

Record #1 of 7
ID: CN-00194184
AU: Wang J
AU: Lu Z
AU: Chi J
AU: Wang W
AU: Su M
AU: Kou W
AU: Yu P
AU: Yu L
AU: Chen L
AU: Zhu J-S
AU: Chang J

TI: Multicenter clinical trial of the serum lipid-lowering effects of a *Monascus purpureus* (red yeast) rice preparation from traditional Chinese medicine

SO: Current Therapeutic Research - Clinical and Experimental

YR: 1997

VL: 58

NO: 12

PG: 964-978

XR: EMBASE 1998041151

KY: Chinese Drug --Adverse Drug Reaction --Ae/ Chinese Drug --Clinical Trial --Ct/ Chinese Drug --Drug Therapy --Dt/ Chinese Herb --Clinical Trial --Ct/ Chinese Herb --Drug Therapy --Dt/ Low Density Lipoprotein Cholesterol --Endogenous Compound --Ec/ High Density Lipoprotein Cholesterol --Endogenous Compound --Ec/ Cholesterol --Endogenous Compound --Ec/ Unclassified Drug/ Hyperlipidemia --Drug Therapy --Dt/ Traditional Medicine/ Chinese Medicine/ Cholesterol Blood Level/ Lipoprotein Blood Level/ Drug Efficacy/ Heartburn --Side Effect --Si/ Flatulence --Side Effect --Si/ Vertigo --Side Effect --Si/ Diet Supplementation/ Human/ Male/ Female/ Major Clinical Study/ Clinical Trial/ Single Blind Procedure/ Multicenter Study/ Controlled Study/ Adult/ Oral Drug Administration/ Article/ Priority Journal

CC: HS-HANDSRCH: SR-COMP MED: SR-VASC

AB: The ability of a natural product *Monascus purpureus* (red yeast) rice (cholestin3(TM)) preparation to regulate serum lipids was assessed in a multicenter, single-masked clinical trial. A total of 446 patients with hyperlipidemia were randomly assigned to two groups: a group of 324 patients received a *M. purpureus* (red yeast) rice preparation, and a positive control group of 122 patients received another Chinese herbal medicine, *Jiaogulan* (*Gynostemma pentaphylla*). After 8 weeks, serum total cholesterol decreased significantly by 22.7% and low-density lipoprotein cholesterol by 30.9% in the patients treated with a *M. purpureus* rice preparation, and patients in the positive control group showed 7.0% and 8.3% reductions, respectively. *M. purpureus* treatment also significantly increased high-density lipoprotein (HDL) cholesterol by 19.9%, which was a significantly larger increase than the 8.4% increase observed in the positive control group. Notably *M. purpureus* rice preparation significantly lowered serum triglycerides by 34.1% after 8 weeks, which was a significantly greater decrease than the reduction of 12.8% observed in the positive control group. When the overall therapeutic effects of *M. purpureus* rice were scored, with one or more lipid risk factors being reduced and HDL cholesterol being increased, according to criteria established by the Ministry of Public Health of China, 93.2% of patients in the treatment group benefited from *M. purpureus*. This total efficacy rate was significantly better than the rate of 50.8% in the positive control group. Therefore, use of *M. purpureus* rice preparation in conjunction with a proper diet produced a favorable lipid-lowering effect in hyperlipidemic patients. The patients experienced a few mild side effects (heartburn, flatulence, and dizziness) during the 8-week treatment with *M. purpureus* rice preparation. We concluded that this traditional Chinese rice preparation

used as a dietary supplement is extremely effective and well tolerated in reducing elevated serum cholesterol and triglycerides. Copyright © 2011 Elsevier B. V., Amsterdam. All Rights Reserved.

US: <http://onlinelibrary.wiley.com/o/cochrane/clcentral/articles/184/CN-00194184/frame.html>

Record #2 of 7

ID: CN-00803265

AU: Cicero AFG

AU: Benvenuti C

TI: Efficacy of a red yeast rice based nutraceutical in large subgroups of hypercholesterolemic subjects in every day clinical practice

SO: Mediterranean Journal of Nutrition and Metabolism

YR: 2010

VL: 3

NO: 3

PG: 239-46

XR: EMBASE 2010658774

KY: Adult; Aged; Article; Cholesterol Blood Level; Clinical Trial; Controlled Clinical Trial; Controlled Study; Diet Therapy; Dosage Schedule Comparison; Drug Efficacy; Evening Dosage; Female; Human; *Hypercholesterolemia; Dt [Drug Therapy]; *Hypercholesterolemia; Th [Therapy]; Ischemic Heart Disease; Pc [Prevention]; Italy; Major Clinical Study; Male; Menopause; Multicenter Study; Priority Journal; Randomized Controlled Trial; Astaxanthin; Cb [Drug Combination]; Folic Acid; Cb [Drug Combination]; High Density Lipoprotein Cholesterol; Ec [Endogenous Compound]; Low Density Lipoprotein Cholesterol; Ec [Endogenous Compound]; *Nutraceutical; Ct [Clinical Trial]; *Nutraceutical; Dt [Drug Therapy]; Policosanol; Cb [Drug Combination]; Ubidecarenone; Cb [Drug Combination]; Xuezhikang; Cb [Drug Combination]

