Effect of nutraceuticals on TC levels
Treatment
MD
95%-CI
Bergamot -1.75 [-2.14; -1.35]
Policosanols_cuba -1.05 [-1.23; -0.87]
Red yeast rice -0.98 [-1.14; -0.83]
Berberine -0.58 [-0.78; -0.38]
Artichoke -0.46 [-0.68; -0.24]
Silymarin -0.42 [-0.77; -0.07]
Plant sterols -0.33 [-0.61; -0.06]
Spirulina -0.30 [-0.54; -0.06]
Garlic -0.24 [-0.38; -0.11]
Green tea -0.18 [-0.32; -0.04]
Silymarin -0.06 [-0.77; 0.65]
Control 0.00
Policosanols 0.08 [-0.27; 0.44]
-2
-1
0
1
2