Dietary Supplement
CARDIOLL

powered by cardioll

Designed by nature, developed by science

The Design Of The Study

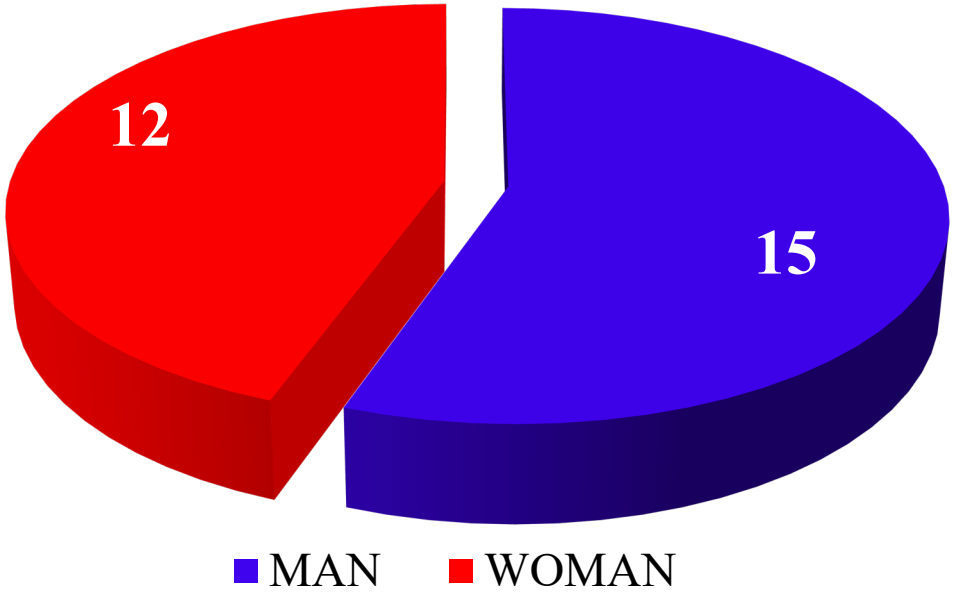
* Intervention study lasting 45 days
* 27 responders
* The study was conducted at the Medical Faculty of University of Belgrade, the Counseling Center for Nutrition
* 4 overviews (15 days each)
* It is recomended to take 2 sachet of the Cardio supplement, 15-20 minutes before lunch and dinner with plenty of water or use the supplement as a replacement for a meal
* None of the respondents used cholesterol lowering therapy
* Resoindents were instructed to continue with normal diet and physical activity as before the start of the study

Medical examinations included:

* Fulfill a questionnaire,
* Measurement of anthropometricparameters on the medical scale type InBody 720,
* Measuring the circumference of the waist and hip,
* Measurement of blood pressure,
* Informing the respondents and obtaining ther written consent to participate the study,
* At the beginning and the end of the study, blood biochemical analyzes were performed,
* (glucose, cholesterol, HDL, LDL, triglycerides, urea, creatinine, uric acid, total bilirubin,

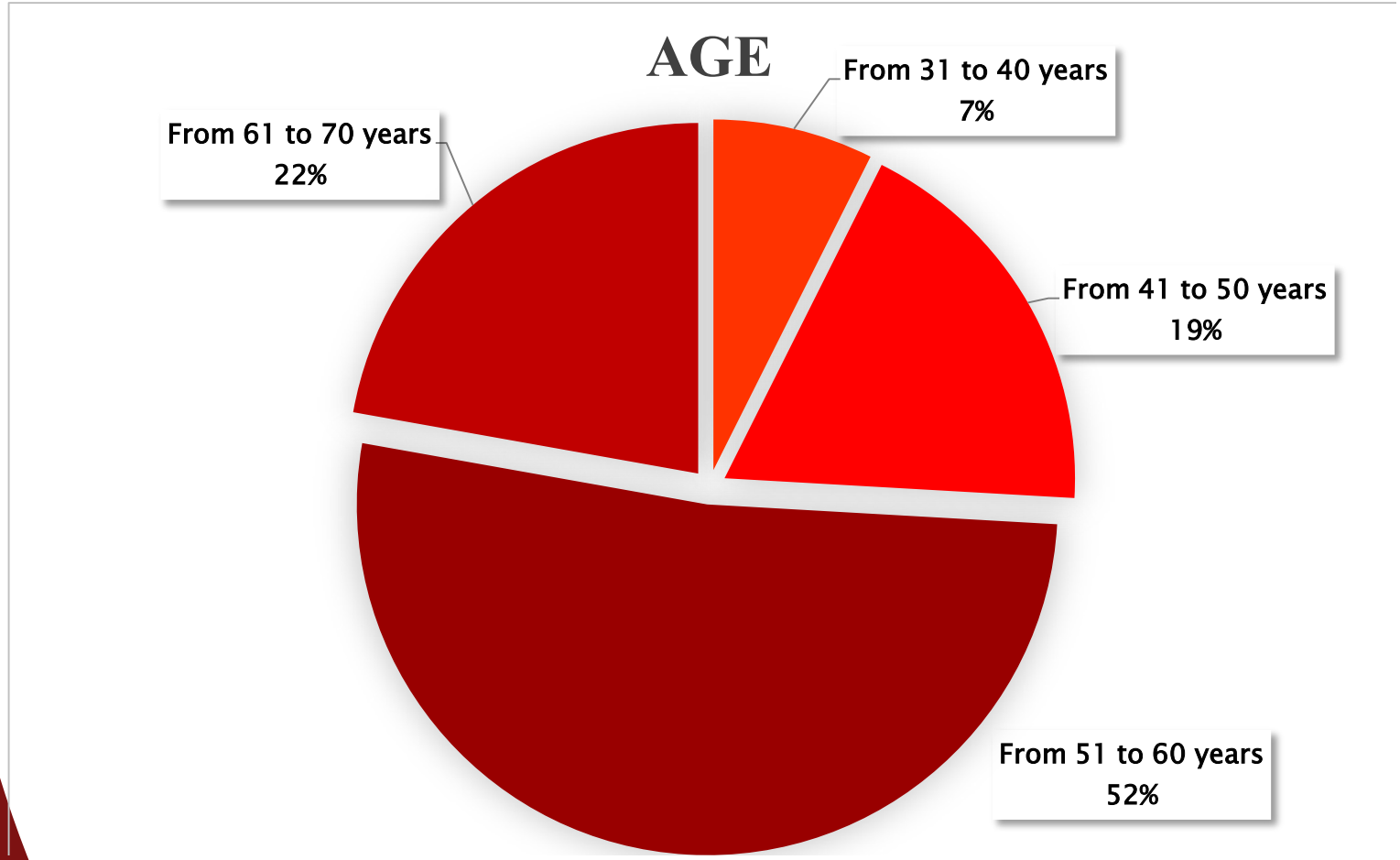
ALT, AST, gamma GT, creatine kinase)

