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Effetti di una dieta ad alto grasso arricchita con biomassa di *A. platensis* F&M-C256 sui fattori di rischio associati alla sindrome metabolica

Mario D'Ambrosio

METABOLIC SYNDROME



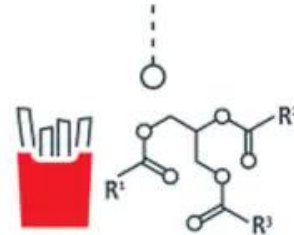
VISCERAL OBESITY



HYPERTENSION



INSULIN RESISTANCE



HIGH TRIGLYCERIDES



LOW HDL-CHOLESTEROL

These conditions leads in an **increasing risk** of heart disease, stroke and type 2 diabetes.



Current Hypertension Reports (2018) 20: 12

<https://doi.org/10.1007/s11906-018-0812-z>

HYPERTENSION AND OBESITY (E REISIN, SECTION EDITOR)



The Global Epidemic of the Metabolic Syndrome

Mohammad G. Saklayan¹

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Microalgae or microphytes, are unicellular microorganisms that can be found in freshwater and marine systems.

Their chemical composition varies over a wide range, depending on species and on cultivation conditions.



Arthrospira platensis (*Spirulina*) is a cyanobacterium globally used as a food supplement for human and animals.

Arthrospira platensis contains macro and micronutrients, including proteins, γ -linolenic acid and bioactive compounds such as c-phycoerythrin and has been defined the “**food of the future**” according to FAO.





SPIRULINA: Food for Astronauts

According to NASA Studies:
“1 gram of Spirulina is
equivalent to the nutrients of
1 Kilogram of assorted fruits
and vegetables”



Reference	Years	Study design	Location	Sample size	Target population	Mean age (year)	BMI (kg/m ²)	Intervention		Dose (g/d)	Duration (week)	Main outcomes
								Treatment group	Control group			
Anitha et al ¹⁹	2010	Parallel-group trial	India	80	Male volunteers with type 2 diabetes	45–60	NA	Spirulina intervention	No intervention	1	12	TC, LDL-C, HDL-C, TG, vLDL-C, FBG
Lee et al ²⁹	2008	Randomized, parallel study	Korea	37	Patients with type 2 diabetes	53.30	23.60	Freeze-dried spirulina	No intervention	8	12	TC, LDL-C, HDL-C, TG, vLDL-C, FBG, SBP, DBP
Jensen et al ²⁸	2016	Randomized, double-blind, placebo-controlled parallel study	USA	24	Adult men and women 25–65 years of age	45.55	29.65	Phycocyanin-enriched aqueous extract from <i>Spirulina platensis</i>	Received placebo	2.3	2	SBP, DBP, FBG
Marcel et al ³⁰	2011	Randomized, parallel study	Cameroon	33	HIV-infected patients	37.50	24.25	<i>Spirulina platensis</i>	Received soybean	19	8	TG, TC, FBG
Miczke et al ³¹	2016	Randomized, double-blind, placebo-controlled parallel study	Poland	40	Overweight hypertensive Caucasians	53.30	26.30	Received Hawaiian spirulina	Received placebo	2	12	SBP, DBP, body weight, BMI
Ngo-Matip et al ³²	2014	Randomized, single-blind, multicenter study	Cameroon	159	HIV-infected antiretroviral-naive patients	35.72	25.65	Spirulina supplementation	No intervention	10	24	TC, LDL-C, HDL-C, TG, FBG, BMI
Parikh et al ³³	2001	Randomized placebo-controlled, parallel-group trial	India	25	Subjects with type 2 diabetes mellitus	54.20	25.15	Spirulina tablets supplementation	Received placebo	2	8	TC, LDL-C, HDL-C, TG, FBG
Park et al ²⁰	2008	Randomized double-blind placebo-controlled parallel trial	Korea	78	Individuals aged 60–87 years	65.90	24.35	Receive freeze-dried spirulina pills	Received placebo	8	16	TC, LDL-C, HDL-C, TG
Ramamoorthy_a et al ²¹	1996	Parallel-group trial	India	20	Ischemic heart disease patients without any complications of the disease and with blood cholesterol levels above 250 mg/dL	40–60	NA	Received spirulina	No intervention	2	12	TC, LDL-C, HDL-C, TG, Body weight,
Ramamoorthy_b et al ²¹	1996	Parallel-group trial	India	20	Ischemic heart disease patients without any complications of the disease and with blood cholesterol levels above 250 mg/dL	40–60	NA	Received spirulina	No intervention	4	12	TC, LDL-C, HDL-C, TG, body weight
Samuels et al ²²	2002	Parallel-group trial	India	23	Patients with hyperlipidemic nephrotic syndrome	7.28	15.24	Spray-dried spirulina capsules supplementation	No intervention	1	8	TC, LDL-C, HDL-C, TG, vLDL-C, FBG, body weight, BMI
Zeinalian et al ³⁴	2017	Randomized double-blind placebo-controlled parallel trial	Iran	57	Obese individuals	34.33	33.03	Received spirulina platensis	Received placebo	1	12	TC, LDL-C, HDL-C, TG, FBG, body weight, BMI
Szulinska et al ²³	2017	Randomized double-blind placebo-controlled parallel trial	Poland	50	Subjects with treated hypertension	49.75	33.40	Received spirulina	Received placebo	2	12	TC, LDL-C, HDL-C, TG, FBG, body weight, BMI



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Food Research International

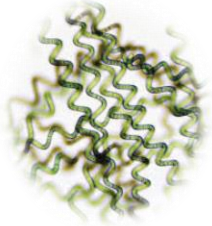
Volume 102, December 2017, Pages 380-386



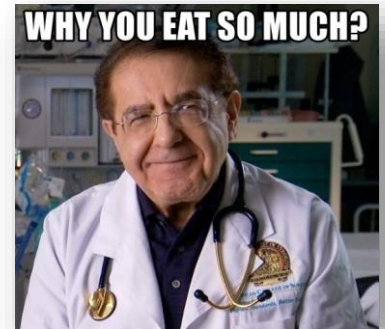
20%

Safety evaluations and lipid-lowering activity of an *Arthrospira platensis* enriched diet: A 1-month study in rats

Elisabetta Bigagli ^a, Lorenzo Cinci ^a, Alberto Nicolai ^b, Mario R. Tredici ^b, Natascia Biondi ^b, Liliana Rodolfi ^b, Maura Lodovici ^a, Mario D'Ambrosio ^{a, b}, Giulia Mori ^a, Cristina Luceri ^a  



The purpose of this study was to investigate the effects of a diet enriched in **A. platensis F&M-C256** biomass on risk factor associated with **metabolic syndrome** in **high fat** fed rats fed and the mechanisms involved.



DIET COMPONENTS (g/100g)	AIN-76	High Fat Diet	HF + <i>A. platensis</i>
Biomass	-	-	5
Corn Oil	5	3	2,7
Lard	-	30	30
Sucrose	50	34	33,4
Cornstarch	15	-	-
Casein	20	24,6	21
Cellulose	5	2	1,8
Mineral mix	3,5	4,1	4,1
Vitamin mix	1	1,3	1,3
Choline bitartrate	0,2	0,26	0,26
Methionine	0,3	0,4	0,4

