

Efficacy of A Novel Multi-ingredient Supplement in Treating Patients With Hypercholesterolemia

Authors:

Thomas Hobbs, MD, Richard Caso, MD, David McMahon, MBA, Maria H. Nymark, Ph.D

ABSTRACT

Context: The National Center for Health statistics estimates that 32 million Americans aged 45 and older, or one in four, take a statin drug. Individuals frequently discontinue use of these drugs due to their side effects. Natural supplements with omega-3 fatty acids combined with red yeast rice (RYR), bioflavonoids, and phytosterols show promise in reducing cholesterol and triglycerides.

Objective: As the primary objective, the research team intended to evaluate the benefits of Cardiol for management of cholesterol. For a secondary objective, the study evaluated the benefits of Vitality Ultra Pure Omega-3 in managing triglycerides.

Participants: Nineteen patients with hypercholesterolemia, who chose not to take statin therapy due to issues with myalgias or personal choice, were participants in the study.

Intervention(s): The study's participants were assigned to a group based on their initial lipid panels, one group taking Cardiol only and one group taking Cardiol and Vitality Ultra Pure Omega-3. All products were manufactured and provided by Solana Health Inc.. All participants were required to confirm that they had not taken statin drugs for at least 30 days prior to baseline, establishing a washout period. Both groups took the recommended serving daily of the assigned supplement(s) for a minimum of 30 days.

Cardiol Ingredients: a proprietary blend of: RYR, bioflavonoids, phytosterols and 550 mg of omega-3 fatty acids. Supporting ingredients: resveratrol, coQ10, folic acid vitamin B3 (niacin), B6, and B12.

Vitality Ultra Pure Omega-3 Ingredients: 834 mg (484 mg EPA, 234 mg DHA) of natural triglycerides form omega-3 fatty acids and 10 mg of vitamin E.

Results: Table 1 shows that total cholesterol and LDL decreased significantly for all 16 participants taking Cardiol. Measures for HDL and triglycerides showed only marginal changes.

Table 1. Changes from Baseline to Follow-up Lipid Panel for All Participants (n=16)

Measure	Change from Baseline	Change from Baseline	p-value
	Mean \pm SD	%	
Total cholesterol (mg/dl)	-30.3 \pm 26.9	-12.0 \pm 10.0	0.0004*
HDL (mg/dl)	-1.9 \pm 9.1	-1.7 \pm 15.3	0.4200
LDL (mg/dl)	-27.9 \pm 21.3	-17.3 \pm 11.4	0.0001*
Triglycerides (mg/dl)	-0.8 \pm 47.6	-2.0 \pm 26.0	0.9500

*p< 0.05 **Abbreviations:** SD, standard deviation; HDL, high-density lipoproteins; LDL, low-density lipoproteins

Results (cont.): Those participants with an LDL at baseline greater than 145 mg/dl seemed to have benefited the most from taking Cardiol (Table 2).

Table 2. Changes from Baseline to Follow-up Lipid Panel for Participants Having a Baseline LDL>145 mg/dl (n=7)

Measure	Change from Baseline	Change from Baseline	p-value
	Mean ± SD	%	
Total cholesterol (mg/dl)	-46.0 ± 12.5	-17.1 ± 12.5	0.0100*
HDL (mg/dl)	-3.4 ± 3.9	-3.0 ± 15.3	0.4200
LDL (mg/dl)	-44.1 ± 7.9	-24.5 ± 11.5	0.0014*
Triglycerides (mg/dl)	3.7 ± 18.8	1.8 ± 33.5	0.8500

*p< 0.05

Side Effects: Participants reported no side effects and all participants completed the assigned protocol.

Conclusions: Cardiol decreased total cholesterol and LDL cholesterol significantly and offers a promising alternative to statin drugs for the management of cholesterol.

Although the results were not significant, potentially due to the study's under-powered size, Vitality Ultra Pure Omega-3 provides a possible alternative for the management of triglycerides. The research team plans future studies with larger numbers of participants to support the findings of the current study.