Effect of nutraceuticals
on HDL-c levels
Treatment
MD
95%-CI
Policosanols_cuba 0.16 [ 0.12; 0.21]
Bergamot 0.16 [ 0.07; 0.25]
Berberine 0.09 [ 0.04; 0.14]
Red yeast rice 0.08 [ 0.04; 0.12]
Silymarin 0.04 [-0.04; 0.13]
Plant sterols 0.04 [-0.03; 0.11]
Garlic 0.03 [ 0.00; 0.07]
Green tea 0.03 [ 0.00; 0.07]
Spirulina 0.03 [-0.03; 0.09]
Policosanols 0.02 [-0.07; 0.11]
Silymarin -0.02 [-0.18; 0.14]
Artichoke -0.00 [-0.06; 0.05]
Control 0.00
-0.2
-0.1
0
0.1
0.2