

International Society of Antioxidant in Nutrition and Health

First World Congress on Therapies against Obesity:

Perspectives for Pharmaceutical and Natural Products

Paris Anti-Obesity Therapies 2006

Institut Pasteur, Paris - France

May 18-19, 2006

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**Second World Congress on
Therapies against Obesity:
Perspectives for Pharmaceutical
and Natural Products**



**Paris
Anti-Obesity Therapies
2007**

**Institut Pasteur, Paris - France
June 21-22, 2007**

First World Congress on Therapies against Obesity: Perspectives for Pharmaceutical and Natural Products



Pasteur Institute, Paris - France
May 18-19, 2006

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International Society of Antioxidants in Nutrition and Health

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The effect of an extract of *Cissus quadrangularis* (Cylaris™) on weight and serum lipids in obese patients in Cameroon: a randomized double blind clinical trial

Julius Oben*, Damaris Mandob, Giles Fomekong, Gabriel Agbor and Claudia Momo

Laboratory of Nutrition and Nutritional Biochemistry, Department of Biochemistry, B.P. 812, University of Yaounde I, Yaounde, Cameroon.

Objective: Assessment of the effects of 300mg a day of Cylaris™, a proprietary extract of *Cissus quadrangularis* (CQR-300), on weight loss, BMI, serum lipids, fasting blood glucose, 5-hydroxytryptamine (5-HT), malondialdehyde (MDA) and serum creatinine levels of obese patients.

Study Design: This was a double-blind placebo-controlled study. Each participant received a daily dose of 300 mg of Cylaris™, given in two equal doses before meals for 6 weeks. Participants were encouraged to maintain their normal diets and physical activities as well as keep daily food and activity diaries.

Anthropometric measurements were taken at the start of the test period and after six weeks of treatment.

Blood samples (5.0 ml) were collected from each participant at 1, 2, 4 and 6 weeks, for the determination of blood lipids, 5-hydroxytryptamine and plasma malondialdehyde (MDA). Fasting capillary blood glucose concentrations were measured using a Johnson & Johnson One-Touch™ glucometer, at the start of the test period, and subsequently at 1, 2, 4 and 6 weeks. A 24-hour urinary sample also enabled the determination of urinary MDA.

Population: A total of 68 obese participants (84% women) with uncomplicated obesity were included (age range 19 – 50 years; starting BMI range 27.0 – 48.65 kg/m²; starting weight range 70.6 – 142 kg).

Outcomes: The outcomes measured were mean weight loss, changes in BMI, changes in fasting blood glucose, changes in blood lipids, changes in 5-HT and changes in fat metabolites (MDA).

Results: Among participants who completed the study, those taking 300 mg of Cylaris™ daily for 6 weeks had a mean weight loss of 4.8 kg compared to a gain of 1.2 kg for those taking the placebo ($p < 0.001$). This weight loss corresponded to significant reductions in BMI (38.75 to 37.18 kg/m²), fasting blood glucose, total cholesterol, LDL cholesterol, triglycerides and plasma MDA of 4.1%, 14.6%, 18.0%, 29.0%, 21.6%, 45.5% respectively for the Cylaris™ group. Subsequently, a significant increase of 21.1% in HDL cholesterol, 53.3% 5-HT, and 23.5% serum creatinine was also observed in the Cylaris™ group. The placebo group showed significant decreases in triglycerides of 3.3% and increases in 5-HT of 17.0%.