

عنوان مقاله:

EFFECTS OF SYNBIOTIC SUPPLEMENTATION WITH EDUCATING LOW-CALORIE DIET ON METABOLIC SYNDROME IN PATIENTS WITH METABOLIC SYNDROME

محل انتشار:

سومین کنگره بین المللی و پانزدهمین کنگره تغذیه ایران (سال: 1397)

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خلاصه مقاله:

Background and Aim: Obesity and metabolic disorders have ever-increasing rate in adult population and impose a great amount of financial expenses on health systems worldwide. The present study was conducted to determine effects of synbiotic supplementation with educating low-calorie diet on metabolic syndrome (MetS) components in individuals with MetS. **Methods:** 108 subjects aged 25-65 year with MetS participated in this double-blind randomized clinical controlled trial. Subjects in Synbiotic group (n=52) were received 1000mg/day synbiotic supplement (Familact®, Zist Takhmir) and those in Placebo group were consumed the same amount of standard placebo capsules for 12 weeks. All the participant were taught how to follow a healthy, low-calorie diet. **Results:** Outcomes of this trial exhibited a significant decrease in serum FBS (P=0.007) and Total Cholesterol (TC) (P=0.04) between two groups after the intervention. TC concentration (P=0.007) also were declined in Synbiotic group compared to baseline. Serum triglycerides (TG) and systolic blood pressure (SBP) decrement inclined to be significant in both Synbiotic (P=0.001, P=0.03) and Placebo (P<0.001, P<0.001) groups, respectively. A moderate improvement of low-density lipoprotein cholesterol (LDL-C), high-density lipoprotein cholesterol (HDL-C) and diastolic blood pressure (DBP) in both groups were observed. Waist circumference (WC) significantly attenuated in both groups (P<0.001), as well. **Conclusion:** Outcomes of this study suggests that synbiotic supplementation with low-calorie diet can be effective in improving FBS, TG and TC concentration, and alleviating HDL-C serum level, WC and BP. Therefore, the combination of this two interventions can result in a more efficient management of MetS indices.

کلمات کلیدی:

Metabolic Syndrome; Glycaemia; Lipid Profile; Low-Calorie Diet

لینک ثابت مقاله در پایگاه سیویلیکا:

