Effect of nutraceuticals
on LDL-c levels
Treatment
MD
95%-CI
Bergamot -1.21 [-1.48; -0.95]
Policosanols_cuba -1.10 [-1.23; -0.97]
Red yeast rice -0.94 [-1.06; -0.81]
Artichoke -0.39 [-0.54; -0.24]
Berberine -0.34 [-0.49; -0.19]
Plant sterols -0.29 [-0.47; -0.11]
Silymarin -0.29 [-0.54; -0.03]
Spirulina -0.24 [-0.41; -0.07]
Garlic -0.21 [-0.31; -0.12]
Green tea -0.17 [-0.28; -0.07]
Silymarin 0.03 [-0.47; 0.53]
Policosanols -0.02 [-0.26; 0.23]
Control 0.00
-1
-0.5
0
0.5
1