

Antioxidant and anti-inflammatory effects of *Curcuminoid-Piperine* combination in subjects with metabolic syndrome (MetS): A randomized controlled trial and an updated meta-analysis

The aim of the study was to evaluate the effectiveness of supplementation with a bioavailable curcuminoid preparation on measures of oxidative stress and inflammation in patients with MetS. The secondary aim was to perform a meta-analysis of data from all randomized controlled trials in order to estimate the effect of curcuminoids.

In this randomized double-blind placebo-controlled trial, 117 subjects with MetS were randomly assigned to curcuminoids for eight weeks. Curcuminoids were administered at a daily dose of 1 g, and were co-supplemented with piperine (10 mg/day) in order to boost oral bioavailability. Supplementation with curcuminoid-piperine combination significantly improved serum SOD activities and reduced MDA and CRP concentrations compared with placebo. This effect was robust in sensitivity analysis.

The study proved that short-term supplementation with curcuminoid-piperine combination significantly improves oxidative and inflammatory status in patients with MetS. Curcuminoids could be regarded as natural, safe and effective CRP-lowering agents.

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