

10<sup>th</sup> International Conference and Exhibition on

# Obesity & Weight Management

December 08-10, 2016 Dallas, USA

## Standardized and patented lycored nutrient complex™ supports cardiovascular health: A randomized placebo controlled trial

Karin Hermoni<sup>1</sup>, Irit Shefer<sup>2</sup>, Golan Raz<sup>1</sup> and Tamara Sofi<sup>1</sup><sup>1</sup>Lycored, USA<sup>2</sup>Lycored, Israel

Obesity is associated with chronic low grade inflammation and oxidative stress as well as increased risk for cardiovascular risk. The effects of tomato carotenoids on parameters related to cardiovascular health such as blood pressure, endothelial function, inflammation and oxidative stress have been the subject of on-going research. More specifically serum carotenoid levels are increasingly studied as highly predictive markers for oxidized LDL, now considered the most dangerous form of cholesterol. The objective of this clinical study was to investigate the effects of standardized and patented Lycored Nutrient Complex (LNC) for heart on post-prandial lipid and sugar profiles. Consumption of a fat containing meal causes stress reactions that include a transient rise in triglycerides as well as an elevation in glucose and insulin levels. Oxidative stress related to fat consumption has been suggested as a major contributor in the pathogenesis of atherosclerosis along with other chronic disease states such as diabetes and obesity. One mechanism is the increased oxidation of LDL cholesterol, which promotes plaque formation and increases cardiovascular risk. In this study, 150 healthy men and women were supplemented for 2 weeks with LNC or placebo. At the end of the supplementation period subjects consumed a fat containing meal and parameters related to lipid and sugar profiles as well as oxidized LDL levels were evaluated. Subjects who consumed LNC had significantly reduced levels of oxidized LDL compared to the placebo group. Moreover, insulin levels were reduced following supplementation. A beneficial trend was also observed for post-meal glucose levels. This study suggests carotenoids, and in particular LNC, has a favorable effect on cardiovascular health and management of fat consumption induced oxidative stress. This protective effect is extremely relevant for subjects who are at increased cardiovascular risk such as those struggling with obesity and weight management.

### Biography

Karin Hermoni is the Lycored Nutrient Complex™ category Manager at Lycored. She holds a PhD degree in Biochemistry from Ben Gurion University in Israel. Her research has focused on the effects of phytonutrients and specifically tomato carotenoids on various aspects of human health. She has published numerous papers and written many articles for the public on carotenoids, many of which are available online.

Karin.Hermoni@lycored.com

### Notes: