

## عنوان مقاله:

ALPHA-LIPOIC ACID (ALA) SUPPLEMENTATION EFFECT ON CARDIO-METABOLIC PARAMETERS: RESULTS FROM A META-ANALYSIS OF RANDOMIZED CONTROLLED TRIALS

## محل انتشار:

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

تعداد صفحات اصل مقاله: 1

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## خلاصه مقاله:

**Background and Aim:** Several randomized clinical trials (RCTs) have investigated the effect of Alpha - Lipoic Acid (ALA) supplementation on cardio-metabolic parameters. However, the results were conflicting. Therefore, a meta-analysis, including randomized controlled trials (RCTs), was performed to assess the effect of ALA on some cardio metabolic parameters in adults with cardiovascular risk factors. **Methods:** A comprehensive, systematic literature search was done up to May 2018. From the eligible trials, 41 articles were selected for the meta-analysis. Two reviewers independently assessed the risk of bias and extracted data from included studies. Meta-analyses using random-effects model were used to analyze the data. **Results:** The result showed significant effect of ALA on FBS (WMD = - 6.57, 95% CI: -11.91 to -1.23, P = 0.016), HbA1C (WMD= -0.35, 95% CI: -0.55 to -0.15, P= 0.004), TNF- $\alpha$  (WMD = - 1.57, 95% CI: - 2.29 to - 0.85, P <0.05), IL-6 levels (WMD = - 1.15, 95% CI: -1.58 to - 0.72, P<0.001 and CRP (WMD = - 0.31, 95% CI: -0.47 to -0.16, P > 0.001) . No effect of ALA was detected in HOMA-IR and insulin. **Conclusion:** Alpha-lipoic acid treatment showed beneficial effects on some cardio- metabolic parameters. Further research is needed to examine the effect of different doses and the long-term benefits of ALA on the cardio-metabolic parameters

## کلمات کلیدی:

Alpha-Lipoic Acid, glycemic profile, chronic inflammation, cardiovascular disease, meta- analysis

## لینک ثابت مقاله در پایگاه سیویلیکا:

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