Sample Structure: Age, Gender

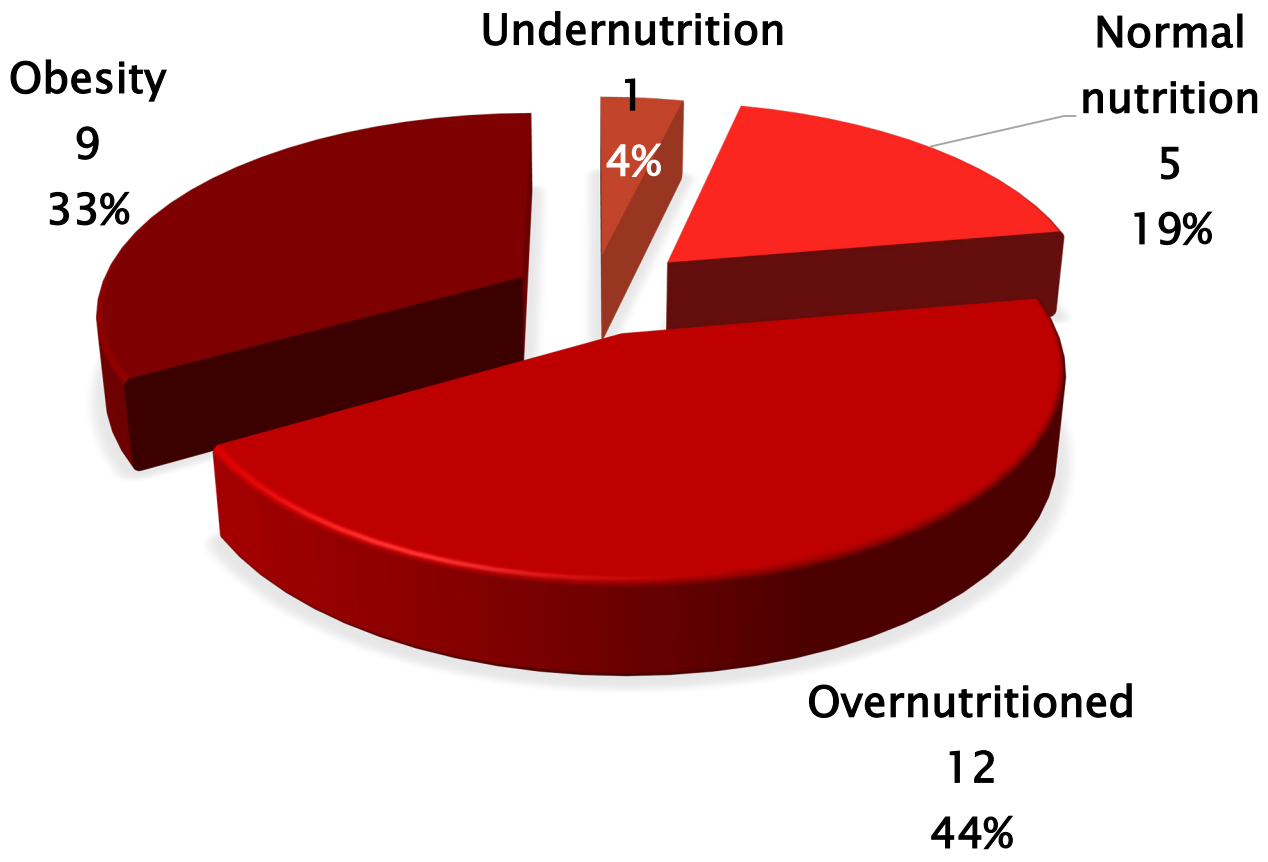


	N	Minimum	Maximum	Average
AGE (years)	27	33	63	53,67

Sample Structure: Respondents Age Groups



Nutritive status at the beginning of the study



Changing body weight during the study

Body weight (kg)	N	Minimum	Maximum	Mean	Std. Deviation	P (in the relation to the beginning)
Beginning of the study	27	52,3	131,4	84,67	18,04	
15th day	27	51,5	130,6	84,42	17,89	0,220
30th day	27	50,6	130,6	83,89	17,97	0,008
End of the study	27	50,9	131,9	83,63	18,04	0,005

