

# A Study on Soy-Based Food Supplements as Medical Nutraceutical Therapy In Reversing Lipid Abnormalities

Sison Jorge, MD, Aragon Jimmy, MD, Maliwat Raquel MD,  
Yape Myrna, MD

Medical Center Manila, Makati Medical Center, Medical City  
Philippines

# INTRODUCTION

Cardiovascular diseases rank number one in causing death globally.

Lipid abnormalities like high cholesterol, triglycerides, LDL (“bad cholesterol”) and HDL (“good cholesterol”) are major risk factors for cardiovascular disease.

Soy and fibers have been proven to improve lipid abnormalities and therefore, benefit health

# AIM

To determine the efficacy and safety of soy-based oral food supplements Reliv Now<sup>®</sup> and FibRestore<sup>®</sup> in the management of lipid abnormalities.

# **STUDY DESIGN**

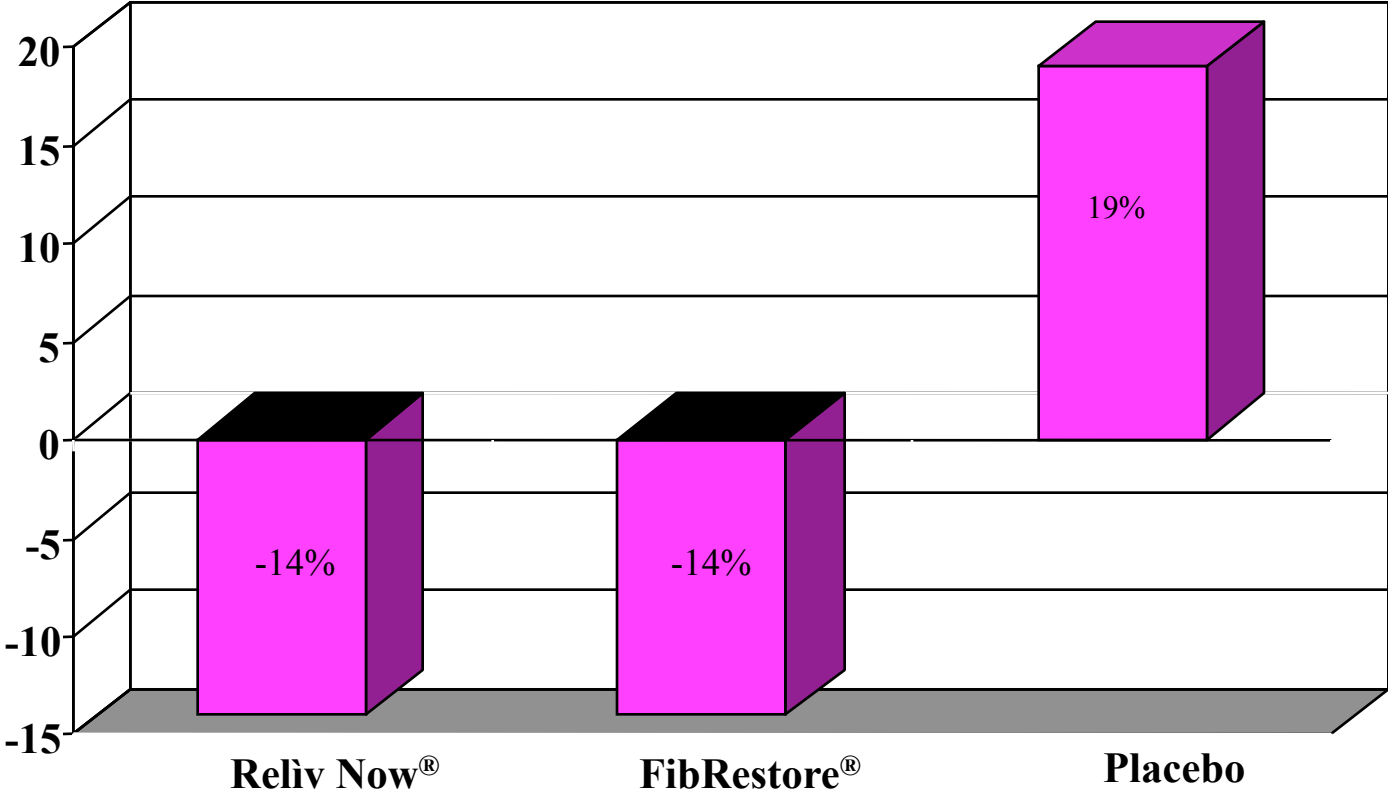
60-day multi-center, prospective, randomized, double-blind, placebo-controlled trial on soy-based food supplements

