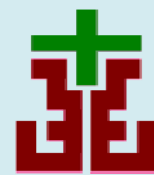




Effects of *Monascus* Rice Powder Co-Supplemented with Coenzyme Q₁₀ Improve Serum Lipids and Lipid Oxidative Status on Hypercholesterolemia Subjects



Shih-Wen Hsu¹, Hui-Ting Yang², and Shih-Yi Huang^{1*}

¹School of Nutrition and Health Sciences, Taipei Medical University, Taipei, Taiwan

²Department of Nutrition, China Medical University, Taichuan, Taiwan

Aim: A clinical trial was conducted to investigate lipid-lowering and antioxidative effects of combined red yeast rice extract and coenzyme Q₁₀ (CoQ₁₀) supplementation on hypercholesterolemia subjects.

Methods: Thirty-seven subjects were recruited and were randomly divided into three groups such as *Monascus* rice powder 500 mg (M), equivalent to monacolins 12 mg; *Monascus* rice powder 500 mg plus CoQ₁₀ 30 mg (MQ), and *Monascus* rice powder 1 g plus CoQ₁₀ 60 mg (HMQ) by different doses supplementation. The supplementations administrated for 6 weeks, blood samples were collected every two weeks for cholesterol and low density lipoprotein lag time, and TBARS determination.

Results: Results showed that the subjects had lower serum total cholesterol, LDL cholesterol, and apolipoprotein B concentration after 6 weeks of supplementation. In LDL-lag time, the data displayed a significant slower production of conjugated dienes in all groups after six weeks of supplementation. However, in CoQ₁₀ supplementing groups, the effect sustained after ceasing supplementation for two weeks.

Conclusion: The results confirmed the lipid-lowering effects of monacolins by inhibiting HMG CoA reductase and decreasing the concentration apolipoprotein B. Furthermore, addition of at least 30 mg CoQ₁₀ could significantly enhance LDL antioxidative capacity in hypercholesterolemia subjects.

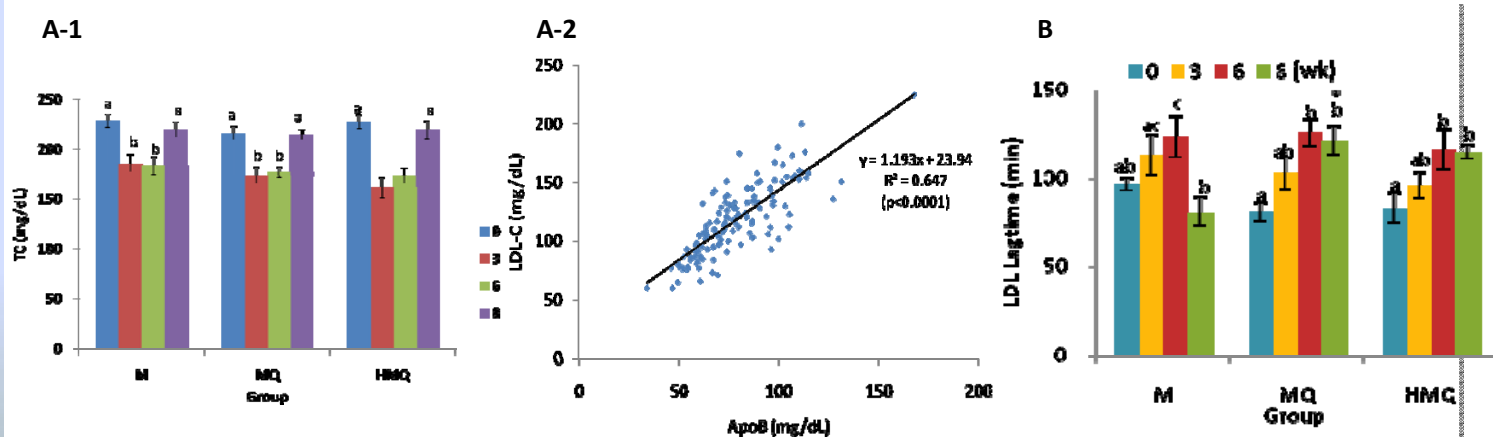


Figure (A-1 & A-2) Serum Apo B levels & regression relationship between apo B and LDL-C
Figure (B) LDL Lagtime of different groups on 0-8 weeks on hypercholesterolemia subjects.

Values are mean \pm SEM. 'a, b' indicates a significant difference between different months. ($p < 0.05$) *indicated significant differences within groups ($p < 0.05$). Apo B, apolipoprotein B; LDL-C, low-density lipoprotein cholesterol.