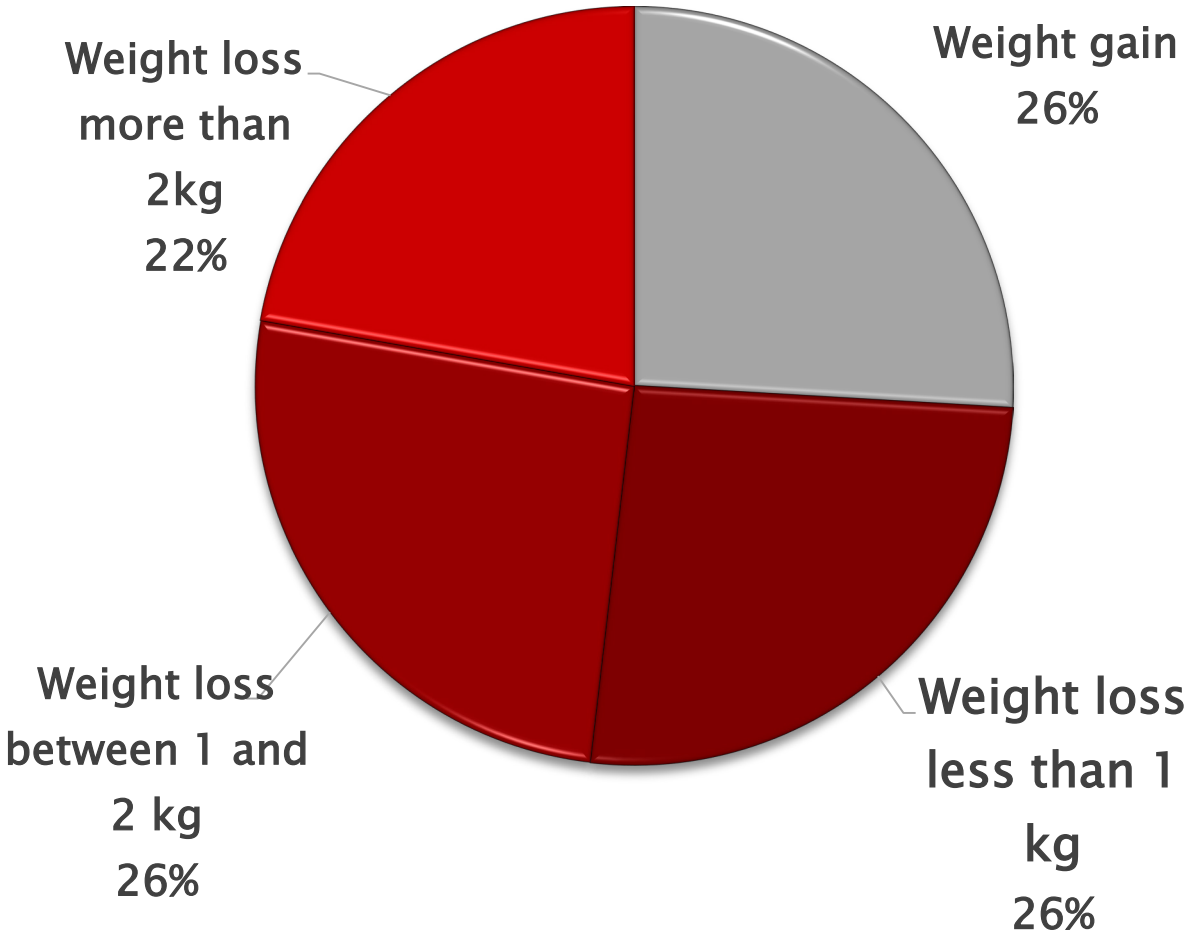
Changing in the body fat (kg) during the study

Body Fat kg)	N	Minimum	Maximum	Mean	Std. Deviation	P (in the relation to the beginning)
Beginning of the study	27	4,5	54,3	28,53	10,92	
15th day	27	4,2	63,0	27,97	11,67	0,197
30th day	27	3,2	51,0	27,56	10,57	0,002
End of the study	27	4,2	53,2	27,30	10,65	0,001

Changing body weight and body fat compared to the beginning of the study

Body Weight	Mean (kg)	p	Body Weight	Mean (kg)	p
1st Control	-0,25	0,220	1st Control	-0,56	0,197
2nd Control	-0,78	0,008	2nd Control	-0,97	0,002
End of the Study	-1,04	0,005	End of the Study	-1,22	0,001