Sprague Dawley rats

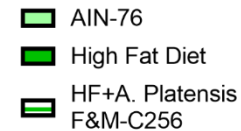
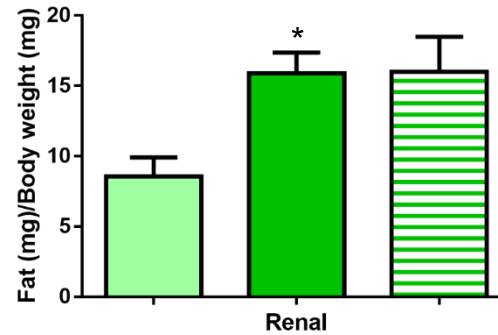
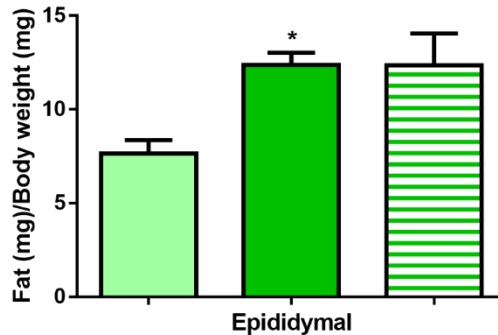
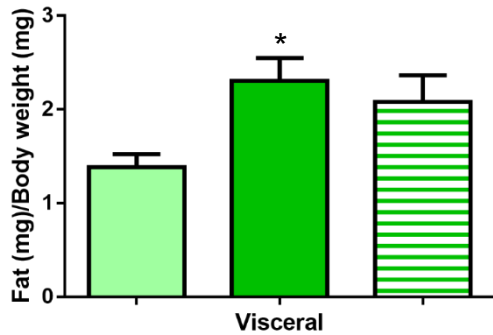
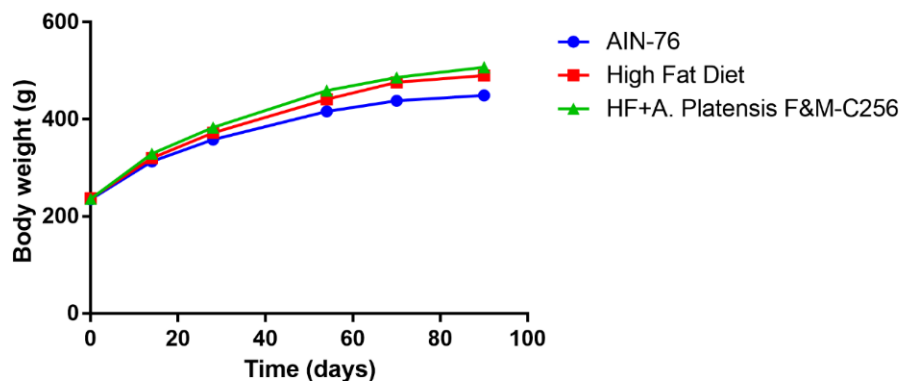
(n=6 for each experimental group)

1. AIN-76;
2. High Fat Diet (30% LARD and 3% CORN OIL);
3. HF + 5% ***A. platensis* F&M-C256**.

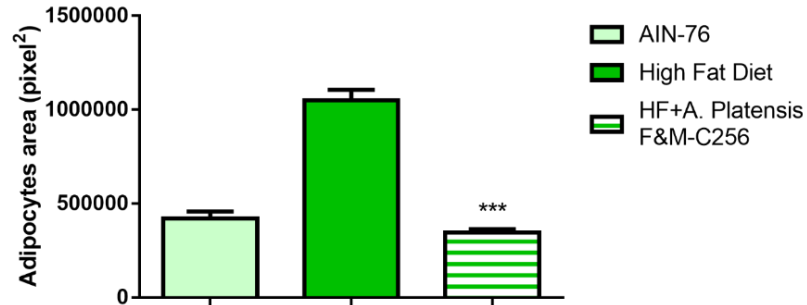
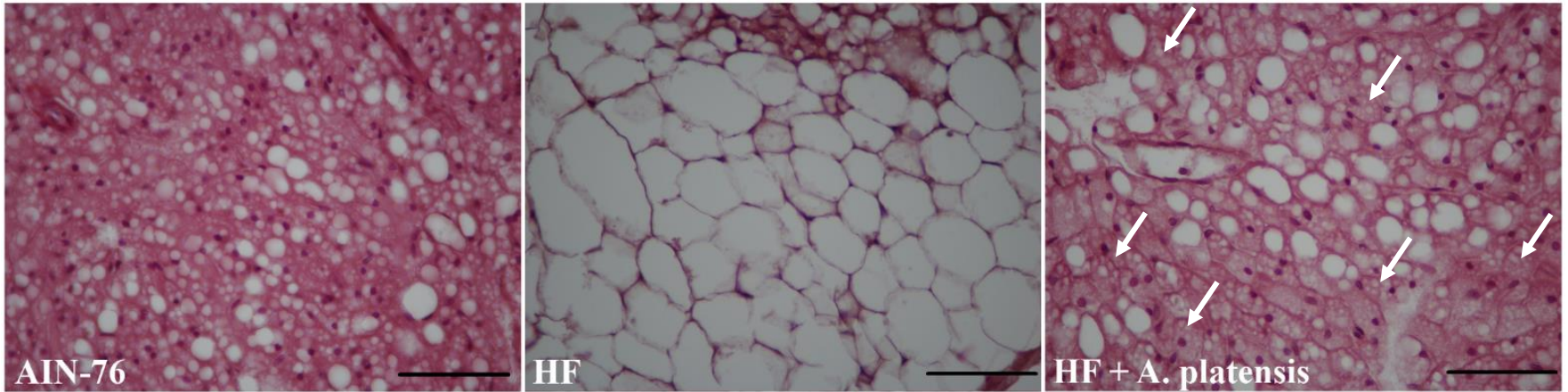
3 months of treatment



RESULTS



* $p < 0.05$ vs AIN-76, by one-way ANOVA and Dunnett's multiple comparisons test.