# **INCLUSION**

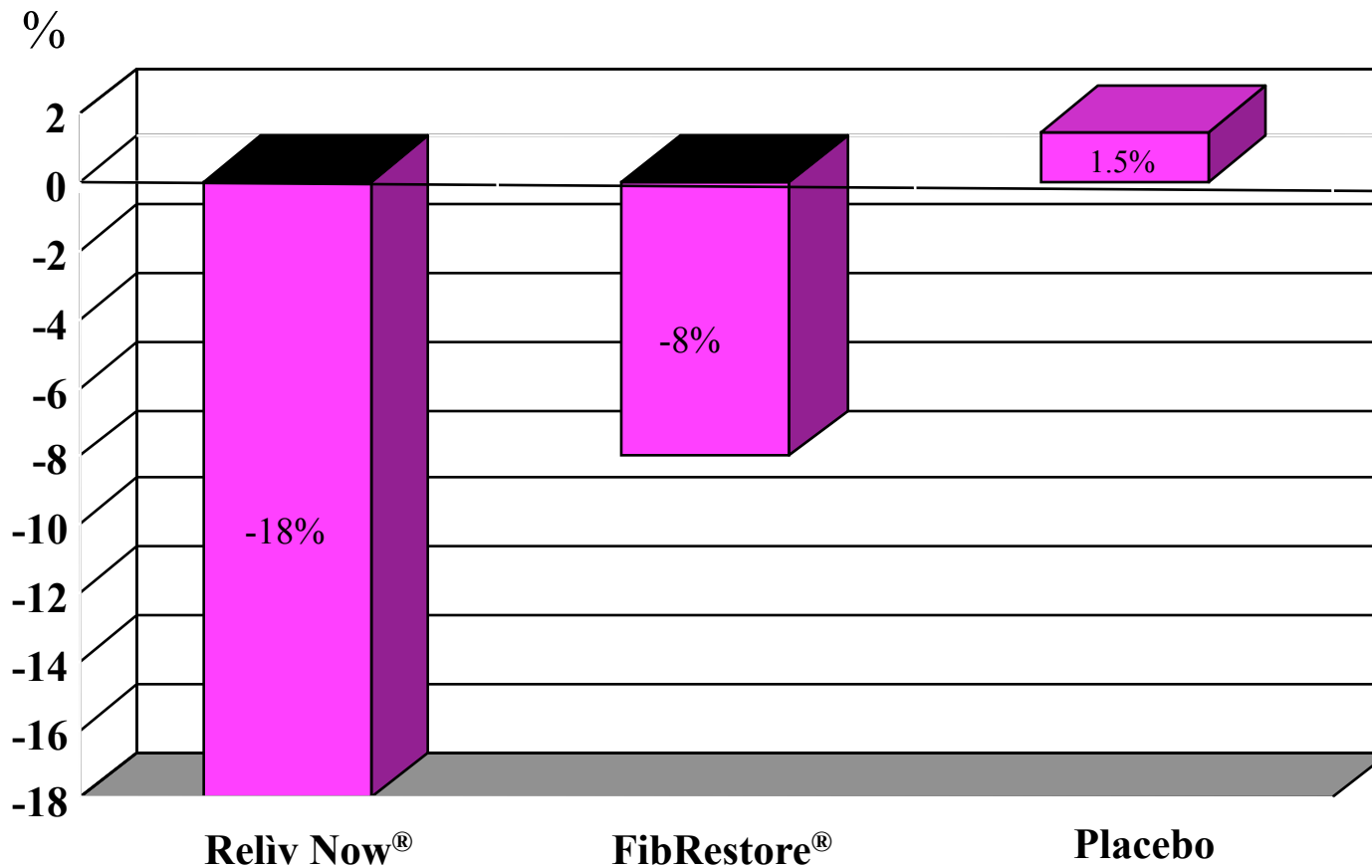
Adult patients ( $\geq 18$  years old) with lipid abnormalities which may be any of the following: high cholesterol, triglycerides, LDL

