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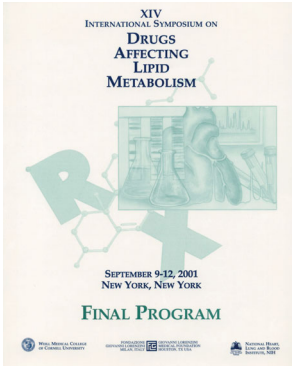

LDL-cholesterol and C-reactive protein is influenced by Rose-hip, a randomized, double blind, placebo controlled trial.

E. Rein and K. Winther. Institute of Clinical Research, Kolding, Department of Clinical Chemistry, Copenhagen County Hospital in Gentofte, University of Copenhagen, Denmark.

In vitro studies indicate that Rose-hip (Rosa-canina) can lower the oxidation of LDL-cholesterol.
This study aimed to test if 5 grams daily of Hyben Vital, a highly standardized powder, made from shells and seeds of Rose-hip, can lower LDL-cholesterol and C-reactive protein (CRP).
Middle aged volunteers (n=59) were tested before and after three month of Hyben Vital or placebo treatment. Then the group initially receiving Hyben Vital was changed to placebo and vice versa for a final three month treatment period. Cholesterol fractions and CRP (detection limit 4.0 mg/L) were measured with a Hitachi, using reagents from Roshe and Orion, respectively.
Hyben Vital treatment resulted in a borderline significant decline in LDL-cholesterol, $p<0.060$ (Wilcoxon) when compared to pre-treatment levels. As carry-ower was observed, LDL-cholesterol was also evaluated in a parallel design: 3 month of HybenVital treatment (n=30) vs 3 month of placebo treatment (n=29). This resulted in a decline in LDL-cholesterol of 5 % in favor of HybenVital, $p<0.05$ (Mann-Whitney). No change was observed in HDL-cholesterol. CRP was detectable in 24 volunteers. The pre-treatment level 10.3 +/-10.2 declined to 7.8 +/- 7.9 mg/L during Hyben Vital treatment, $p<0.002$ (Wilcoxon) and returned to pre-treatment level 1O.8 +/-15.8 during placebo.
Conclusion: the present data suggest that Hyben Vital can lower LDL-cholesterol and C-reactive protein. □