

## Cholesterol studies (human) with Spirulina synopsis

In one study 15 male volunteers took 4.2 grams of Spirulina per day showed a statistically significant reduction of LDL (bad cholesterol) with no significant change in HDL (good cholesterol). Researchers also measured a significant decrease in the atherogenic effect, a measure of fat deposition in arteries.

Citation: Cholesterol lowering effect of *Spirulina*. Nakaha, N, Y. Homa, Y. Goto. Nutr. Rep Int. 1988;37:1329-1337

In a second study of patients with ischemic heart disease, Spirulina significantly lowered a host of indicators of cardiovascular trouble: blood cholesterol, triglycerides, LDL and VLDL cholesterol. At the same time HDL (good) cholesterol increased. Subjects took 4 grams of Spirulina per day.

Citation: Effect of supplementatation of Spirulina on hypercholesterolemic patients. J Food Sci Technol. 1996;33:124-128.