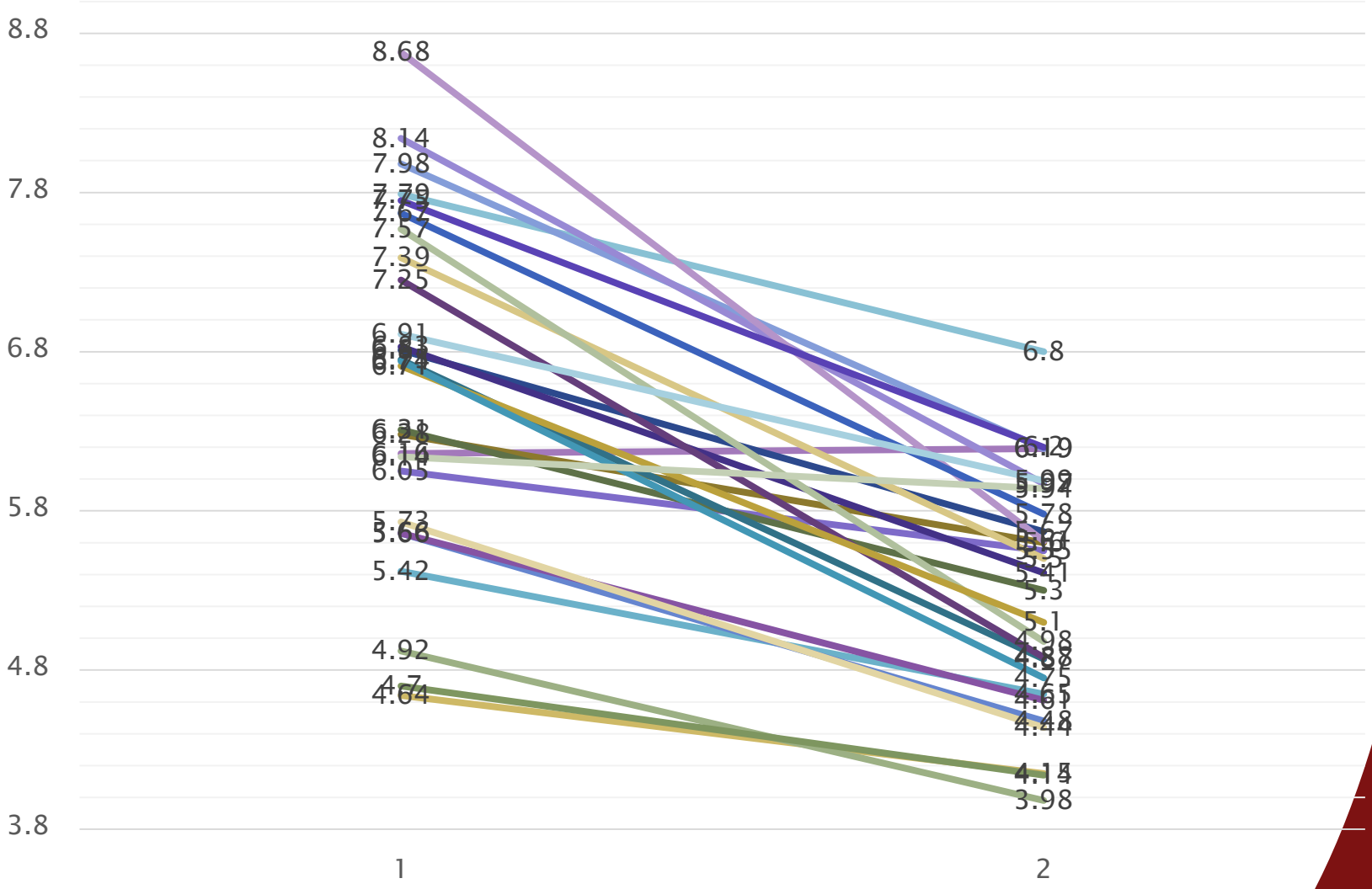
Weight Loss (categories)



Blood parameters(n=27)

	Beginning	End	p
Glucose Level	5,83	5,71	0,259
Cholesterol Total	6,62	5,29	0,000
HDL	1,31	1,30	0,920
LDL	4,52	3,29	0,000
Triglycerides	1,96	1,51	0,002
Gama GT	31,93	27,93	0,009
Creatine kinase	103,15	123,15	0,267

Change in Cholesterol Levels



Blood parameters of the persons with cholesterol at the beginning of the study < 6 mmol/l (n=7)

	Beginning	End	p
Glucose Level	6,20	6,17	0,901
Cholesterol Total	5,24	4,35	0,000
HDL	1,07	1,17	0,043
LDL	3,43	2,66	0,003
Triglycerides	1,63	1,13	0,056
Gama GT	26,29	22,71	0,005
Creatine kinase	98,43	121,71	0,177

Blood parameters of the persons with cholesterol at the beginning of the study ≥6 i <7 mmol/l (n=11)

	Beginning	End	p
Glucose Level	5,66	5,51	0,477
Cholesterol Total	6,52	5,49	0,000
HDL	1,44	1,40	0,489
LDL	4,48	3,55	0,001
Triglycerides	1,31	1,17	0,250
Gama GT	17,73	15,09	0,057
Creatine kinase	100,45	140,36	0,358