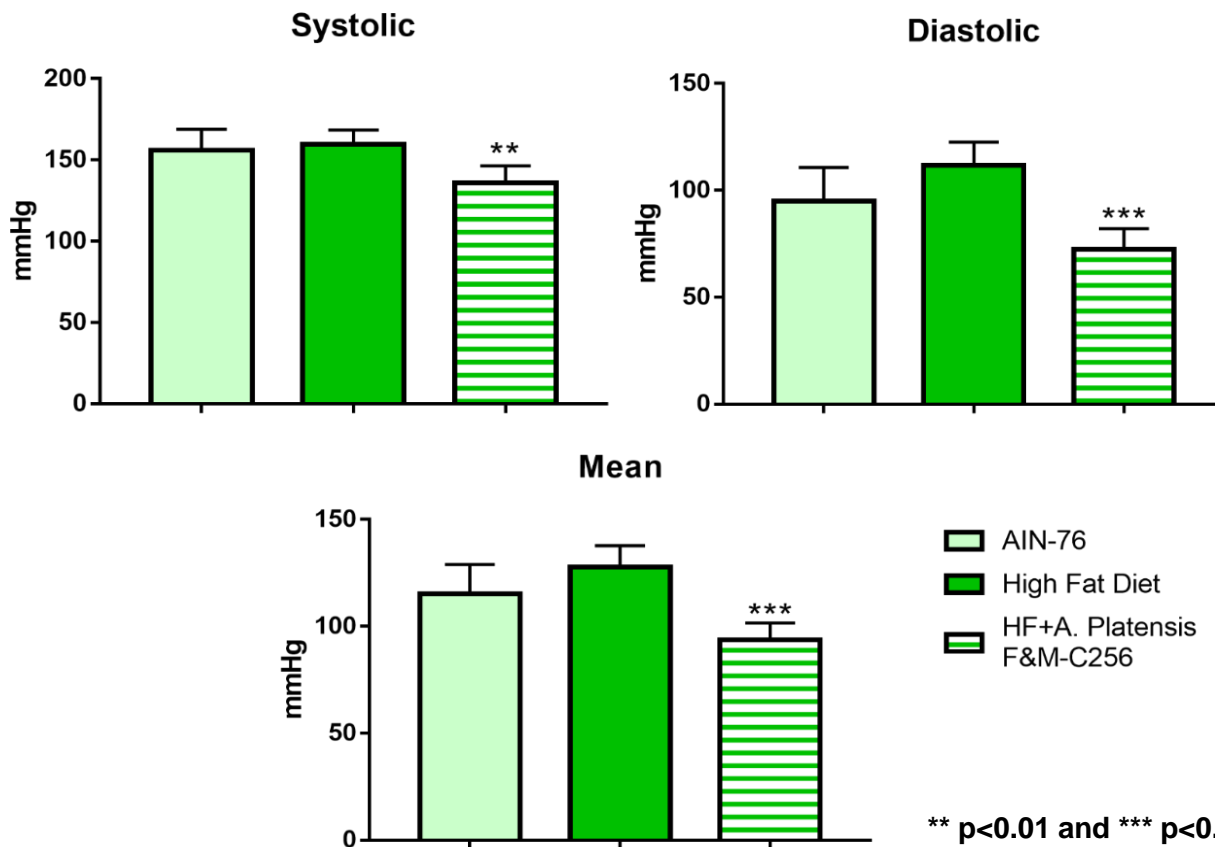


*** $p < 0.001$ vs HF, by one-way ANOVA and Dunnett's multiple comparisons test.

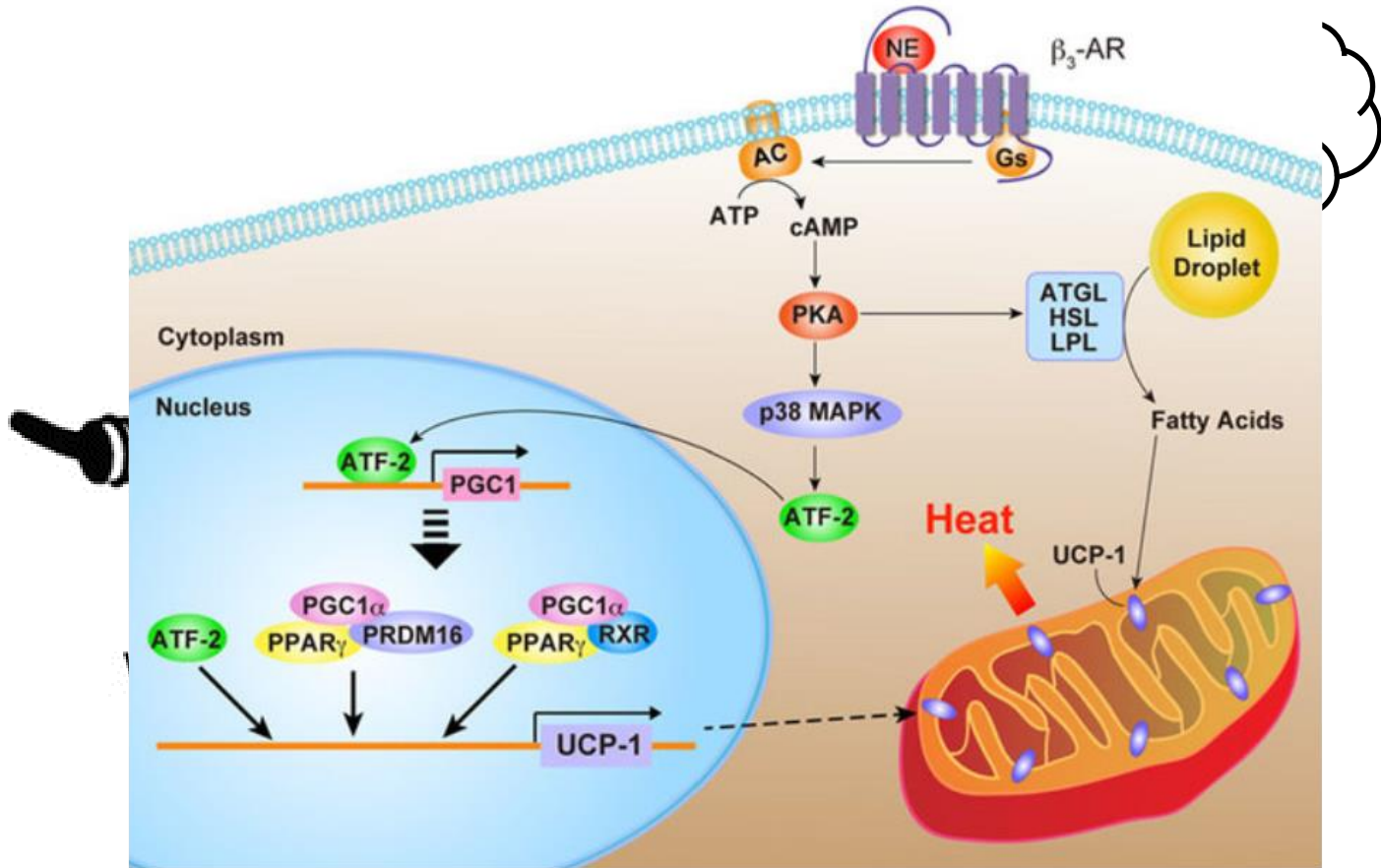
	Triglycerides (mg/dL)	Total Cholesterol (mg/dL)
AIN-76	205 ± 25.06	128 ± 5.13
High Fat Diet	258 ± 55.43	134 ± 6.98
HF + <i>A. Platensis</i> F&M-C256	155 ± 12.62 *	107 ± 3.45 **

