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Effect of a grape phenolic concentrate on plasma cholesterol levels in humans

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Abstract

Cardiovascular diseases (CVD) continue to be a leading cause of morbidity and mortality among adults in Western countries. Several studies has pointed that grape compounds as red wine or grape concentrate, rich in polyphenols, has possible antioxidant effect leading to decrease of cellular events of atherosclerosis and reduction of cardiovascular risks. This paper proposes an investigation of the effects of a 28 days diet of 70 mg dialy of a a grape juice concentrate rich in anthocyanidins, the G8000, on total cholesterol and its fractions, LDL, VLDL and HDL, and triglycerides, in plasma measures in normal human subjects. The results showed decreased levels of plasma LDL measures, and increased levels of HDL. There are no differences for the other measures. The results suggest that the G8000 can be considered as a tool to decrease cardiovascular diseases risks.

Biography

Rogerio Correa Peres has completed his Ph.D at the age of 30 years from Universidade Federal de São Paulo – UNIFESP and he is finishing his postdoctoral studies from Universidade Federal de São Paulo –UNIFESP. He is the Physiology Professor of Universidade Monte Serrat – UNIMONTE and Catholic University of Santos - UNISANTOS. He has published 5 papers in reputed journals and 1 book chapter, serving as reviewer from more than 6 journals.