

# Mangosteen juice could protect health in the obese

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Mangosteen juice has anti-inflammatory properties which could prove to be valuable in preventing the development of heart disease and diabetes in obese patients. A study, published in BioMed Central's open access *Nutrition Journal*, describes how the juice of the exotic 'superfruit' lowered levels of C-reactive protein.

Dr. Jay Udani, M.D. from Medicus Research, California, worked with a team of researchers to carry out a randomized, double-blind placebo controlled trial. He said, "For people drinking over half a liter of mangosteen juice a day, the degree of reduction in CRP levels was statistically significant - a reduction of 1.33mg/L compared to an increase of 0.9mg/L in the placebo group".

Inflammation, as measured here by CRP, is a predictor of cardiovascular disease and a precursor of [metabolic syndrome](#). Reducing inflammation in obese people is a treatment goal, and a natural treatment may be preferable to other treatments which may carry the risk of side effect. According to Udani, "Further studies with a larger population are required to confirm and further define the benefits of this juice, which was safe at all dosages tested".

More information: Evaluation of Mangosteen juice blend on biomarkers of inflammation in obese subjects: a pilot, dose finding study. Jay K Udani, Betsy B Singh, Marilyn L Barrett and Vijay J Singh, *Nutrition Journal* (in press), [www.nutritionj.com/](http://www.nutritionj.com/)

Source: BioMed Central ([news](#) : [web](#))

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