

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

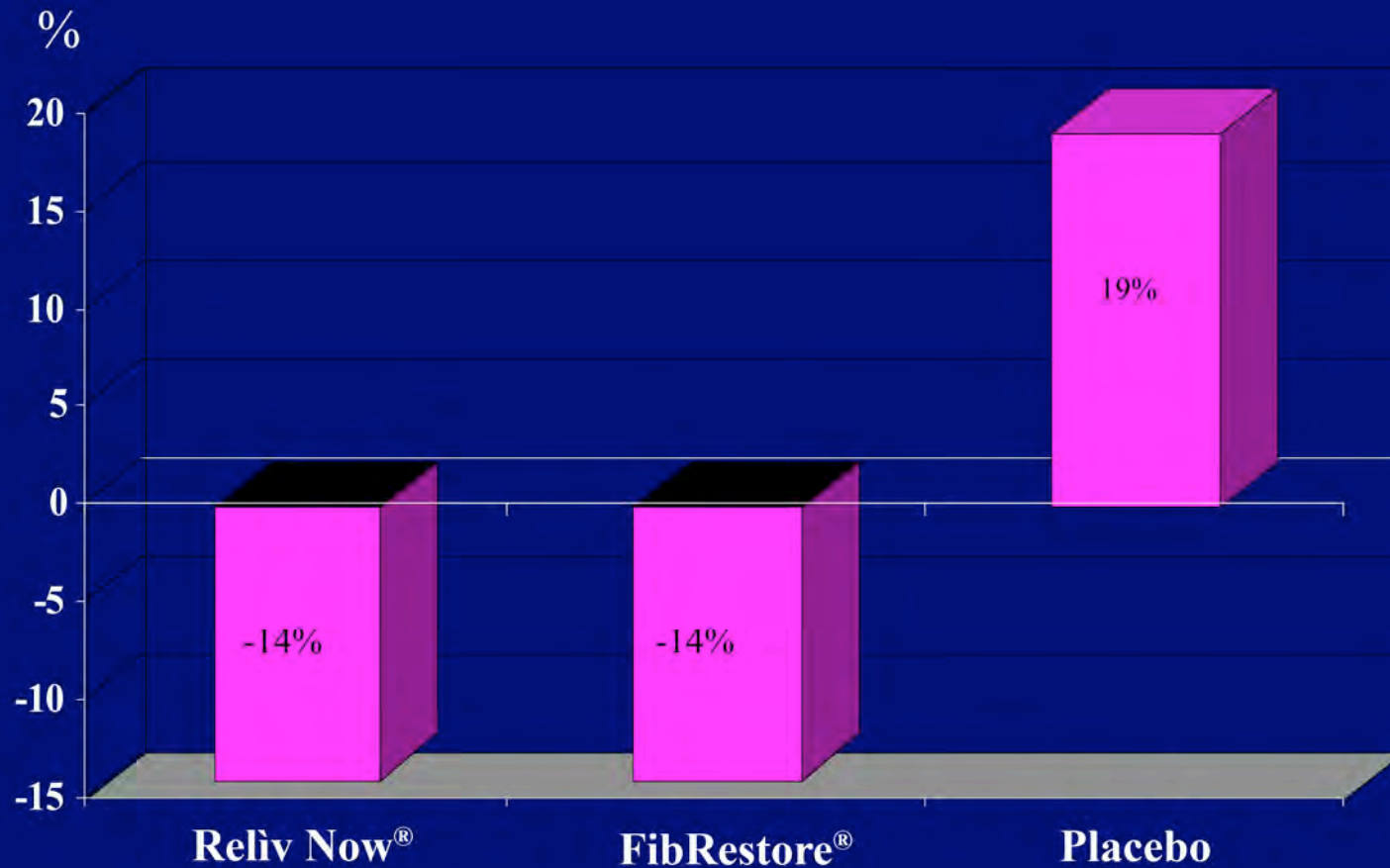
- 60-day multi-center, prospective, randomized, double-blind, placebo-controlled trial on soy-based food supplements.