# RESULTS

**Decrease in average cholesterol level after 60 days was seen only in Reliv Now® & FibRestore®**

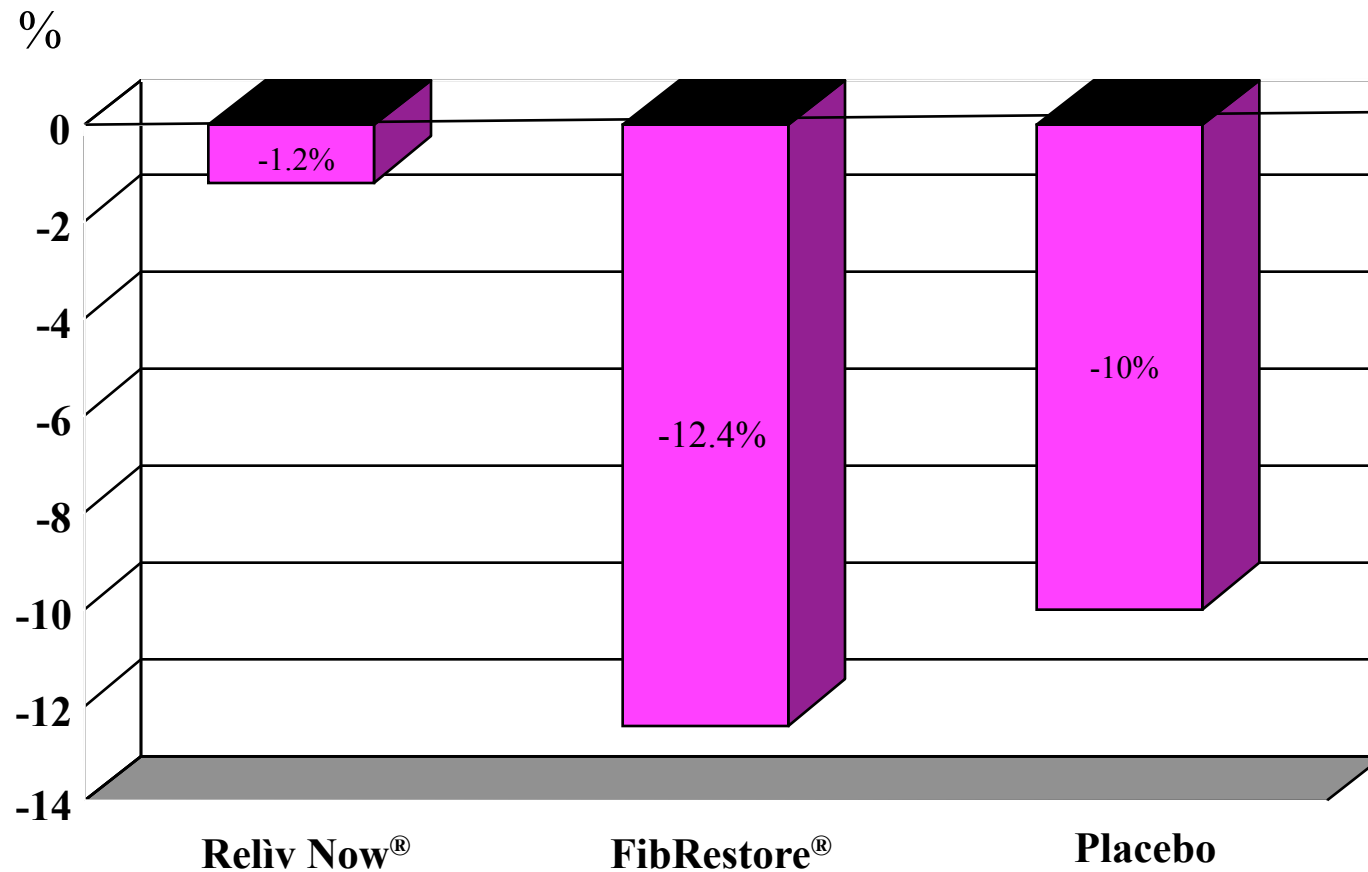


Decrease in LDL level after 60 days was seen only in **Reliv Now®** & **FibRestore®**

