

Review links conjugated linoleic acid supplementation to CRP

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(HealthDay)—Conjugated linoleic acid (CLA) supplementation is

associated with an increase in serum C-reactive protein (CRP) concentration, according to a review and meta-analysis published online May 29 in *Cardiovascular Therapeutics*.

Mohsen Mazidi, Ph.D., from the Chinese Academy of Sciences in Beijing, and colleagues conducted a systematic review and meta-analysis to examine the impact of CLA supplementation on serum CRP. Data were included from 14 studies.

The researchers found that following supplementation with CLAs there was a significant increase in serum CRP concentrations (weighted mean difference, 0.63 mg/dL; 95 percent confidence interval, 0.13 to 1.13; heterogeneity $P = 0.026$); these findings were robust in sensitivity analyses. The changes in serum CRP levels were found to be independent of CLA supplementation dosage (slope, -0.02 ; 95 percent confidence interval, -0.10 to 0.12 ; $P = 0.889$) or follow-up duration (slope, 0.271 ; 95 percent confidence interval, -0.05 to 0.59 ; $P = 0.098$).

"This meta-analysis suggests that CLA supplementation is associated with an increase in plasma CRP concentrations and a reduction in [serum](#) adiponectin concentrations, which indicates that CLA [supplements](#) have a pro-inflammatory effect," the authors write.

More information: [Abstract](#)
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