INCLUSION

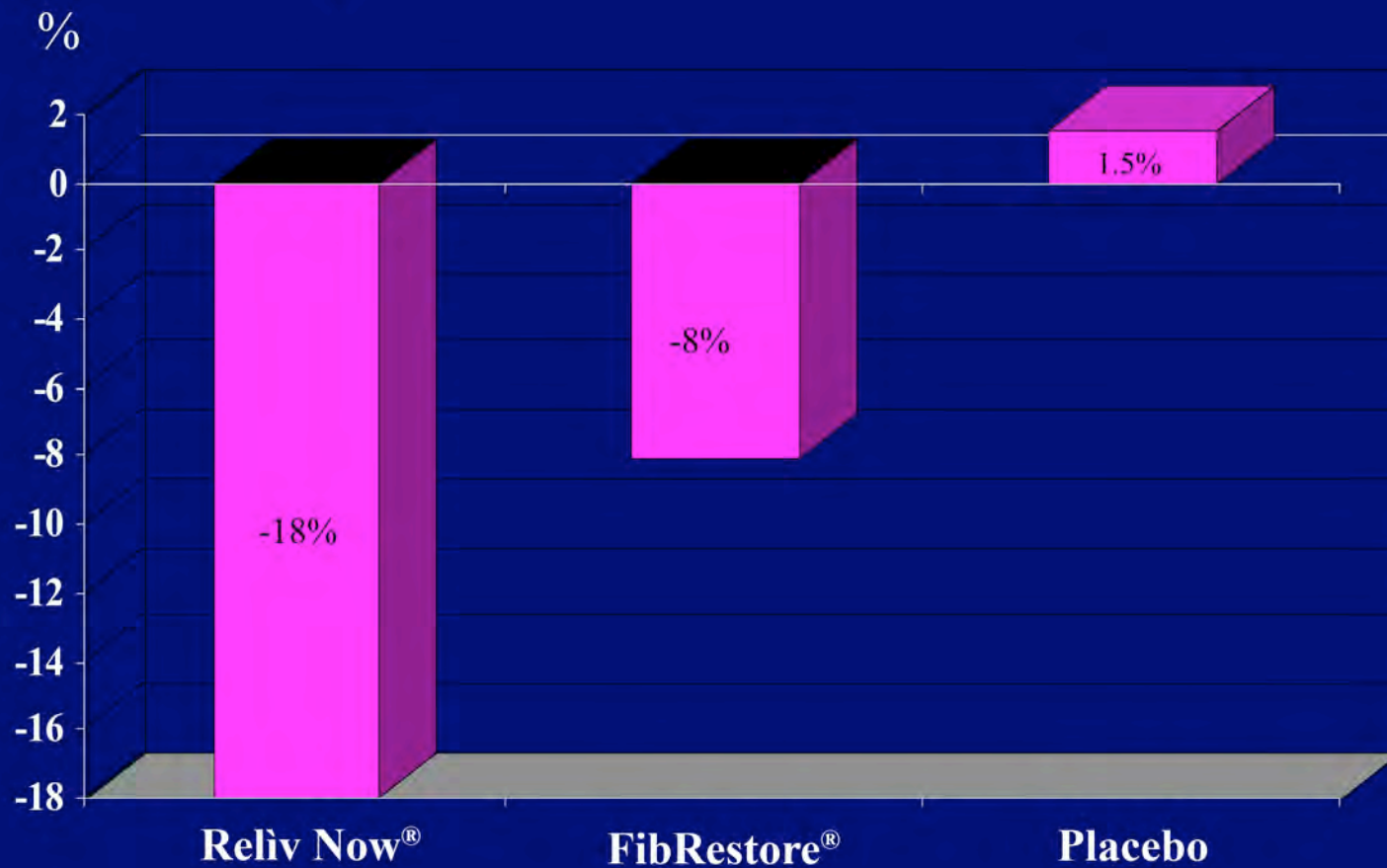
- Adult patients (≥ 18 years old) with lipid abnormalities which may be any of the following: high