AB: To verify the efficacy of a patented proprietary combination of nutraceuticals containing natural hypocholesterolemic and antioxidant agents as red yeast rice extract, policosanols, coenzyme Q10, astaxanthin, and folic acid in the following subgroups of hyperlipidemic subjects: fertile (F) versus menopause (M) women, adults versus elderly (>65 years), lunch versus dinner administration time. A randomised, multicenter study in 411 Italians units compared Armolipid-Rottapharm/Madaus (ARM) one tablet/day plus diet versus diet alone (D) for 16 weeks in hyperlipidemic patients [serum total cholesterol (tot-C) >200 mg/dL or LDL-cholesterol (LDL-C) >150 mg/dL at admission]. Efficacy parameters were measured at baseline and every 4 weeks. In 2,408 eligible subjects, 1,665 adults and 743 elderly, total and LDL-cholesterol were likewise reduced by ARM + D in both age classes and significantly versus D. In 1,246 cases, 302 F and 946 M, tot-C gradually and significantly decreased up to 18.7 and 16.8% in F and M treated groups versus 9% in D group. Similar reduction was observed in LDL-C. In 907 cases, the time of administration of ARM was detailed: 733 received ARM + D at dinner and 174 at lunch. Cholesterolemia improved equally in the two groups. The association of ARM with an appropriate diet is more effective than diet alone in reducing abnormal cholesterolemia, independently from age classes and administration time during the day, supporting its positive use for controlling hypercholesterolemia with a positive impact on CHD prevention in all categories of subjects. 2010 Springer-Verlag.

US: <http://onlinelibrary.wiley.com/o/cochrane/clcentral/articles/265/CN-00803265/frame.html>

Record #3 of 7

ID: CN-00791994

AU: Cui CL
AU: Zhou KY
AU: Luo M
AU: Zhai YH
AU: Qi XQ
AU: Xiao ZL
TI: Clinical study of Compound Fanghongou Capsule in treatment of 45 patients with hyperlipidemia
SO: Chinese Traditional Patent Medicine
YR: 2002
VL: 24
NO: 2
PG: 107-110
CC: SR-COMP MED
US: <http://onlinelibrary.wiley.com/o/cochrane/clcentral/articles/994/CN-00791994/frame.html>

Record #4 of 7

ID: CN-00793178
AU: Yang SS
TI: Effect of Xuezhikang Capsule on treatment of 76 cases hyperlipidemia
SO: Zhong cao yao = Chinese traditional and herbal drugs
YR: 2002
VL: 24
NO: 10
PG: 815-816
CC: SR-COMP MED
US: <http://onlinelibrary.wiley.com/o/cochrane/clcentral/articles/178/CN-00793178/frame.html>

Record #5 of 7

ID: CN-00306729
AU: Jiang ZA
AU: Xue J
AU: Zhao WJ
AU: Xiao WL
AU: Dong SM
AU: Zhou JY
TI: Clinical observation of single dose of Xue-Zhi-Kang in the treatment of hyperlipidemia.
SO: Capital Medicine
YR: 1998
VL: 5
NO: 3
PG: 38-39
CC: HS-HANDSRCH
AB: single dose; hyperlipidemia; xuezhikang
US: <http://onlinelibrary.wiley.com/o/cochrane/clcentral/articles/729/CN-00306729/frame.html>

Record #6 of 7

ID: CN-00673475
AU: Yao L
AU: Fan Y
TI: [Observation on the effective outcome of XUEZHUKANG in the treatment of diabetic nephropathy with hyperlipidemia]
SO: Journal of Qilu Nursing
YR: 2006
VL: 12
NO: 5
PG: 797-798
CC: SR-COMP MED
US: <http://onlinelibrary.wiley.com/o/cochrane/clcentral/articles/475/CN-00673475/frame.html>

Record #7 of 7

ID: CN-00794809
AU: Chen H
AU: Song Q
AU: Tan L
TI: Observation on the effect of Xuezhikang and Rosiglitazone on diabetes patients complicated with hyperlipidemia
SO: China Tropical Medicine
YR: 2007
VL: 7
NO: 2
PG: 238-239
CC: SR-COMP MED
US: <http://onlinelibrary.wiley.com/o/cochrane/clcentral/articles/809/CN-00794809/frame.html>