

# A NEW FIBER DRINK CAN SERVE AS AN ADJUNCT THERAPY TO STATIN MEDICATION IN MILD HYPERCHOLESTEROLEMIA

Vincent Duenas, M.D.<sup>a</sup>; Julie Duenas<sup>a</sup>; Evelyn Burke<sup>a</sup>; Peter J.E. Verdegem, Ph.D.<sup>b</sup>

## Introduction

- There is an increasing demand for natural treatment options to lower cholesterol, and HDL raising strategies alongside statins.
- BiosLife combines 4 unique mechanisms to improve lipids: viscous soluble fiber, phytosterols, policosanol, and chrysanthemum.

## Objectives

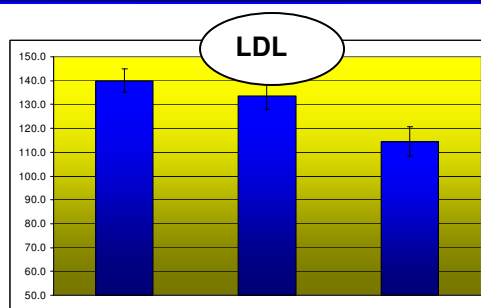
- To study the lipid lowering potential of Bios Life in statin users that have not reached goal.

## Study design

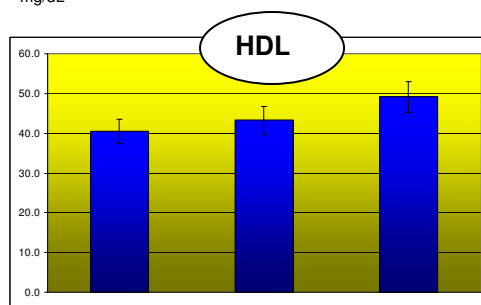
- Open label study with 11 subjects (2 male, 9 female) with average age  $54.9 \pm 2.5$  years, and with LDL values  $> 110$  mg/dL.
- Subjects took 13 – 19.5 grams of Bios Life, in 6.5 grams portions 10 minutes prior the meal, and statins.
- Two last LDL levels no more than 10% apart.
- Baseline and follow-up (6 weeks) measurements of TC, LDL, HDL, and risk ratio. Safety: liver panel
- Statistical analysis with paired Student's T-test.

## Results

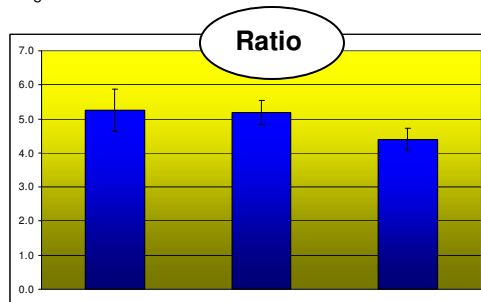
Parameter	Group	t=pre -BL± SEM	t=0 ± SEM	t=6 ± SEM	%Δ	p-value
TC	>200	232	229	211	-8.1	n.s.
TC (resp, 82%)	>200	225	228	199	-12.8	<0.001
LDL	>130	146	150	118	-21.1	<0.05
LDL (resp, 83%)	>130	145	151	108	-28.4	<0.001
HDL	<40	35	34	42	+23.2	<0.05
HDL (resp, 88%)	<40	36	34	43	+26.3	<0.05
Risk ratio		5.3	5.2	4.4	-15.2	<0.01
Risk ratio (resp, 85%)		5.0	5.4	4.3	-18.9	<0.001



mg/dL



mg/dL



Pre- BL 6 wk

Mean ± SEM



## Discussion

- Four synergistic mechanisms lower lipids effectively.
- Large response rate to intervention.
- Clinically significant reduction in LDL, and raise in HDL.
- Effects found on top of already realized lipid lowering due to statin use.
- No elevated liver enzymes.

## Conclusion

- **BiosLife, a new patented drink that lowers cholesterol in 4 distinct ways, can be used as adjunct therapy to statin use, providing an additional LDL reduction combined with a substantial HDL increase.**

## References

- Sprecher, *et al*, Metabolism (2002), 51, 1166.

<sup>a</sup>The Doctors' Clinic,  
Tamuning, Guam

<sup>b</sup>Unicity International, Orem,  
Utah

[www.unicity.net](http://www.unicity.net)

