

Comparison of Clinical Outcomes in Metabolic Syndrome

	TG	TG/HDL	Insulin	ApoB/ ApoA-1	LDL-cholesterol	HDL	BP	Potential Side Effects	Market
Medical food with SKRMs plus Low Glycemic Index Diet*	-33%	-39%	-26%	-15-30%	-16-28%	+7.0%	-4.9% (SBP) -5.7% (DBP)	None Reported	
Mediterranean Diet with Low Glycemic Index*	-12%	-14%	-19%	-4-6%	-8-11%	+2.2%	-3.6% (SBP) -0.9% (DBP)	None Reported	
Cholesterol Reduction									
Statins	-15-25% ^a	-17% ^f	NC ^f	-18-35% ^{g,h}	-36% ^f	+0-15% ^a	NC ^a (SBP)	Muscle wasting, neuro-muscular pain, liver toxicity, CoQ ₁₀ deficiency	\$18 Billion
Anti-Diabetic									
Metformin	-15% ^a	-25% ^a	-29% ^f	—	NC ^a	+15% ^a	-0-5% ^a (SBP)	Nausea, diarrhea, gas, bloating	\$2.2 Billion
PPAR Agonists	-12% ^a	-21.5% ^b	-10% ^b	+2.6% ^b	NC ^b	+9% ^a	-5% ^a (SBP)	Hepatitis due to lipid liver infiltration (NASH), fluid retention, weight gain	\$5 Billion
Triglyceride Reduction									
Niacin	-15-35% ^a			—	-8-18% ^h	+10-25% ^a	-2% ^a (SBP)	Flushing, headache, gastrointestinal disturbances	\$752 Million
Fibrates	-29% ^c	-15-24% ^a		-17% ^c	-5.3% ^c	+2-16% ^a	-0-8% ^a (SBP)	Liver toxicity, muscle damage	\$1 Billion
Weight Loss									
Rimonabant	-15% ^a	-9-29% ^a			-0.2% ^a	+9-11% ^a	-0-2% ^a (SBP)	Depression, anxiety, nausea	Estimated \$3.6 Billion

^aWierzbicki, *Int J Clin Pract*, December 2006; 60(12):1697-1706. ^bSamaha et al. *Arterioscler Thromb Vasc Biol* 2006; 26:624-630. ^cWatts et al. *Diabetes* 2003; 52:803-811. ^dNatural Medicines Comprehensive Database, Niacin and Nicotinic Acid, www.naturaldatabase.com, accessed 3/12/07. ^eRautio et al. *European J Endocrinol* 2005; 152:269-275. ^fBulcao et al. *Braz J Med Biol Res* 2007; 40(2):229-235. ^gBilz et al. *J Lipid Res* 2004; 45:174-185. ^hKing et al. *Am J Med* 1994; 97(4):323-331.