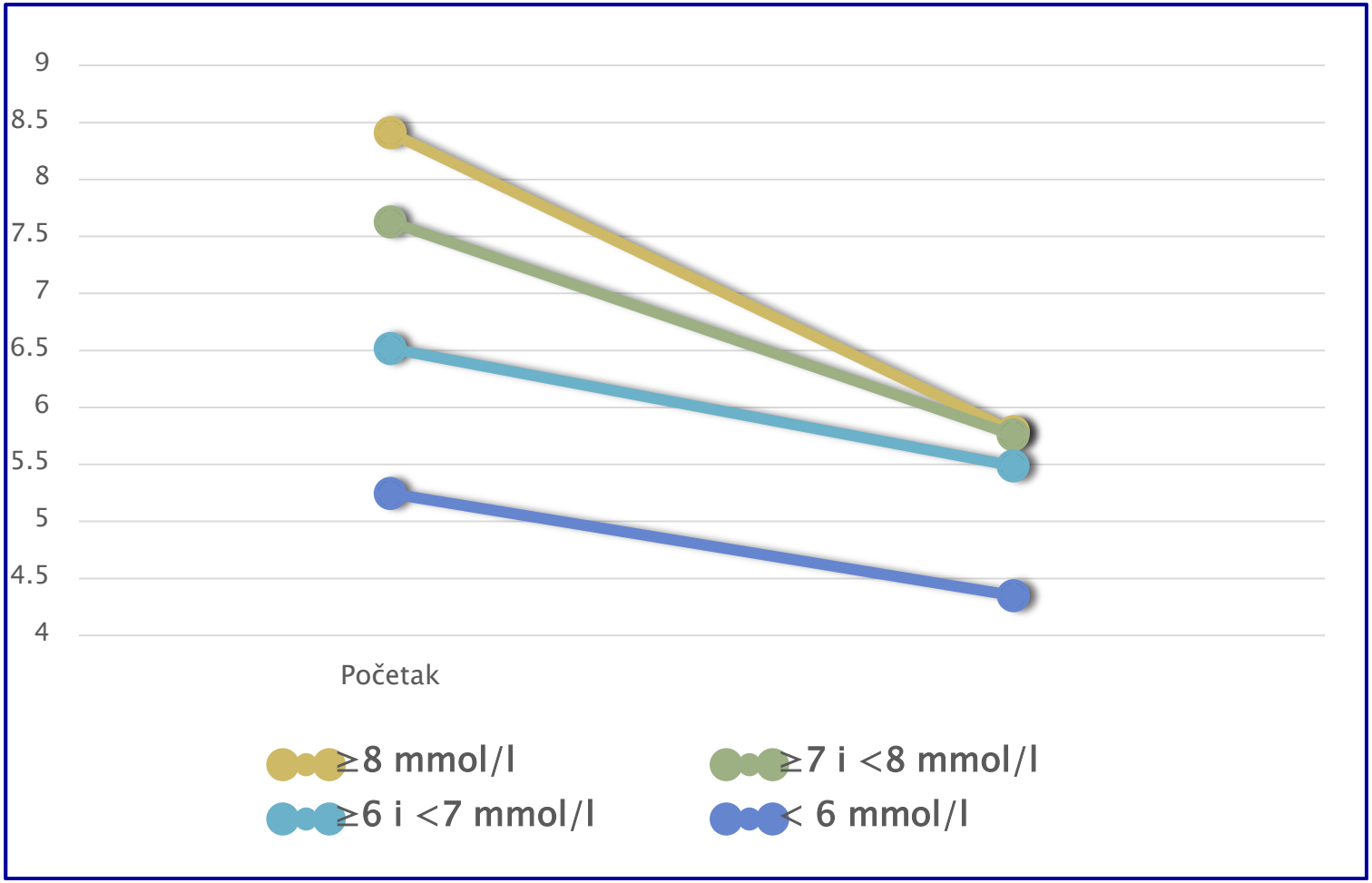
Blood parameters of the persons with cholesterol at the beginning of the study ≥7 i <8 mmol/l (n=7)

	Beginning	End	p
Glucose Level	5,80	5,49	0,036
Cholesterol Total	7,63	5,76	0,000
HDL	1,22	1,23	0,904
LDL	5,30	3,41	0,000
Triglycerides	3,27	2,47	0,077
Gama GT	63,00	55,29	0,173
Creatine kinase	102,86	108,43	0,495

