A Study on Soy-Based Food Supplements as Medical Nutriceutical 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

-7.4% for Reliv Now®

FibRestore®: 0.4%

Placebo: -0.9%
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 Relìv® Now and FibRestore® are effective food supplements in correcting lipid abnormalities and hence, may help in lowering the risk for cardiovascular disease.

For more information contact John Curtin, Independent Reliv Distributor
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