cholesterol, triglycerides, LDL

RESULTS

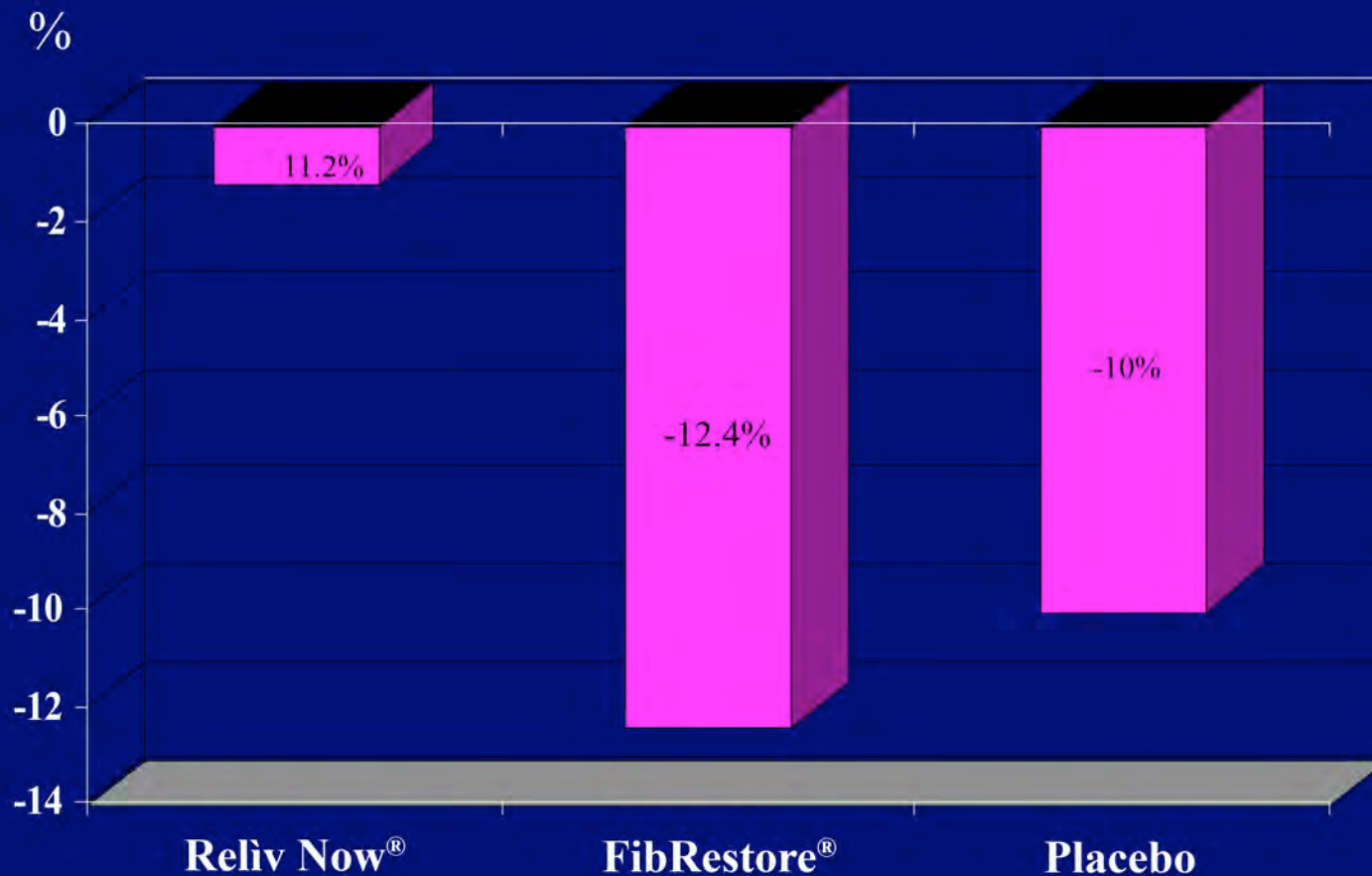
Decrease in average **cholesterol** level after 60 days was seen only in **Reliv