Effect of nutraceuticals on TG levels
Treatment
MD
95%-CI
Bergamot -0.93 [-1.14; -0.71]
Silymarin -0.38 [-0.60; -0.16]
Red yeast rice -0.30 [-0.40; -0.20]
Berberine -0.25 [-0.39; -0.12]
Policosanols_cuba -0.23 [-0.35; -0.12]
Spirulina -0.19 [-0.33; -0.05]
Artichoke -0.19 [-0.32; -0.06]
Garlic -0.14 [-0.22; -0.06]
Plant sterols -0.11 [-0.28; 0.06]
Silymarin -0.05 [-0.44; 0.34]
Green tea -0.06 [-0.15; 0.02]
Policosanols 0.03 [-0.18; 0.25]
Control 0.00
-1
-0.5
0
0.5
1