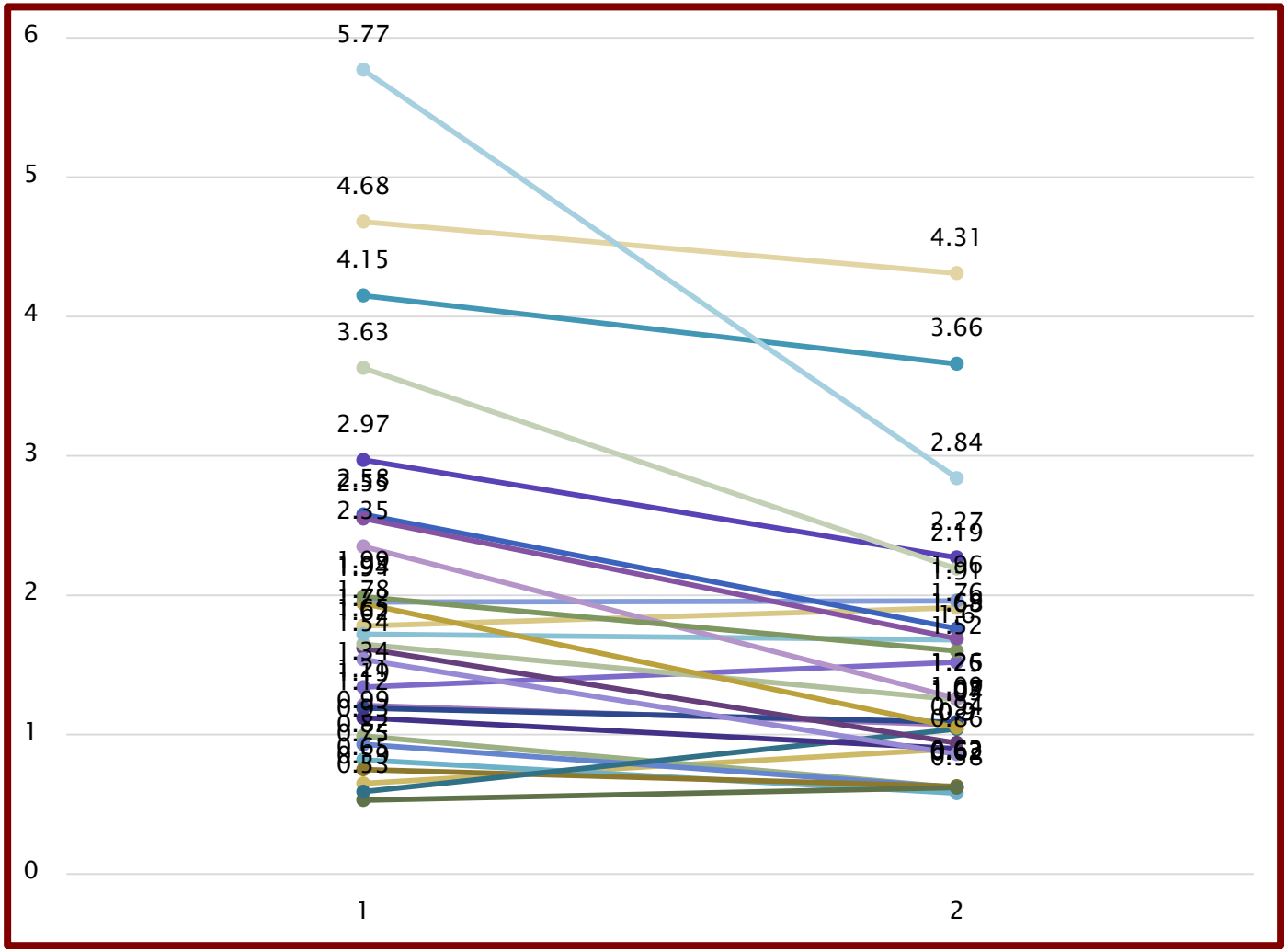
Blood parameters of the person with cholesterol at the beginning of the study ≥8 mmol/l (n=2)

	Beginning	End	p
Glucose Level	5,60	5,95	0,500
Cholesterol Total	8,41	5,79	0,108
HDL	1,68	1,50	0,105
LDL	5,78	3,68	0,152
Triglycerides	2,10	1,35	0,059
Gama GT	21,00	21,00	0,327
Creatine kinase	135,50	85,00	0,500

