

# A NEW FIBER DRINK PROVIDES A NATURAL FIRST LINE TREATMENT OPTION IN MILD HYPERCHOLESTEROLEMIA

Vincent Duenas, M.D.<sup>a</sup>; Julie Duenas<sup>a</sup>; Evelyn Burke<sup>a</sup>; Peter J.E. Verdegem, Ph.D.<sup>b</sup>

## Introduction

- There is an increasing demand for natural treatment options to lower cholesterol, because of fear of side-effects of statins.
- BiosLife combines 4 unique mechanisms to lower cholesterol: viscous soluble fiber, phytosterols, policosanol, and chrysanthemum.

## Objectives

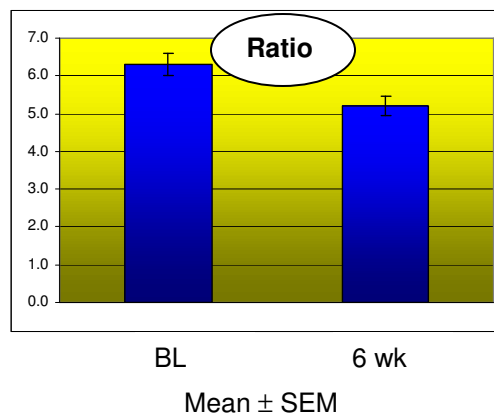
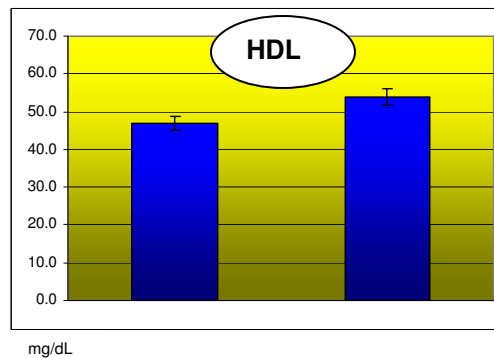
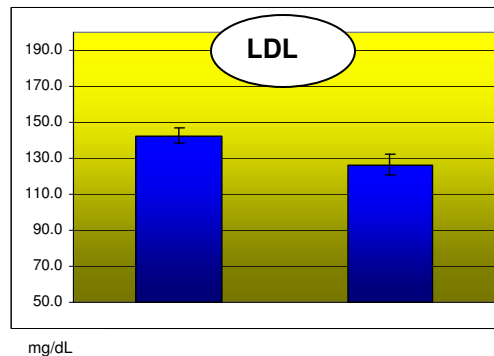
- To study the lipid lowering potential of Bios Life in mildly elevated lipid levels.

## Study design

- Open label study with 41 subjects (11 male, 30 female) with average age  $52.3 \pm 1.3$  years, and with LDL values  $> 110$  mg/dl.
- Subjects took 13 – 19.5 grams of Bios Life, in 6.5 grams portions 10 minutes prior the meal.
- Baseline and follow-up (6 weeks) measurements of TC, LDL, HDL, and risk ratio. Safety: liver panel
- Statistical analysis with paired Student's T-test.

## Results

Parameter	Group	t=0 ± SEM	t=6 ± SEM	%Δ	p-value
TC	>200	235	232	-1.4	n.s.
TC (resp, 60%)	>200	229	203	-11.0	< 0.000001
LDL	>130	157	131	-16.1	<0.001
LDL (resp, 88%)	>130	155	123	-20.4	< 0.000001
LDL	>160	180	150	-16.6	<0.05
LDL (resp, 89%)	>160	175	140	-20.2	<0.05
HDL	<40	35	45	+27.9	<0.01
HDL (resp, 82%)	<40	35	47	+34.7	<0.01
Risk ratio		5.1	4.3	-15.0	<0.0001
Risk ratio (resp, 79%)		5.3	4.2	-20.8	<0.000001



## Discussion

- Four synergistic mechanisms lower lipids effectively.
- Large response rate to intervention.
- Clinically significant reduction in LDL, and raise in HDL.
- Compared to statins, BiosLife is equally effective in lowering LDL, but outperforms in raising HDL.
- No elevated liver enzymes.

## Conclusion

- **BiosLife, a new patented drink that lowers cholesterol in 4 distinct ways, serves as a natural first line intervention option to manage hyperlipidemia.**

## References

- Sprecher, *et al*, Metabolism (2002), 51, 1166.

<sup>a</sup>The Doctors' Clinic, Tamuning, Guam

<sup>b</sup>Unicity International, Orem, Utah  
[www.unicity.net](http://www.unicity.net)

