

Biological Activities for Extracts of Caigua (*Cyclanthera pedata*)

Plant Part - Origin	Activity Tested For	Type Extract	Test Model	Dosage	Result	Notes/Organism tested	Ref #
Fruit - Peru	Antihypocholesterolemic Activity	300 mg dried fruit juice capsules	Human (60 patients) Double-blind placebo	4-6 capsules daily	Active	Normalized cholesterol levels in 82% of patients after 1 year. Reduced total serum cholesterol by 18.3%, reduced LDL by 23% and increased HDL by 42%	CA2003
Fruit - Peru	Antihypocholesterolemic Activity	H2O EXT	Human (29 patients)	100 cc daily	Active	After 10 days total serum cholesterol dropped by 21.1%. HDL increased by 63.55% and triglycerides decreased by 36.37%.	CA2004
Fruit - Peru	Antihypocholesterolemic Activity	300 mg dried fruit juice capsules	Human (17 patients)	2 capsules daily	Active	After 21 days, total serum cholesterol decreased 21.52% LDL decreased by 22.57% and triglycerides by 16.33%	CA2005
Fruit - Peru	Antihypocholesterolemic Activity	300 mg dried fruit juice capsules	Human-female 100 post-menopausal	6 capsules daily	Active	After 12 weeks patients LDL was decreased by 33%, and HDL increased by 33%	CA2009

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