Changes in total CHOLESTEROL LEVEL relative to baseline values



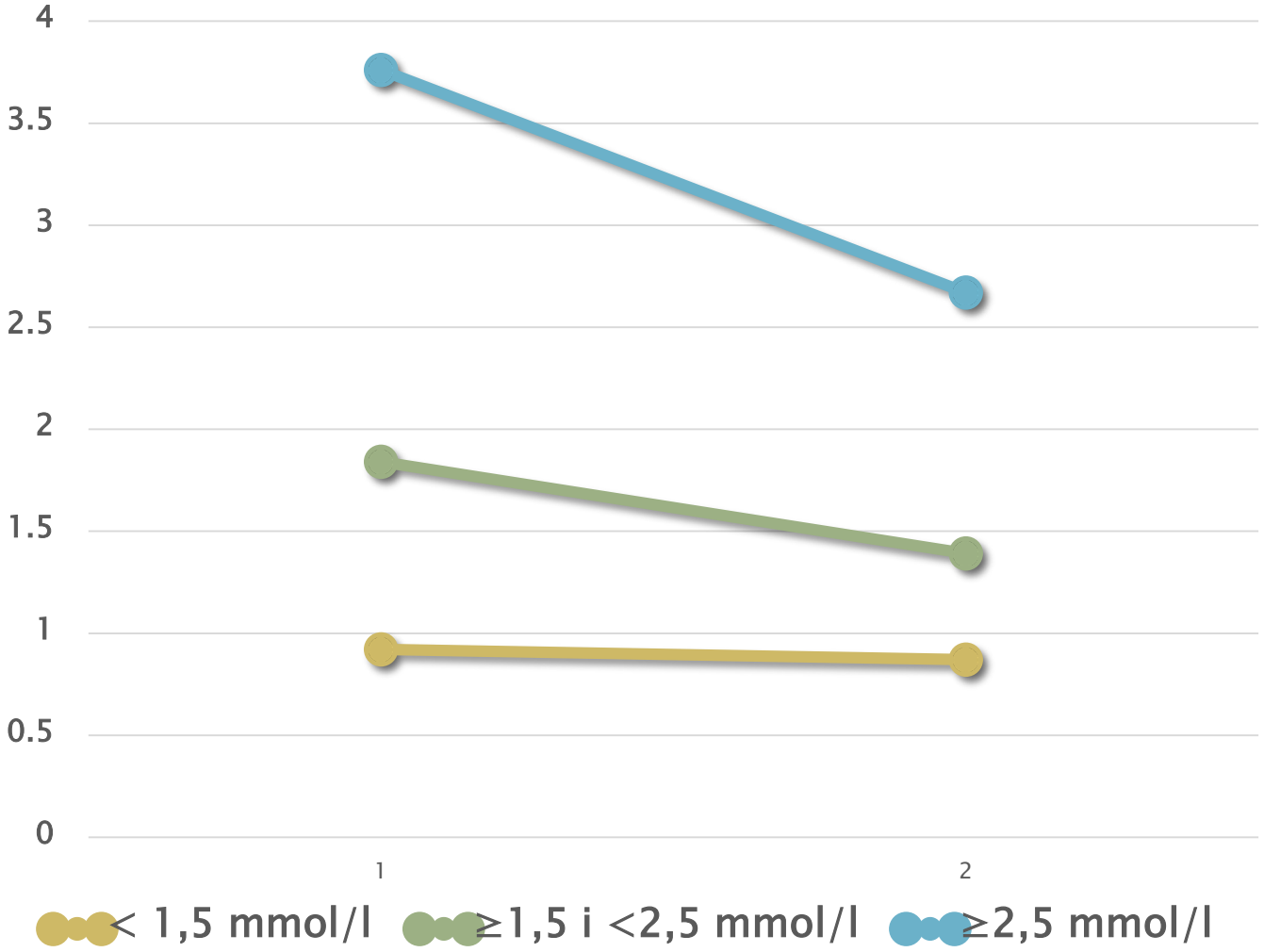
CHANGES IN TRIGLYCERIDE LEVEL



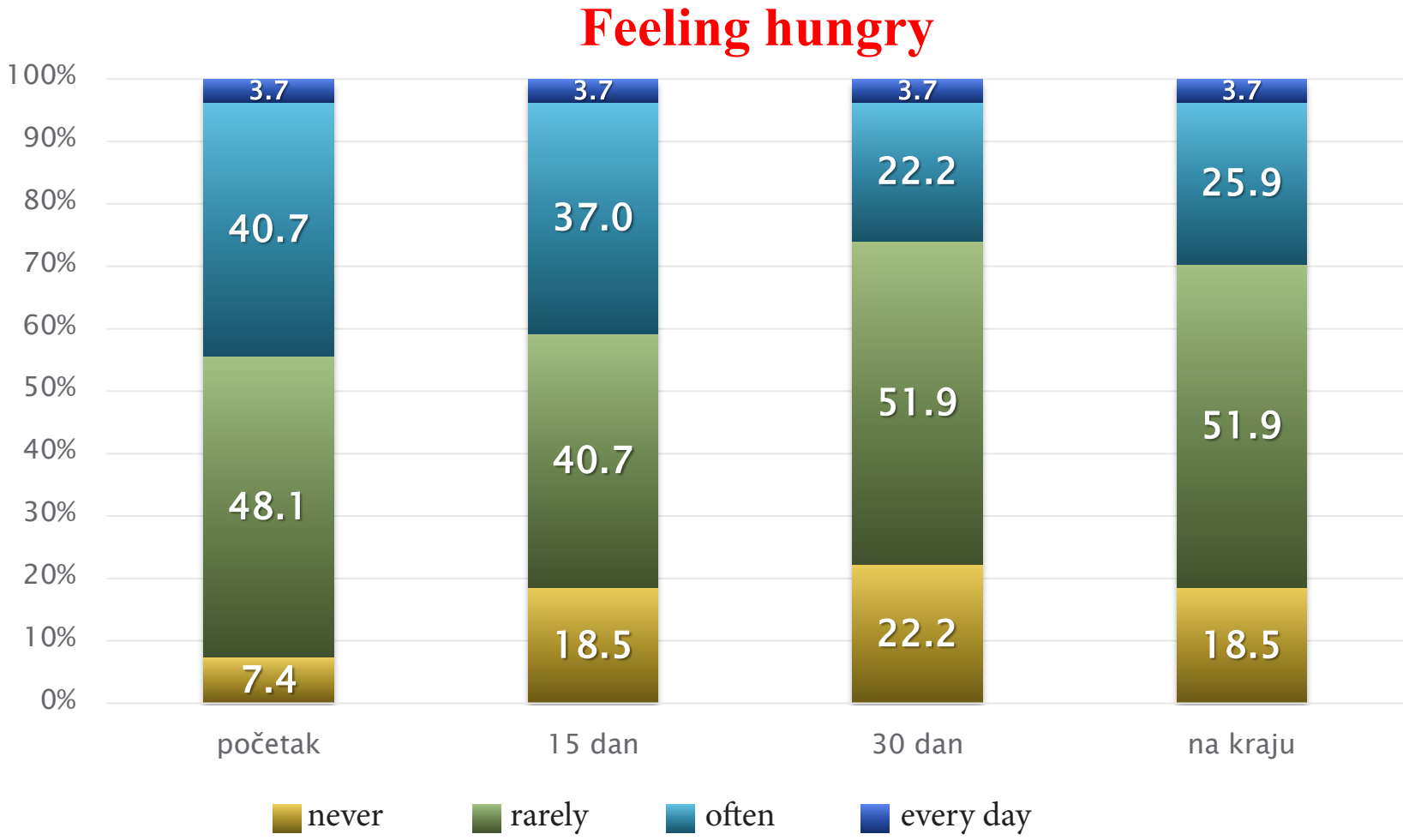
Blood parameters – triglycerides (n = 27) (change relative to the baseline values)

