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Abstract

Grapeseed Oil Increases High Density Lipoprotein Cholesterol Levels in Dyslipidemic Subjects with Initially Low Levels.

David T. Nash. *State University of New York Health Science Center, Syracuse, NY*

Grapeseed oil (G) is a highly unsaturated natural food product extracted from grape seeds after the juice is pressed. It contains 10% saturated fat, 66% linoleic acid and 22% oleic acid. Thirty-three subjects (S) who had followed a low fat, low cholesterol diet for 3 months used 1 oz. of G in their daily diets for 4 weeks. Fasting determinations of serum total cholesterol (C), triglycerides (T), high density lipoprotein cholesterol (H) and low density lipoprotein cholesterol (L) were performed at baseline (B), and at 2 and 4 weeks from B. B levels of C 247 mg%, T 226 mg%, H 39.5 mg% and L 167 mg% were compared to 4 week C 245 mg% (n.s.), T 187 mg% (reduced 17.2%; $p < 0.001$), H 43.6 mg% (increased 10.4%; $p < .01$) and L 167 mg% (n.s.). There were no significant changes in body weight in any of the S.

For the 19 S with baseline H less than 40 mg%, H baseline 32.8 mg% increased to 37.6 mg% (14.6%; $p < .01$). For the 13 S who did not obtain a greater than 5% rise in H, only 4 had experienced a decrease in H greater than 5%.

G, when used in the daily diet for 4 weeks, causes significant rises in H and reductions in T in dyslipidemic subjects.