Now[®] & FibRestore[®]**



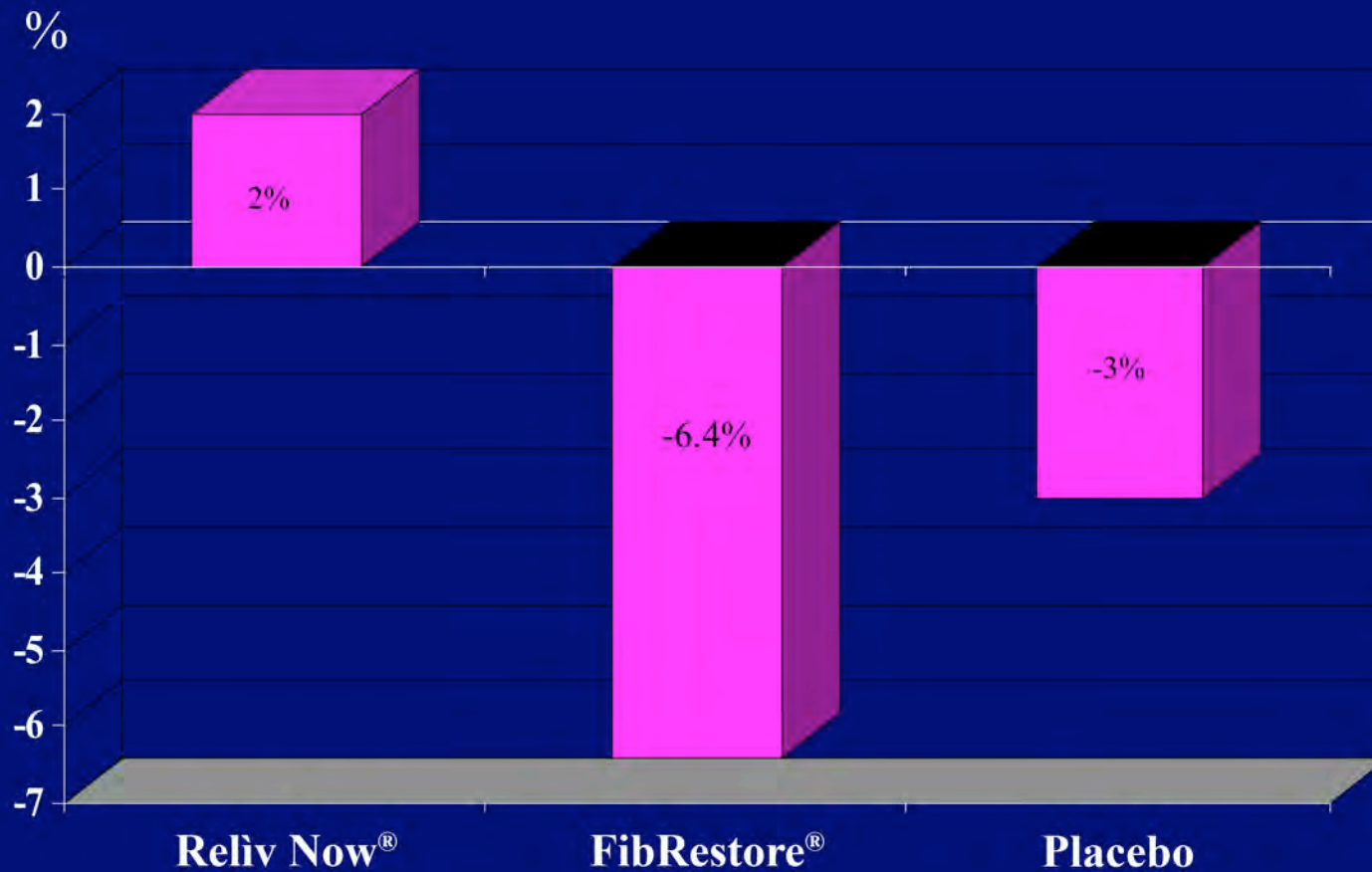
Decrease in **LDL** level after 60 days was seen only in **Reliv Now[®]** & **FibRestore[®]**



