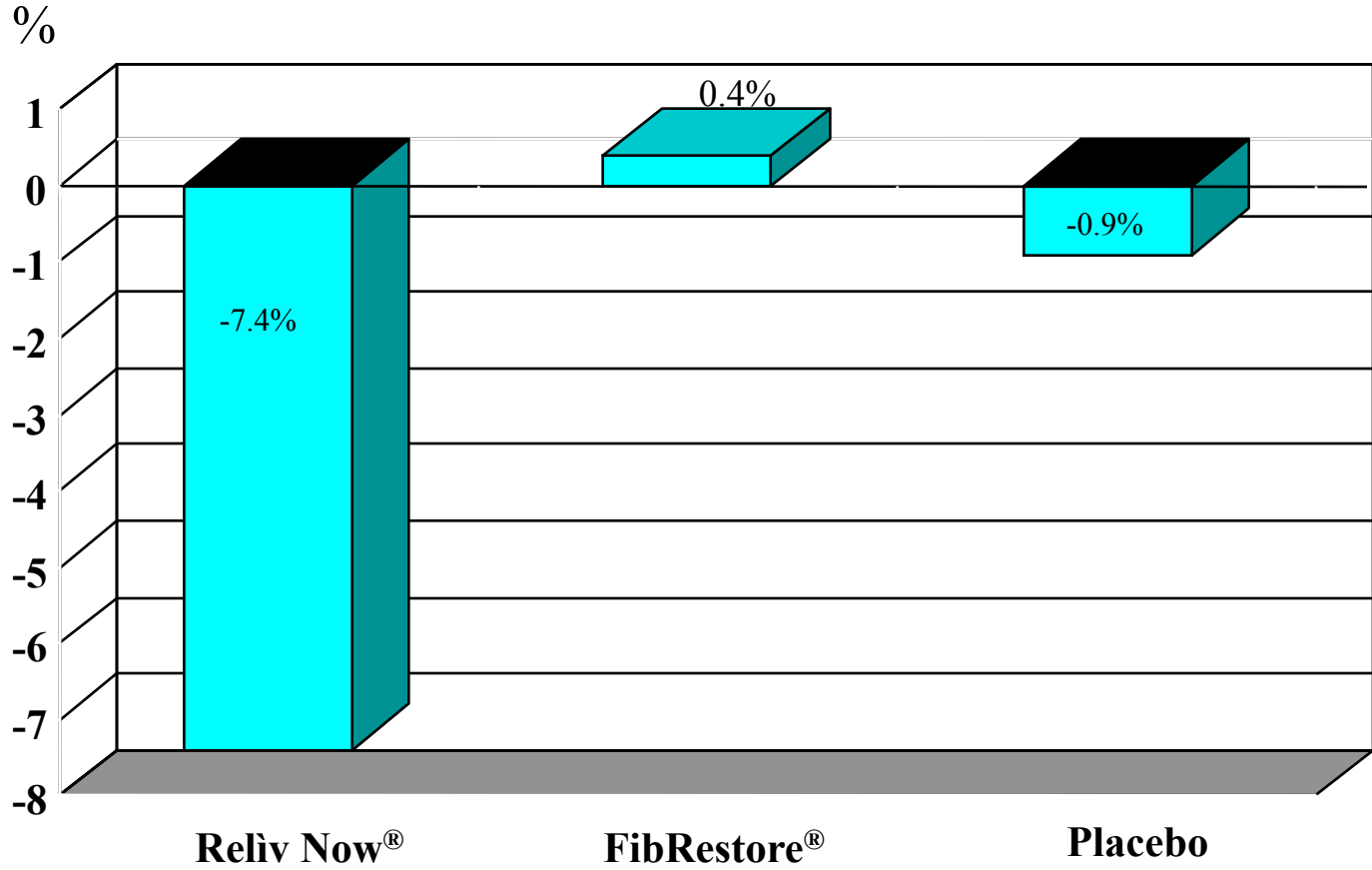
FibRestore® had greater reduction in fasting plasma glucose level after 60 days



