

عنوان مقاله:

Vitamin E supplementation alone and in combination with omega-3 or magnesium is associated with improvement in polycystic ovary syndrome: A systematic review and meta-analysis of randomized controlled trials

محل انتشار:

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خلاصه مقاله:

Background: Vitamin E supplementation might have useful effects on risk factors of polycystic ovary syndrome (PCOS). This systematic review and meta-analysis aimed to summarize the effects of vitamin E supplementation alone and in combination with omega-3 or magnesium on PCOS. **Methods:** PubMed, Scopus, ISI Web of Science, Cochrane, Embase electronic databases, and Google scholar were searched for all available articles up to September 2022. Randomized controlled trials (RCTs) that examined the effect of vitamin E supplementation alone and in combination with omega-3 or magnesium on lipid and glycemic profiles, anthropometric measurements, biomarkers of inflammation and oxidative stress, hormonal profile, and hirsutism score in patients with PCOS were included. Ten RCTs fulfilled the eligible criteria. **Results:** Vitamin E supplementation or vitamin E in combination with omega-3 or magnesium in comparison to placebo could significantly reduce serum levels of TG, VLDL, LDL-c, TC, TC/HDL-c ratio, hs-CRP, hirsutism score and significantly increase nitric oxide levels. **Conclusions:** This meta-analysis highlights the potential anti-hyperlipidemic, anti-oxidant, and anti-inflammatory properties of vitamin E supplementation alone or in combination with omega-3 or magnesium on PCOS patients.

کلمات کلیدی:

Vitamin E; Supplementation; Omega-3; Magnesium; Polycystic ovary syndrome

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