عنوان مقاله:

Investigation of the effect of short-term supplementation with curcuminoids on circulating small dense low-density lipoprotein concentrations in obese dyslipidemic subjects: A randomized double-blind placebo-controlled cross-over trial

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نویسندگان:

Mohsen Moohebati - *Associate Professor, Cardiovascular Research Center AND Department of Cardiology, School of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran*

Shima Yazdandoust - *Biochemistry of Nutrition Research Center AND School of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran*

Amirhossein Sahebkar - *Assistant Professor, Biotechnology Research Center, Mashhad University of Medical Sciences, Mashhad, Iran*

Mohsen Mazidi - *Biochemistry of Nutrition Research Center AND School of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran*

Zahra Sharghi-Shahri - *Biochemistry of Nutrition Research Center AND School of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran*

Gordon Ferns - *Professor, Brighton and Sussex Medical School, Mayfield House, University of Brighton, Brighton, UK*

Majid Ghayour-Mobarhan - *Associate Professor, Biochemistry of Nutrition Research Center AND School of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran*

خلاصه مقاله:

BACKGROUND: Small dense low-density lipoprotein (sdLDL) is a sub-fraction of LDL considered to have the most atherogenic properties. The present trial aimed to assess changes in circulating sdLDL concentrations following supplementation with curcuminoids, polyphenolic compounds with diverse potential cardio-protective functions. METHODS: This study was designed as a randomized double-blind placebo-controlled cross-over trial. A total of ۳۰ obese dyslipidemic subjects were assigned to curcuminoids (۱ g/day) or placebo for ۴ weeks, followed by a ۲-week washout and then treatment with the alternate for another ۴ weeks. Serum sdLDL was measured at baseline and weeks ۴, ۶, and ۱۰ of the trial. RESULTS: Supplementation with curcuminoids (۱ g/day) did not cause any significant alteration in serum sdLDL (P > ۰.۰۵). CONCLUSION: Four-week supplementation with curcuminoids was not associated with any significant alteration in circulating sdLDL concentrations.

Keywords: Diferuloylmethane, Curcuma longa L., Turmeric, Cardiovascular Disease, Hypercholesterolemia, Atherosclerosis

کلمات کلیدی: