

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

PJE Verdegem, E Burke, J Duenas, V Duenas.

Research and Development Department, Unicity International, Orem, UT, USA; The  
Doctor's Clinic, Tamuning, Guam.

**Introduction:** Framingham risk analysis shows that simultaneous decreasing LDL-c and increasing HDL-c has a strong correlation with risk reduction for development of cardiovascular 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
<b>Study 1</b>	LDL-c	>130	168	127	-24.5	<0.0001
	HDL-c	<40	32	37	+12.0	n.s.
<b>Study 2 (adjunct to statins)</b>	LDL-c	>130	150	118	-21.1	<0.05
	HDL-c	<40	34	42	+23.2	<0.05.
<b>Study 3</b>	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.