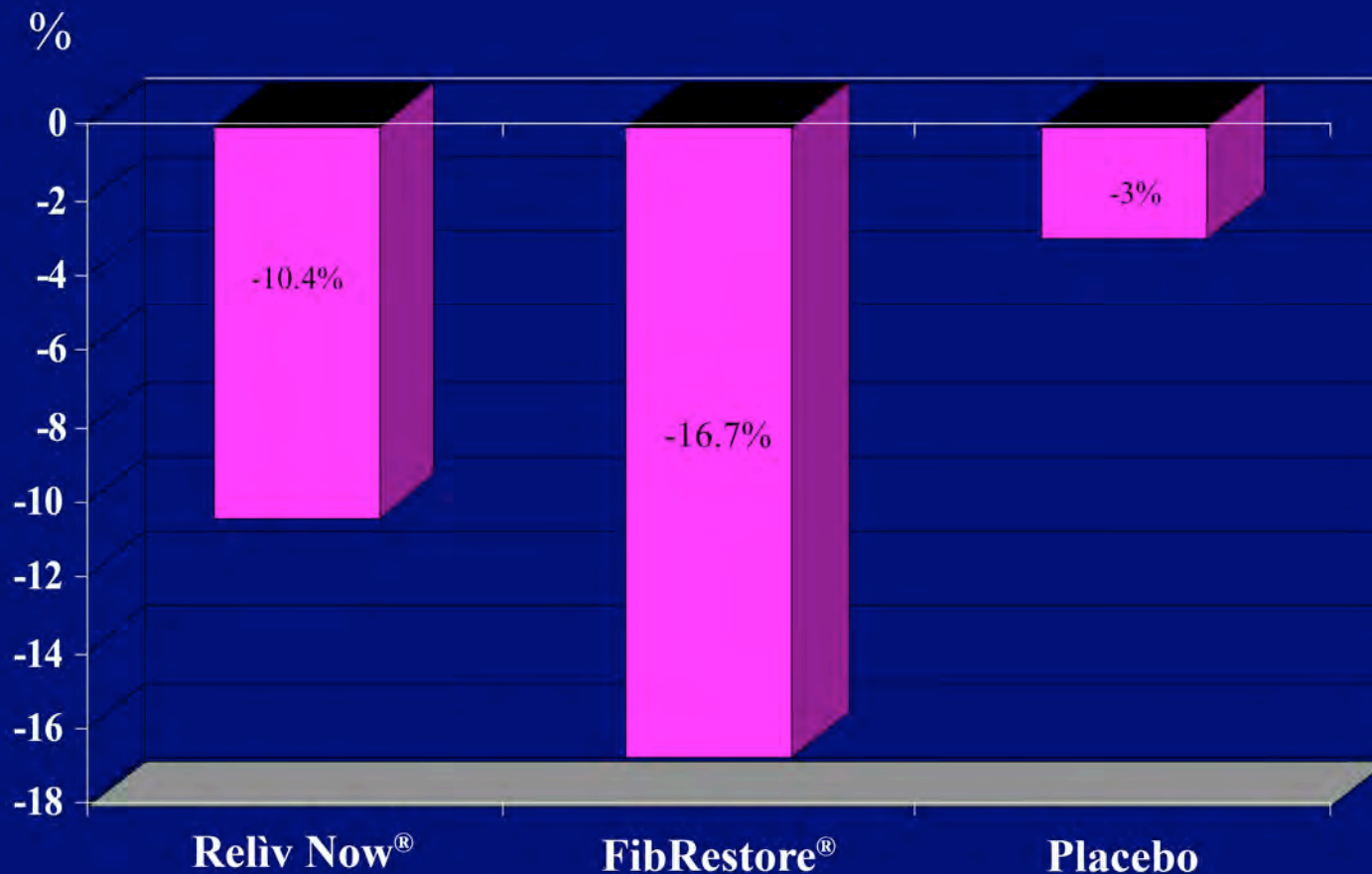
Triglyceride level was reduced by FibRestore® after 60 days



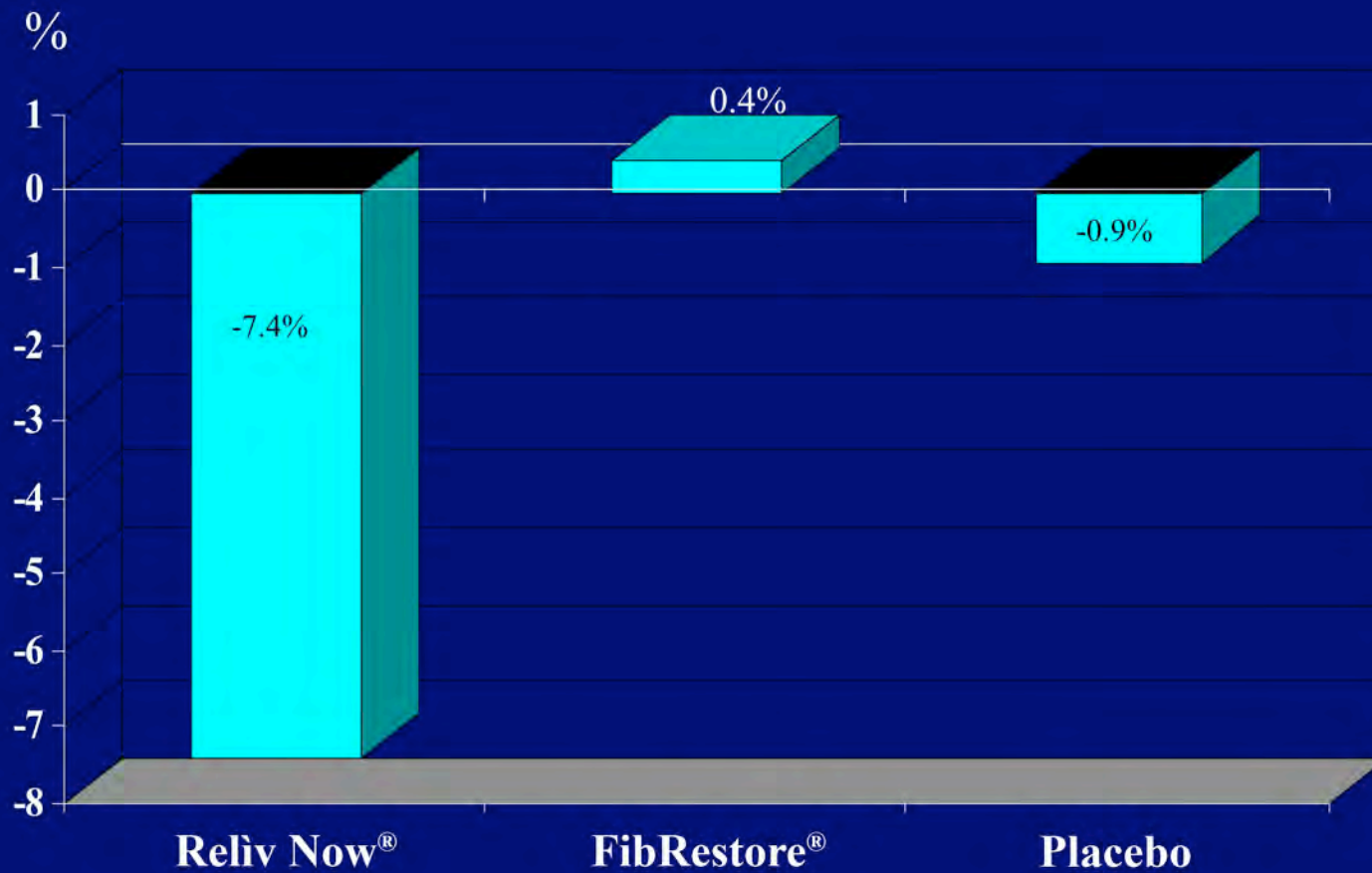
