عنوان مقاله:

The Effect of Green Coffee Supplementation on MetabolicSyndrome Components : A Systematic Review and Meta-Analysis of Randomized Clinical Trials

محل انتشار:

تعداد صفحات اصل مقاله: 17

نویسندگان:

Mehdi Mohammadi Zadeh – Student research committee, faculty of nutrition and food science, Tabriz university of medical sciences,Tabriz, Iran

Mahnoush Mehrzad Samarin – Department of Physical Education, Science and Research Branch, Islamic Azad University, Tehran, Iran

Seyed Sina Ravari – Student Research Committee, School of Public Health, Kerman University of Medical Sciences, Kerman,Iran

Sara Bahrami Dirin – Student research committee, faculty of nutrition and food science, Tabriz university of medical sciences,Tabriz, Iran

Seyed Emad Hosseinian – Nutrition Departement at Varastegan Institute for Medical Sciences

خلاصه مقاله:

As there are no study reviewing the effect of green coffee supplementation on metabolic syndromefactors, this systematic review and meta-analysis were performed to summarize green coffee intervention onmetabolic syndrome components in adults.A comprehensive systematic search was conducted in online databases including Web of Science,Scopus, PubMed/MEDLINE, EMBASE, and Persian databases such as SID and Magiran up to ۲۰ March۲۰۲۳. Also, a hand search was performed by one of the researchers to reduce the missing studies. Allrandomized clinical trials comparing the effect of green coffee on metabolic syndrome components betweenintervention and control groups were included.۲۰ randomized controlled trials with a total sample size of ۸۰۴ individuals were included in thesystematic review and meta-analysis. Pooled analysis indicated that green coffee supplementationsignificantly decreased fasting blood glucose (weighted mean difference : -۲.۸۲۴ mmHg, ۹۵% CI : -۴.۴۰, -۱.۲۴, p<۰.۰۰۱), systolic blood pressure (Standardized Mean Difference : -۲.۵۳۰ mmHg, ۹۵% CI : -۴.۴۴, -۱.۲۴,p=۰.۱۰), and diastolic blood pressure (Standardized Mean Difference : -۲.۸۶۷ mmHg, ۹۵% CI : -۴.۲۶, -۱.۴۶,p<۰.۰۰۱) levels. Moreover, high-density lipoprotein concentrations increased following green coffeeintervention (weighted mean difference : ۱.۵۱۴ mg/dl, ۹۵% CI : ۰.۴۵, ۲.۵۷, p=۰.۰۰۵). However, waistcircumference and triglyceride levels did not change significantly (p > ۰.۰۵).The results of the systematic review and meta-analysis showed that green coffee supplementationsignificantly decreased fasting blood glucose, systolic blood pressure, and diastolic blood pressure butincreased high-density lipoprotein levels.

کلمات کلیدی:

Green coffee, Chlorogenic acid, Metabolic syndrome, Lipid profile, Glycemic indices

لینک ثابت مقاله در پایگاه سیویلیکا:

https://civilica.com/doc/1930992