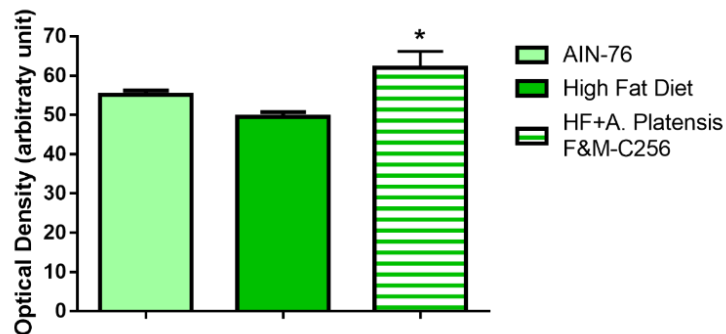
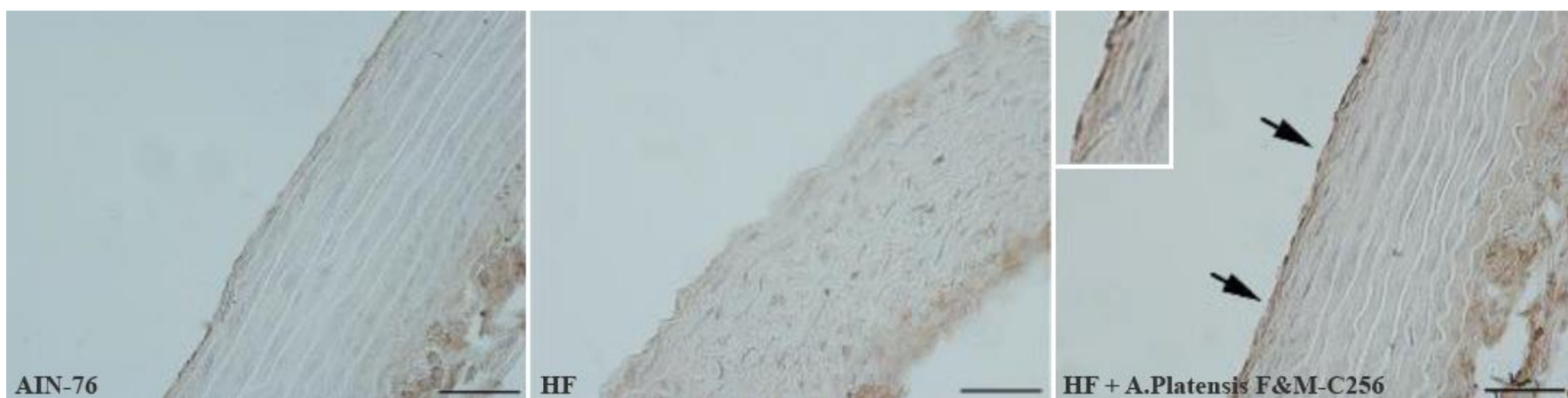
	Fecal lipid excretion (%)
AIN-76	13.7 ± 2.5
High Fat Diet	2.48 ± 0.25
HF + <i>A. Platensis</i> F&M-C256	21.4 ± 2.7 *

* p<0.05 and ** p<0.01 vs HF, by one-way ANOVA and Dunnett's multiple comparisons test.