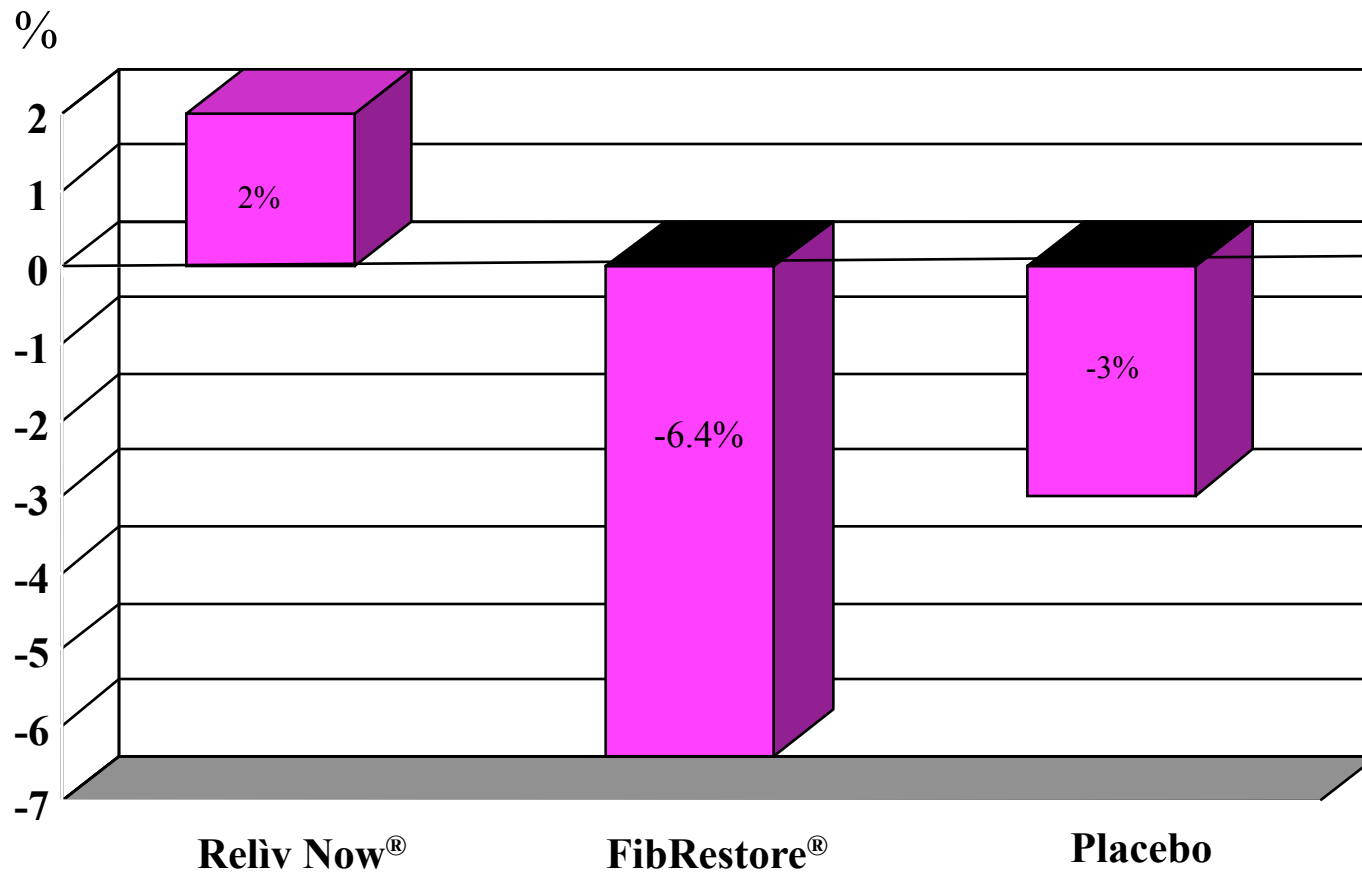




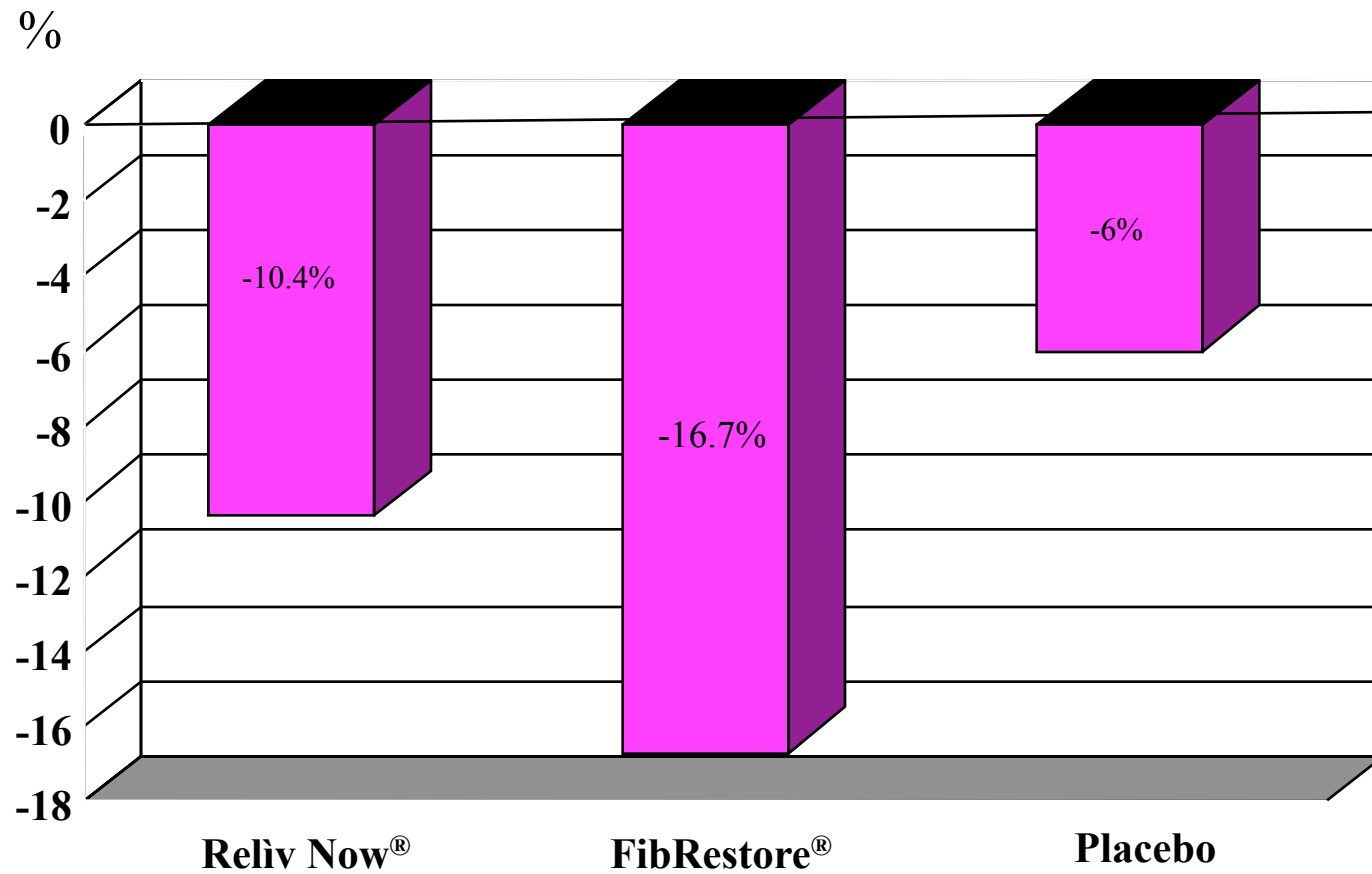
# Triglyceride level was reduced by FibRestore® after 60 days



