

SUMMARY:

LOW-FAT DIET FOLLOWED BY PSYLLIUM (ISPAGHULA HUSK) TREATMENT

163 men and women – 105 completed – duration of study 16 weeks
The cholesterol level was more than 5.7 mmol/L in all patients.
Patients were divided into 4 groups, assigned each their product.

- 8 weeks with low-fat diet (cholesterol level was lowered).
- Followed by 8 weeks of supplement with:
 - Ispaghula Husk - 10.2 gram daily
 - Methylcellulose - dosage according to instruction from manufacturer
 - Calcium - dosage according to instruction from manufacturer
 - Cellulose placebo - dosage according to instruction from manufacturer

Result:

After 8 weeks of treatment the cholesterol level was lowered even further (compared to placebo group):

	LDL	Total cholesterol
• Ispaghula Husk	- 8.8 %	- 4.3 %
• Methylcellulose	- 3.2 %	- 1.4 %
• Calcium	+ 8.7 %	+ 5.9 %

There was no significant change in HDL-cholesterol.

Conclusion:

Psyllium has a significant effect on the cholesterol level.
Methylcellulose and Calcium has little or no positive effect.

Studie: "Hypocholesterolemic Effects of Different Bulk-Forming Hydrophilic Fibres as Adjuncts to Dietary Therapy in Mild to Moderate Hypercholesterolemia"
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