FibRestore® had greater reduction in **fasting plasma glucose** level after 60 days



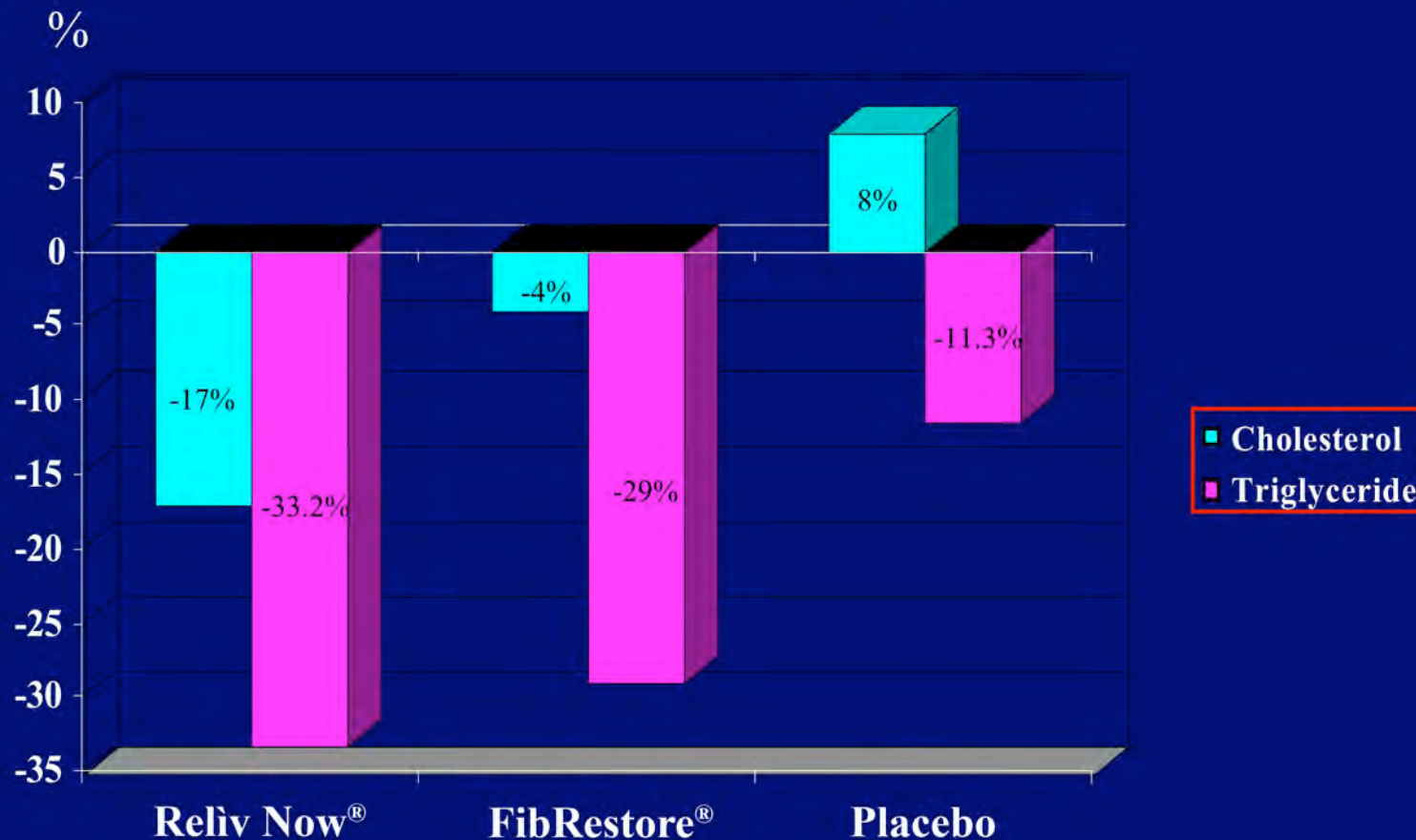
Reliv Now® & FibRestore® showed reduction