

EFFECT OF ESSENTIAL PHOSPHOLIPIDS SUPPLEMENTATION IN NORMALIZATION OF THE
LOW DENSITY LIPOPROTEINS METABOLISM

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Background: Low Density Lipoproteins (LDL) is a "bad cholesterol" that may be a potential cause of the high risk of stroke. Objective: To assess the effect of essential phospholipids (EP) supplementation in preventing the high level of LDL. Methods: Were observed 44 patients with high level of LDL in blood test, rates were higher than 130 mg/dl (3,3 mmol/l). 22 of them received 300 mg of EP twice a day after the meal. The observation was in period of 3 months. During this period of time were provided LDL blood test every 15 days for all 44 patients. Results: First group of 22 patients who didn't receive EP supplementation showed the same position of LDL level with slightly fluctuation in blood test less than 4% in compare with initial results. The second group of patients who received daily EP supplementation showed the decreasing of LDL level in blood test more than 6% every 15 days. 9 of 22 patients showed more than 10% decreasing every 15 days during the first month and more than 6% during the second and third months. Conclusion: EP is an effective component for decreasing and stabilization of "bad cholesterol" blood level and may be used for the prevention stroke and other cholesterol caused damage.

