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318A ABSTRACTS

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Grapeseed Oil, A Natural Agent Which Raises Serum HDL Levels.

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Grapeseed Oil (GSO) has been produced in Europe for hundreds of years as an edible oil, a byproduct of wine production. GSO contains 75% linoleic acid, 15% oleic acid, 6% palmitic acid, 3% stearic acid, and 1% linolenic acid. We studied the effect of GSO on HDL levels in a sample of 56 men and women all of whom had an initial HDL reading of <40mg% (fasting blood samples.) All subjects had been on a lipid modified diet for more than three months prior to enrollment and gave informed consent to participate. Subjects were instructed to use up to 45 ml of GSO in their daily diet as a substitute for their usual oil. Fasting blood tests were performed at baseline and after three weeks' use of GSO. No significant changes in this time period were noted for subjects' total cholesterol, triglycerides, or weight measurements. However, statistically significant changes were noted for levels of High Density Lipoprotein cholesterol (HDL), an increase in mean values from 31.6mg% to 35.6mg% [t=5.79, p<.001, 95%CI 1.87 to 5.24], and for levels of Low Density Lipoprotein cholesterol (LDL), a decrease in mean values from 146mg% to 136mg% [t=-2.71, p<.001, 95%CI -2.84 to 22.56}. The total cholesterol/HDL ratio was reduced 15.6%, and the LDL/HDL ratio was reduced by 15.3%. The use of Grapeseed oil in the daily diet appears to improve both HDL and LDL levels during a short term treatment period in weight stable subjects with initially low HDL levels.

ABSTRACTS OF ORIGINAL CONTRIBUTIONS

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