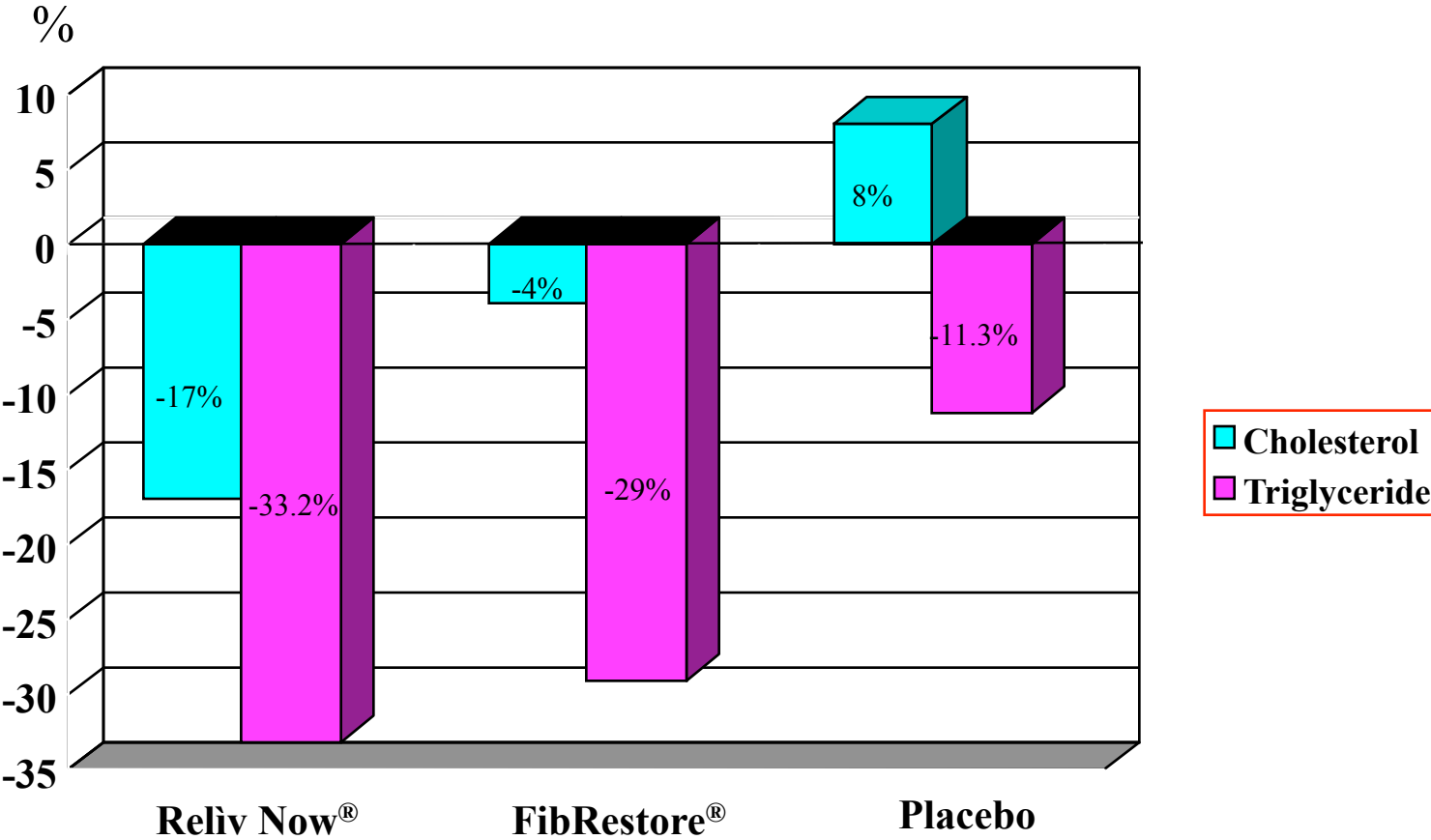
Reliv Now® & FibRestore® showed reduction in blood uric acid levels after 60 days