in blood uric acid levels after 60 days



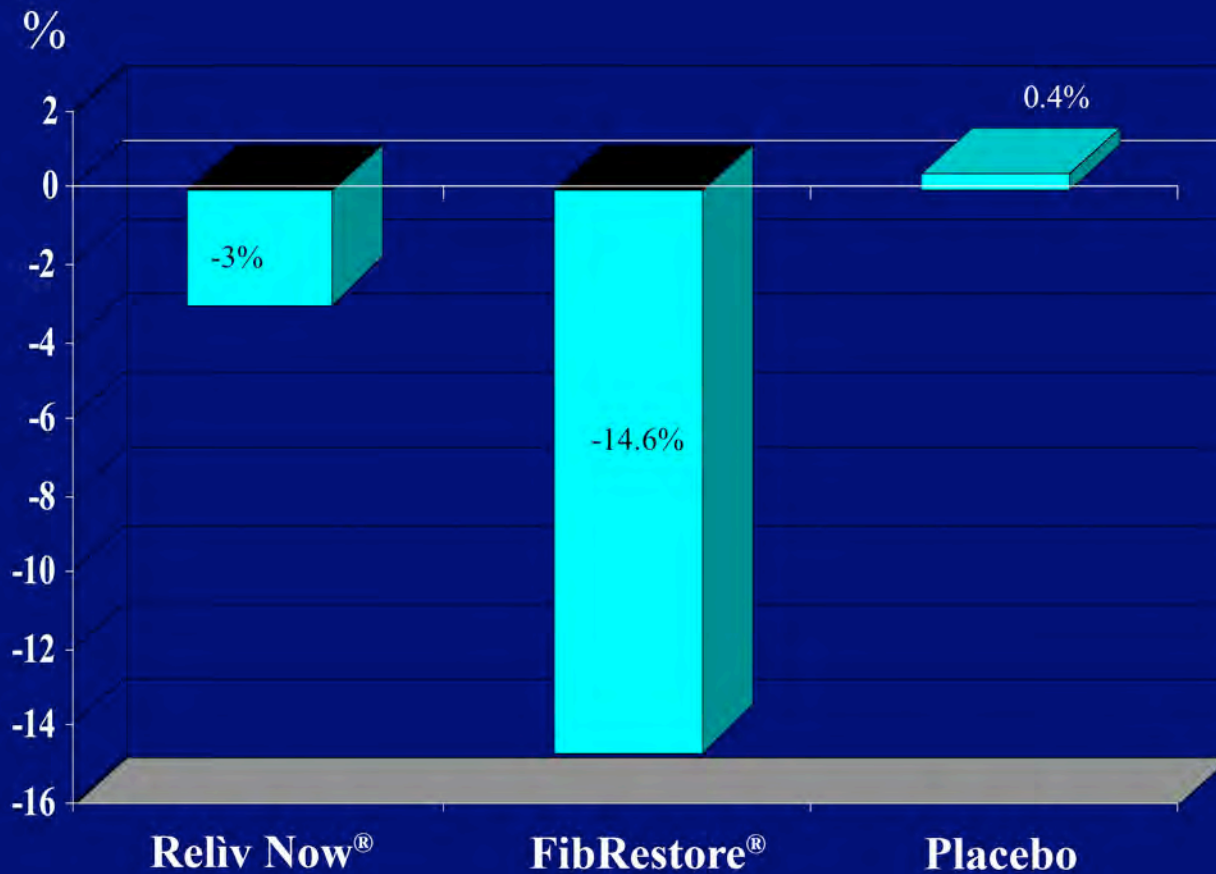
Changes in average weight after 60 days



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 –11.2% and –12.4%, respectively
- Reduced average **uric acid** by –10.4% and –6.7%, 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.