

DEHLVI

ARABIAN NUSKHA

INDICATIONS

- Decreases low density lipoprotein (LDL) cholesterol and Triglycerides (TG)
- Systolic & diastolic blood pressure
- Beneficial in heart diseases
- Reduces body weight

COMPOSITION

Each 100 ml contains:

Lemon Juice (Citrus aurantifolia)	12.5 ml
Ginger Juice (Zingiber officinale)	12.5 ml
Garlic Juice (Allium sativum)	12.5 ml
Apple Cider Vinegar (Malus sylvestre)	12.5 ml
Natural honey	50 ml





SCIENTIFIC STUDIES

| GARLIC AND LEMON JUICE

A parallel designed randomized controlled clinical trial on 112 hypolipidemic patients at Isfahan Cardiovascular Research Centre was conducted by Negar Aslani, *et al.* (2016). The group which received 20 g of garlic daily plus 1 tablespoon lemon juice showed:

Significant decrease in total cholesterol and LDL cholesterol.

Marked reduction in systolic blood pressure (SBP) and diastolic blood pressure (DBP)

Furthermore, a great reduction in body mass index (BMI), i.e reduce obesity.

| GINGER

A meta-analysis conducted by Makan Pourmasoumi, *et al.* (2018) on 12 trials including 586 participants revealed that the group supplemented with ginger exhibited a decrease in triacylglycerol (TAG or TG) and low-density lipoprotein (LDL) cholesterol.

| APPLE CIDER VINEGAR

The stratified analysis done by Amir Hadi, *et al.* (2021) revealed significant reduction of serum TC and TG in a subgroup of patients with Type II DM, who took ≤ 15 ml/day of apple cider vinegar (ACV) for > 8 weeks. Furthermore, ACV consumption significantly decreased FBG levels.

| HONEY

A double blind randomized trial conducted by Hamid Rasad (2018) demonstrated that consumption of honey decreases total cholesterol, TG and LDL cholesterol and increases HDL