

Peels to peel bad cholesterol

NEWS

“Compound found in the peels of citrus fruit can potentially lower cholesterol more effectively than prescription drugs, and without side effects, according to a study by U.S. and Canadian researchers”.^[1]

VIEWS

Polymethoxylated flavones (PMFs) are plant pigments found in the peels of citrus fruits which have been related to protect against cancer, heart disease and inflammation. The most common citrus PMFs, tangeretin and nobiletin, are found in the peels of tangerines and oranges. It has been shown that feeding hypercholesterolemic hamsters with food containing 1% PMFs (tangeretin, or citrus flavanone glucosides, hesperidin and naringin) lowered LDL levels by up to 40%. It is thought to act by inhibiting cholesterol and triglyceride synthesis in

the liver.^[2] It is estimated that a person needs >20 cups/day (~3-4liters) of orange or tangerine juice to have a therapeutic effect. PMF supplements may be the answer.

PMFs supplement is available in the U.S., marketed as a cholesterol-lowering agent under the trade name Sytrinol. Although the website states,^[3] “The cardio-protective and cholesterol-lowering claims for Sytrinol™ are also supported by human trials”, there is no published evidence to substantiate.

REFERENCES

1. Available from: <http://www.news-medical.net/news/2004/05/11/1447.aspx> [Last accessed on 2011 June 16].
2. Kurowska EM, Manthey JA. Hypolipidemic effects and absorption of citrus polymethoxylated flavones in hamsters with diet-induced hypercholesterolemia. *J Agric Food Chem* 2004;52:2879-86.
3. New dietary supplement shows dramatic effects in lowering cholesterol, LDL, and triglycerides. Available from: <http://www.nutritionreview.org/library/sytrinol.php> [Last accessed on 2011 June 17].