

BiosLife Complete, a new viscous soluble fiber drink improves lipid profiles in mild hypercholesterolemia

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Introduction: There is increasing interest in natural, non-pharmaceutical, intervention therapies for altering the lipid profile in hypercholesterolemia. This study investigates the efficacy of a novel fiber drink (BiosLife Complete) as a first line treatment for mild hypercholesterolemia.

Methods: A group of 25 subjects with optimal to mildly elevated LDL-c levels added the fiber drink to their diet. The drink was taken at least twice daily 15-20 minutes before meals. The lipid panel was measured at baseline and 4 and 8 weeks. The fiber drink consists of viscous soluble fiber, minerals, vitamins, policosanol, phytosterols, and an aqueous *Chrysanthemum morifolium* extract.

Results:

Parameter	Inclusion criteria at BL (mg/dL)	B.L. (mg/dL)	t=8 weeks (mg/dL)	Δ %	p-value
TC	All	214	196	-8.2	0.011
TC	>200	237	211	-10.7	0.007
LDL-c	All	131	111	-4.8	0.0037
LDL-c	>130	168	127	-24.5	0.0001
LDL-c	>160	182	127	-30.6	0.000001
HDL-c	All	48	52	+8.3	0.037
HDL-c	<40	32	37	+12.0	n.s.
HDL-c (responders)	<40	32	42	+28.6	0.017
Risk ratio	All	4.89	4.14	-5.3	0.017
Risk ratio	>5.00	6.51	5.04	-24.2	0.026

Discussion: BiosLife Complete, a new fiber drink that combines ingredients that are known to lower cholesterol through 4 different mechanisms is very effective in lowering LDL-c, and increasing HDL-c. The TC levels have not changed dramatically, mainly due to the significant increase in HDL-c. Compared to statin medication, this product has similar efficacy in reducing LDL-c, but has a much better effect on HDL-c.

Conclusion: BiosLife Complete offers an effective alternative for patients with mild hypercholesterolemia, that can't or won't take statin medication.