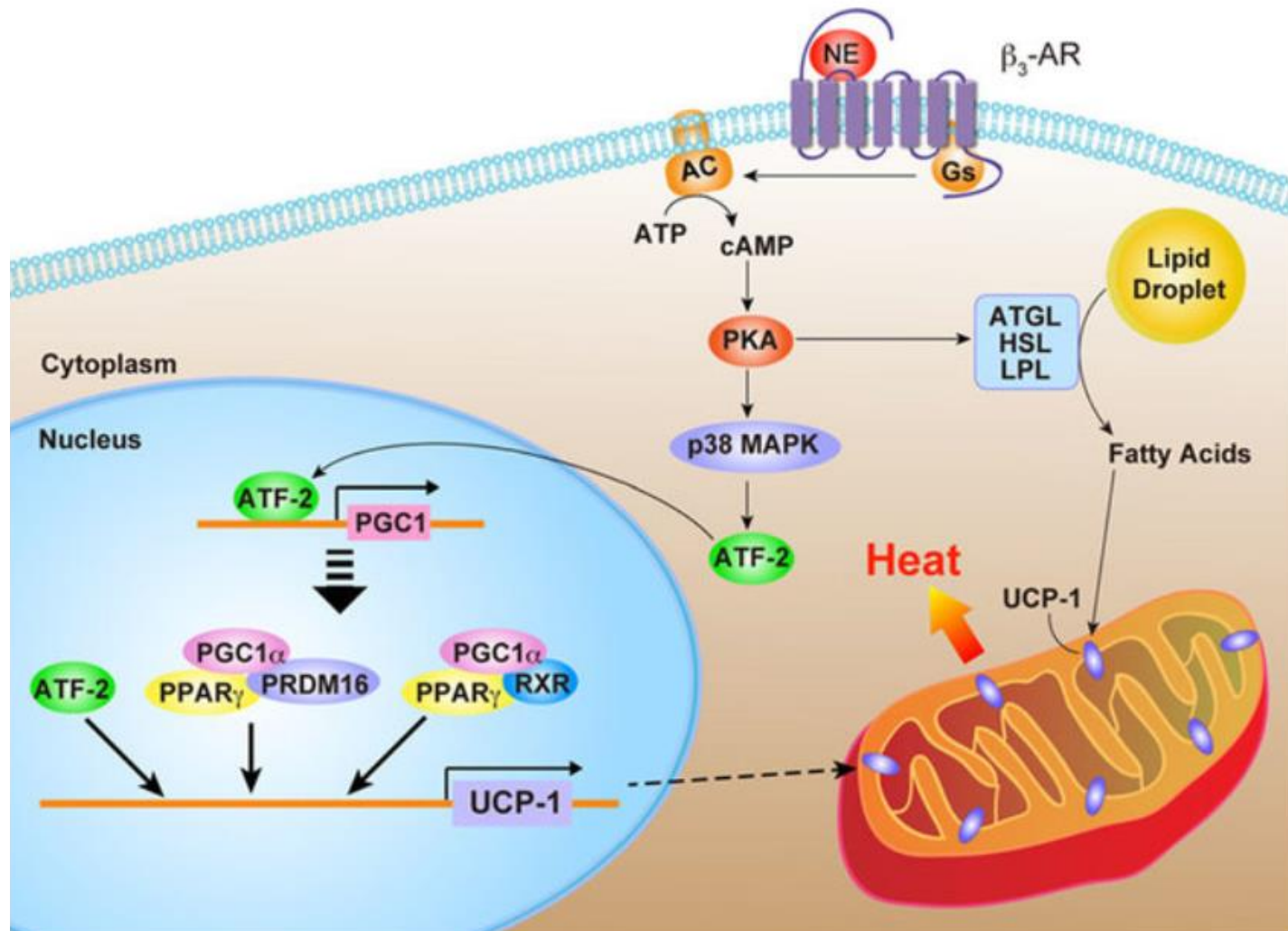


** $p < 0.01$ and *** $p < 0.001$ vs AIN-76 and HF, by one-way ANOVA and Dunnett's multiple comparisons test.





* $p < 0.05$ vs HF, by one-way ANOVA and Dunnett's multiple comparisons test.