Triglycerides at the beginning	Beginning	End	p
< 1,5 mmol/l (n=11)	0,92	0,87	0,549
≥1,5 i <2,5 mmol/l (n=9)	1,84	1,39	0,013
≥2,5 mmol/l (n=7)	3,76	2,67	0,017
Total	1,96	1,51	0,002

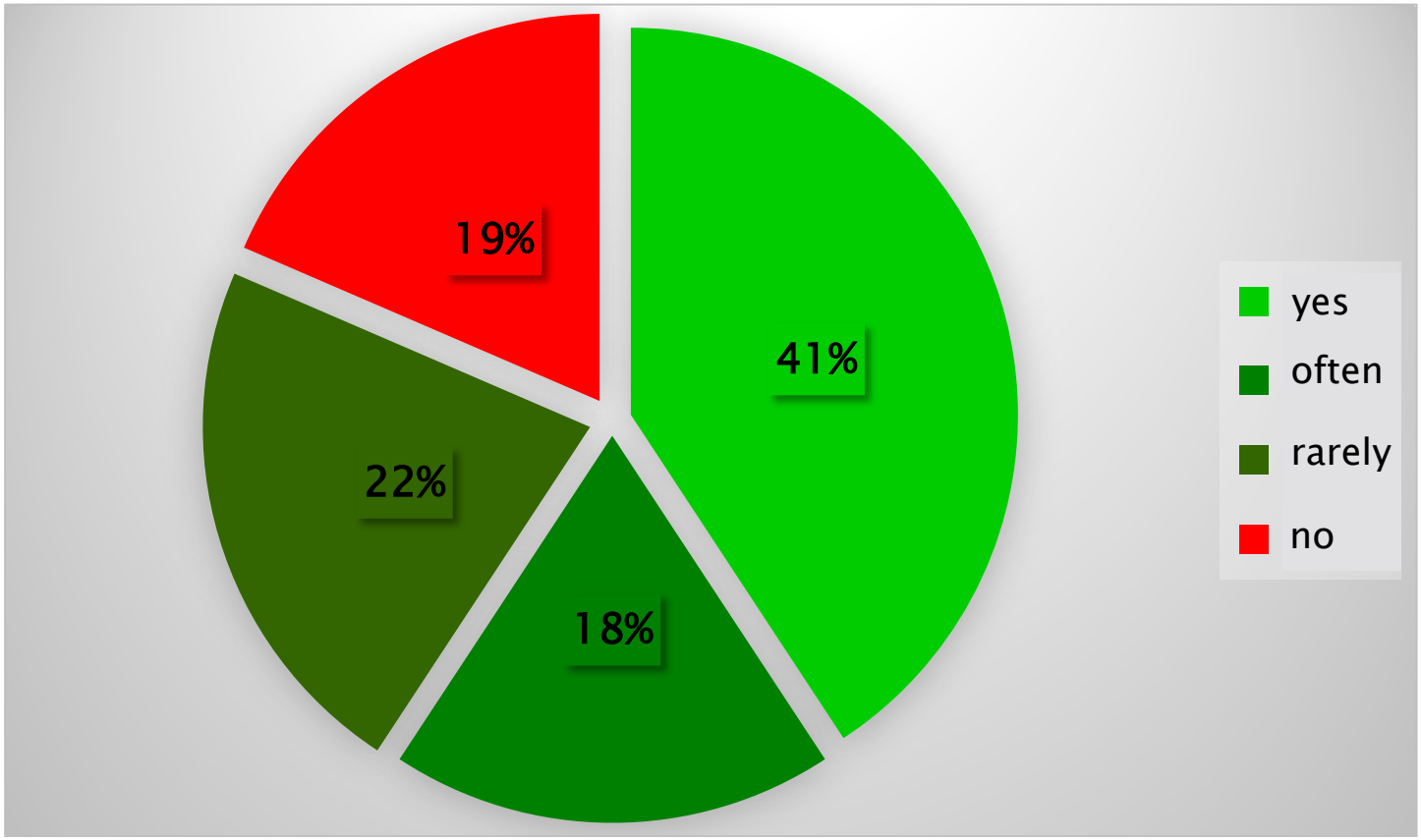
Changes in triglyceride values relative to baseline values



Effect on hunger



Can the dietary supplement be a substitute for a meal?



CLINICAL STUDY conducted by Prof. Dr. Branko Jakovljevic at the University of Belgrade, Faculty of Medicine (Intervention study lasting 45 days; 27 respondents between 33 and 63 years, an average of 53,7; four overviews – 15 days each).

CONCLUSION

High efficacy of CARDIOLL in lowering cholesterol and triglyceride levels in the blood,

The effect was proportional to the initial values of cholesterol and triglycerides.

During the course of the study, the subjects lost on average of 1.04kg of body weight and 1.22kg of body fat

None of the respondents left the study due to adverse effects of CARDIOLL