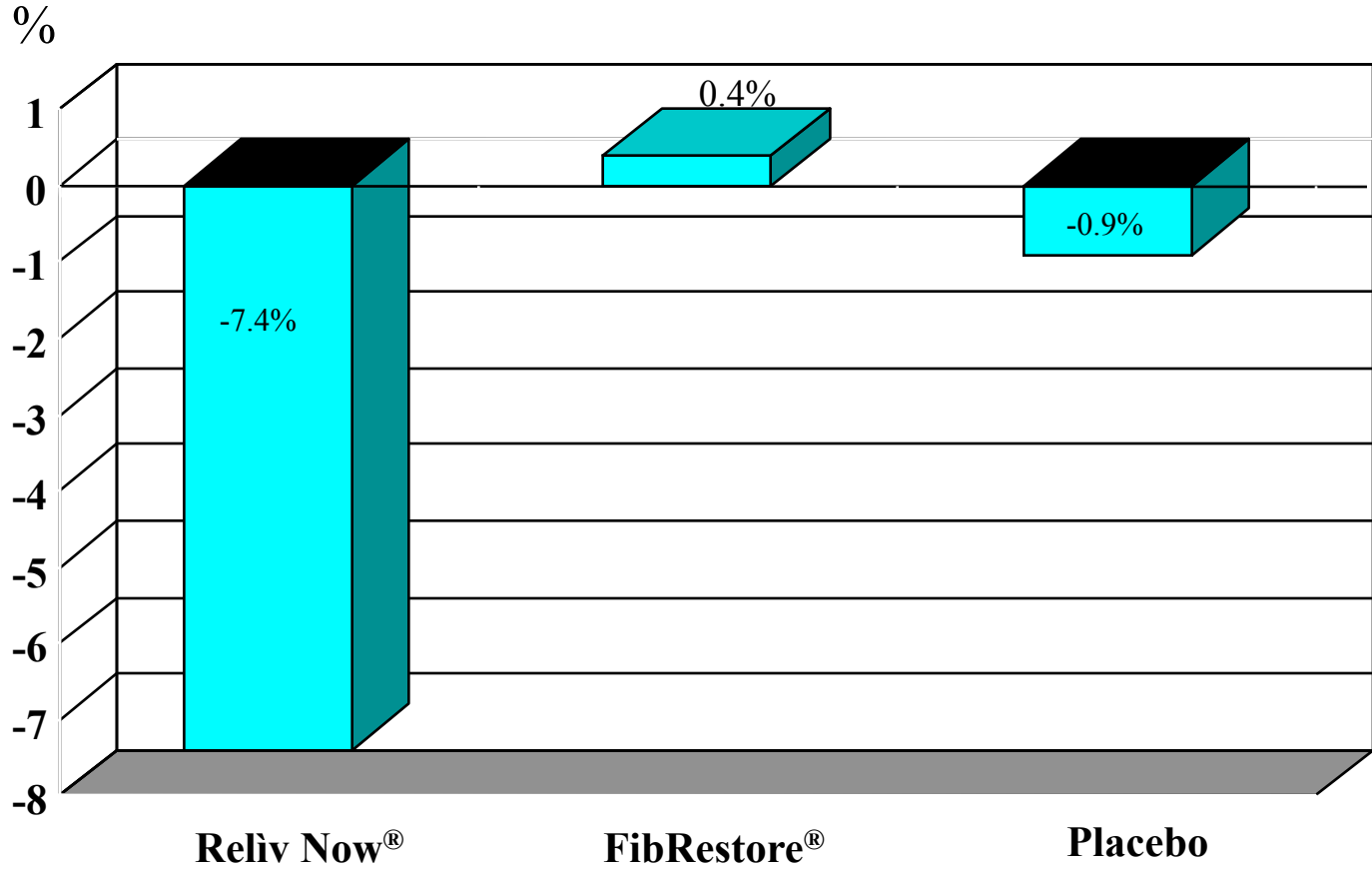
# FibRestore® had greater reduction in fasting plasma glucose level after 60 days



