

# Nutraceuticals alone or with ezetimibe aid in dyslipidemia

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(HealthDay)—For statin-intolerant patients with dyslipidemia with ischemic heart disease treated with percutaneous coronary intervention, nutraceuticals alone or in combination with ezetimibe improve the lipid profile, according to a study published in the Dec. 15 issue of *The American Journal of Cardiology*.

Giuseppe Marazzi, M.D., Ph.D., from the Istituto di Ricerca a Carattere Scientifico San Raffaele Pisana in Rome, and colleagues conducted a randomized, prospective study comparing the safety and efficacy of a combination of nutraceuticals (red yeast rice, policosanol, berberine, folic acid, coenzyme Q10, and astaxanthin) and ezetimibe for three months. Patients who did not achieve their [therapeutic target](#) could add the alternative treatment for an additional 12 months. The authors enrolled 100 patients who were dyslipidemic with [ischemic heart disease](#)

treated with [percutaneous coronary intervention](#) (50 to nutraceuticals and 50 to ezetimibe).

The researchers found that 14 patients in the nutraceutical group and none in the ezetimibe group achieved their therapeutic target ([low-density lipoprotein cholesterol](#)

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