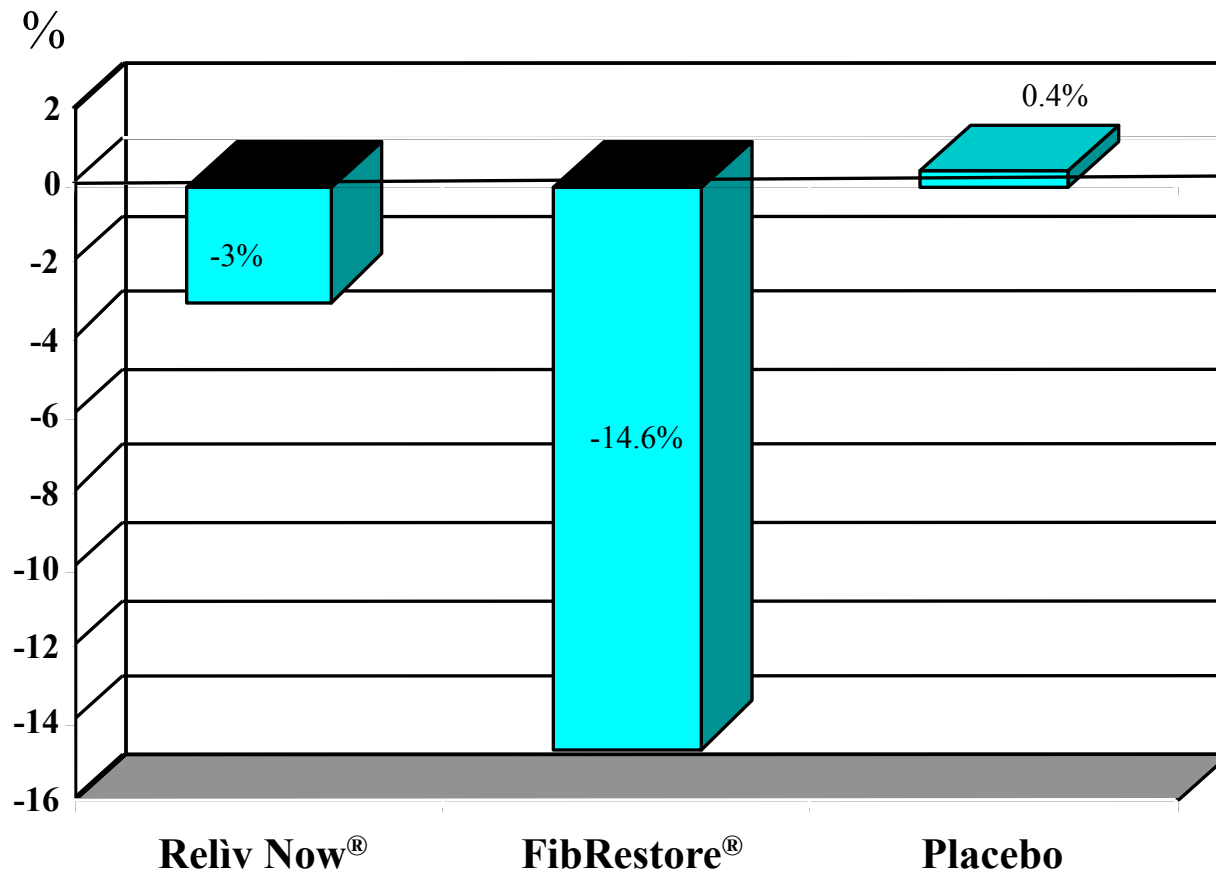
Changes in average weight after 60 days



Reliv Now® & FibRestore® showed greater reduction in cholesterol and triglycerides among diabetic subjects



Reliv Now® & FibRestore® showed greater reduction in cholesterol among overweight subjects



SUMMARY

Reliv Now[®] and FibRestore[®]:

Reduced average **cholesterol** by 14%

Reduced average **LDL** by 18% and 8%, respectively

Reduced average **triglycerides** by 1.2% and 12.4%, respectively

Reduced average **uric acid** by 10.4% and 16.7%, respectively

Greater **reduction** in **cholesterol** and **triglycerides** among **diabetic** or **overweight** individuals

CONCLUSION

This study proved that Reliv[®] Now and FibRestore[®] are effective food supplements in correcting lipid abnormalities and hence, may help in lowering the risk for cardiovascular disease.