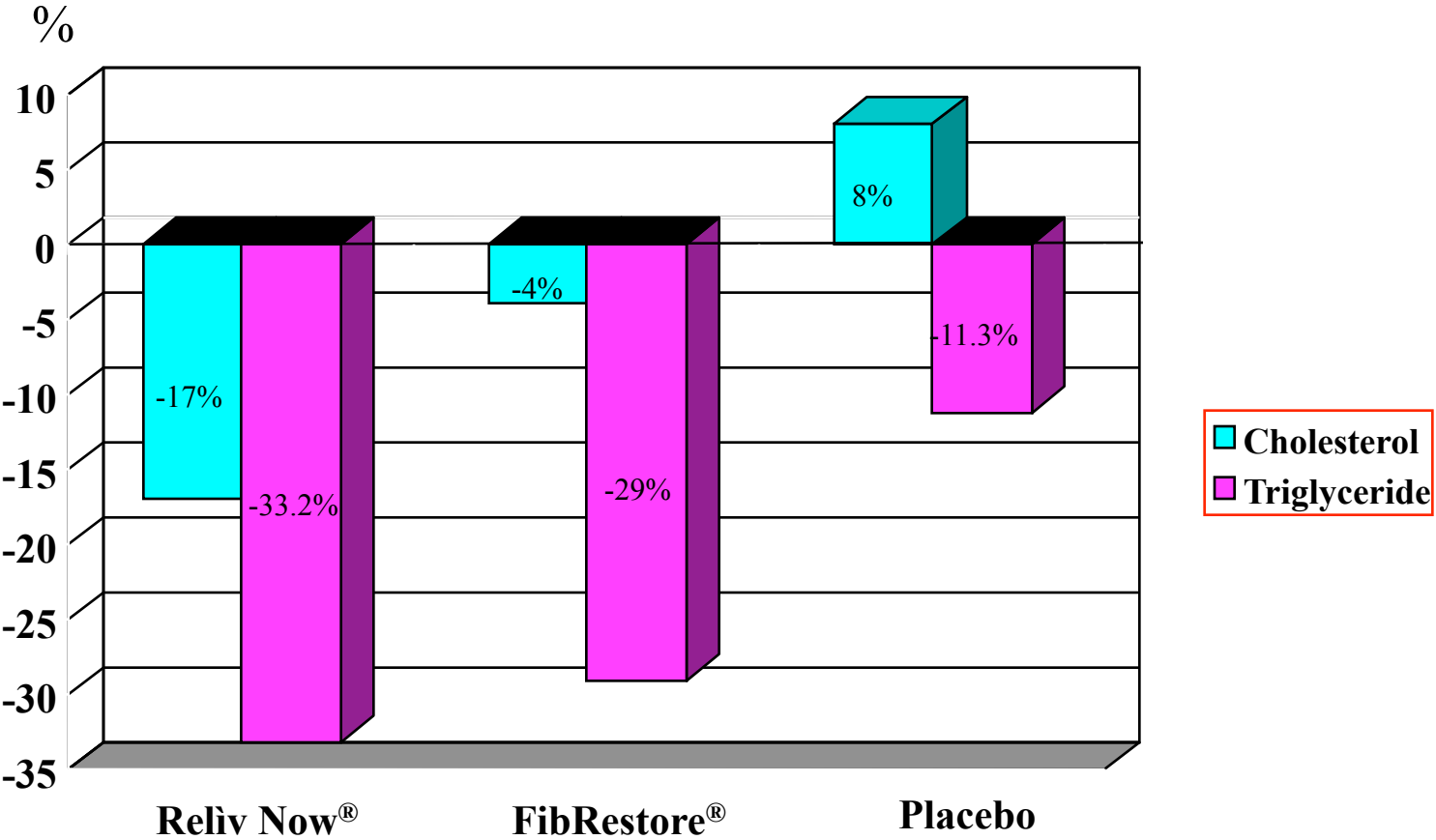
# Reliv Now® & FibRestore® showed reduction in blood uric acid levels after 60 days



