Research Spotlight

WHOLE-FOOD-BASED HEALTH PRODUCT IMPROVES

GALLBLADDER FUNCTION

A whole-food-based health product improves gallbladder function in humans at risk of gallbladder insufficiency: a randomized, placebo-controlled clinical trial

In humans, dietary components have been shown to significantly improve gallbladder function and motility.

Research Spotlight

AIM

To assess gallbladder and liver function after 12-week supplementation a whole food-based health product

METHODS

50 overweight but otherwise healthy adults consumed either the product or placebo tablets, 2 per meal for 6 total per day

PARTICIPANTS

- Healthy males and females
- 40-75 years old
- BMI: 25-32.5 kg/m_2
- Resting heart rate: 50-80 bpm
- Family history of gallbladder condition or previous history of gallbladder attacks
- Experiences GI distress with digestion of fatty foods

OUTCOMES

31% Reduction in mean gallbladder residual volume (which is significantly lower in healthy adults than in individuals with gallstone disease)[1,2]

19% Increase in gallbladder ejection fraction (GBEF), a measure of gallbladder motility where an increase indicates improved gallbladder motility[3]

17% Increase in maximal GBEF

9% Decrease in gallbladder wall thickness from baseline to week 12 in group receiving product, indicating improved functionality[4]

REFERENCES

1. Huang, S.M.; Yao, C.C.; Pan, H.; Hsiao, K.M.; Yu, J.K.; Lai, T.J.; Huang, S.D. Pathophysiological significance of gallbladder volume changes in gallstone disease. World J. Gastroenterol. 2010, 16, 4341-4347.
2. Pauletzki, J.; Cicala, M.; Holl, J.; Sauerbruch, T.; Schafmayer, A.; Paumgartner, G. Correlation between gall bladder fasting volume and postprandial emptying in patients with gall stones and healthy controls. Gut. 1993, 34, 1443-1447.
3. Pallotta, N. Ultrasonography in the assessment of gallbladder motor activity. Dig. Liver Dis. Off. J. Ital. Soc. Gastoenterol. Ital. Assoc. Study Liver. 2003, 35 (Suppl. 3), S67-S69.
4. Barbosa, A.B.R.; Souza, L.R.M.F.D.; Pereira, R.S.; D'Ippolito, G. Espessamento parietal de vasícula biliar no exame ultrassonográfico: Como interpreter? Radiol. Bras. 2011, 44, 381-387.

LN02507