

## **SIGNIFICANT DECREASE IN HOMOCYSTEINE AND ox-LDL IN HEALTHY HEAVY SMOKERS AFTER NUTRACEUTICAL SUPPLEMENTATION**

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### **ABSTRACT**

Nutraceuticals may attenuate some negative effects of cigarette smoking.

We evaluated effects of two different encapsulated formulas, consisting primarily of mixed juice powder concentrate (Juice Plus+®), in a randomized placebo controlled, double-blind study on 101 heavy smokers (>20 cigarettes/d, duration  $\geq$ 10y, median age 47; 41–57 y, 63 M, mean capsule compliance 85.2%).

Smokers were divided into 3 groups: A-placebo, B-fruit/vegetable, C-fruit/vegetable/berry. Serum and erythrocyte folate (s-fol and ery-fol, respectively) and total homocysteine (tHcy) concentrations were measured before and after 3-m supplementation. In 75 (46 M) compliant (>95%) subjects, lipid panel parameters (total Cholesterol, tChol; LDL-c; oxidized-LDL, ox-LDL) were evaluated. Median values were compared (t-test for paired data); data are reported as mean delta values ( $\pm$  standard deviation).

Intervention with both nutraceutical formulations resulted in reduction in ox-LDL and tHcy compared to placebo. Support: NSA, Collierville, TN

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