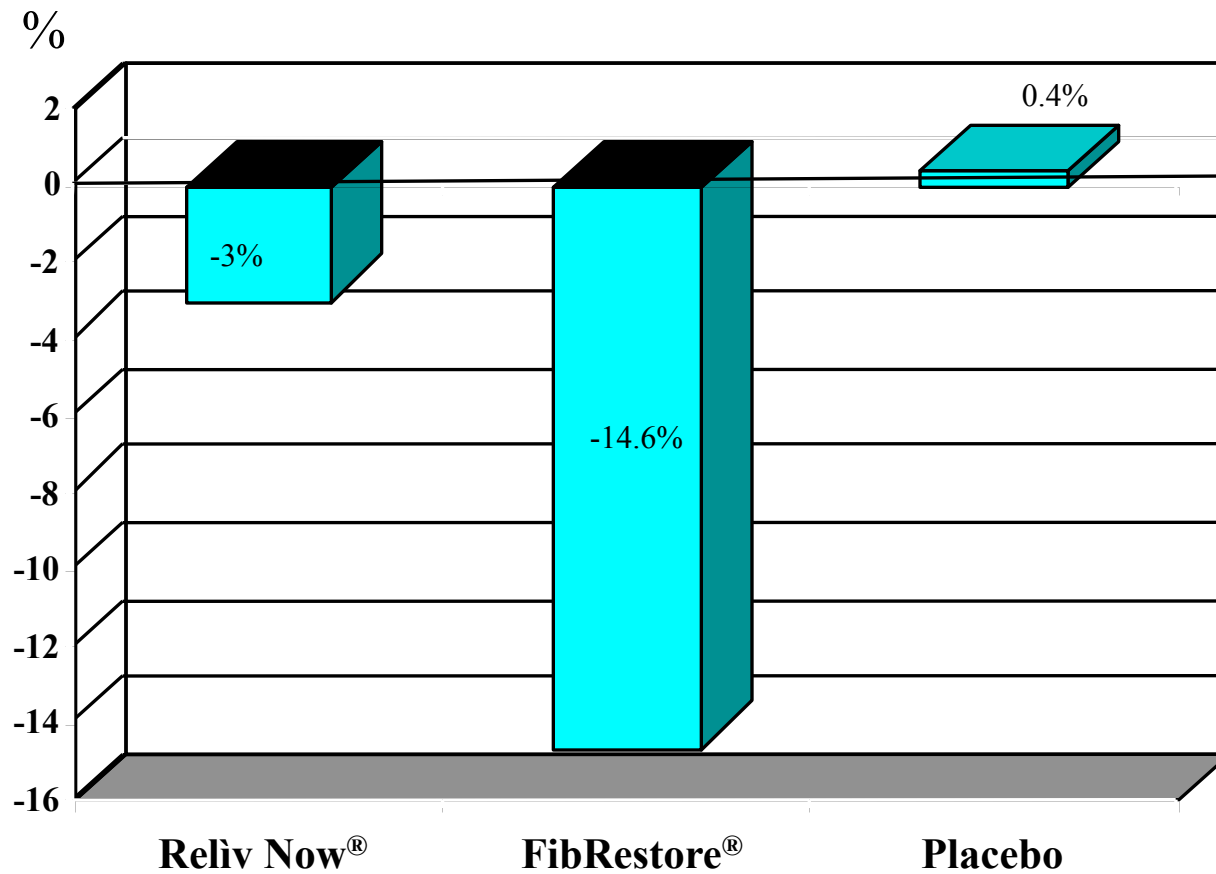
# Changes in average weight after 60 days



# Reliv Now® & FibRestore® showed greater reduction in cholesterol and triglycerides among diabetic subjects



# Reliv Now® & FibRestore® showed greater reduction in cholesterol among overweight subjects



# SUMMARY

Reliv Now<sup>®</sup> and FibRestore<sup>®</sup>:

Reduced average **cholesterol** by 14%

Reduced average **LDL** by 18% and 8%, respectively

Reduced average **triglycerides** by 1.2% and 12.4%, respectively

Reduced average **uric acid** by 10.4% and 16.7%, respectively

Greater **reduction** in **cholesterol** and **triglycerides** among **diabetic** or **overweight** individuals

# CONCLUSION

This study proved that Reliv<sup>®</sup> Now and FibRestore<sup>®</sup> are effective food supplements in correcting lipid abnormalities and hence, may help in lowering the risk for cardiovascular disease.