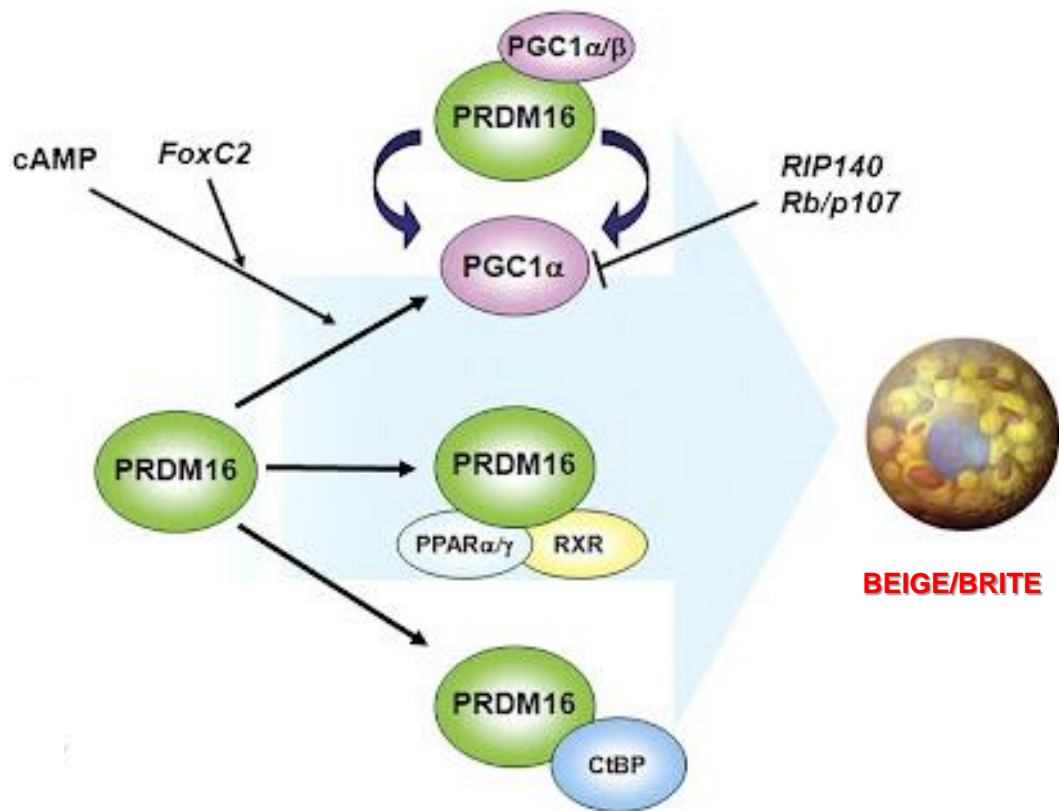


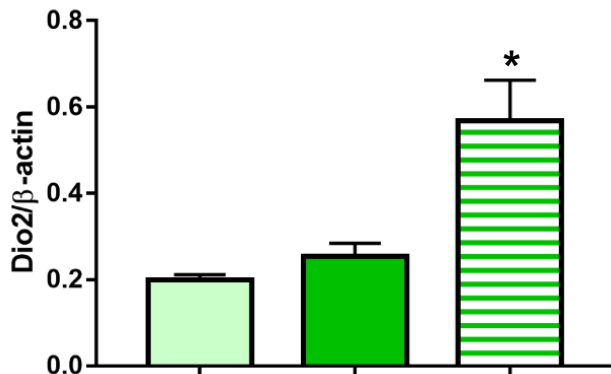
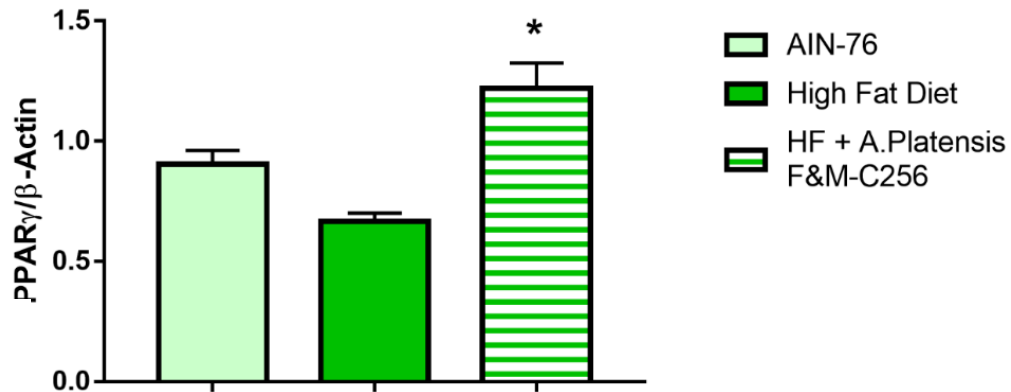
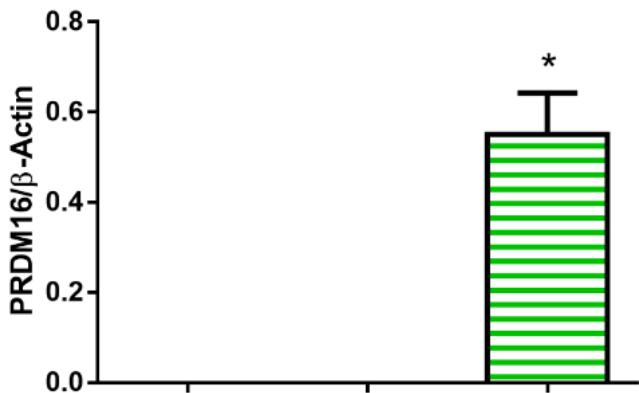
White Fat

↑ UCP1-dependent Thermogenesis
↑ Cold Tolerance
Ameliorates Obesity and Diabetes

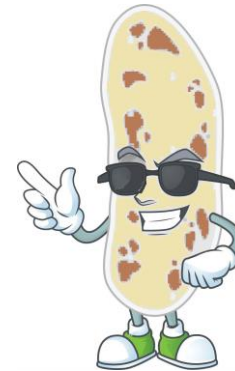
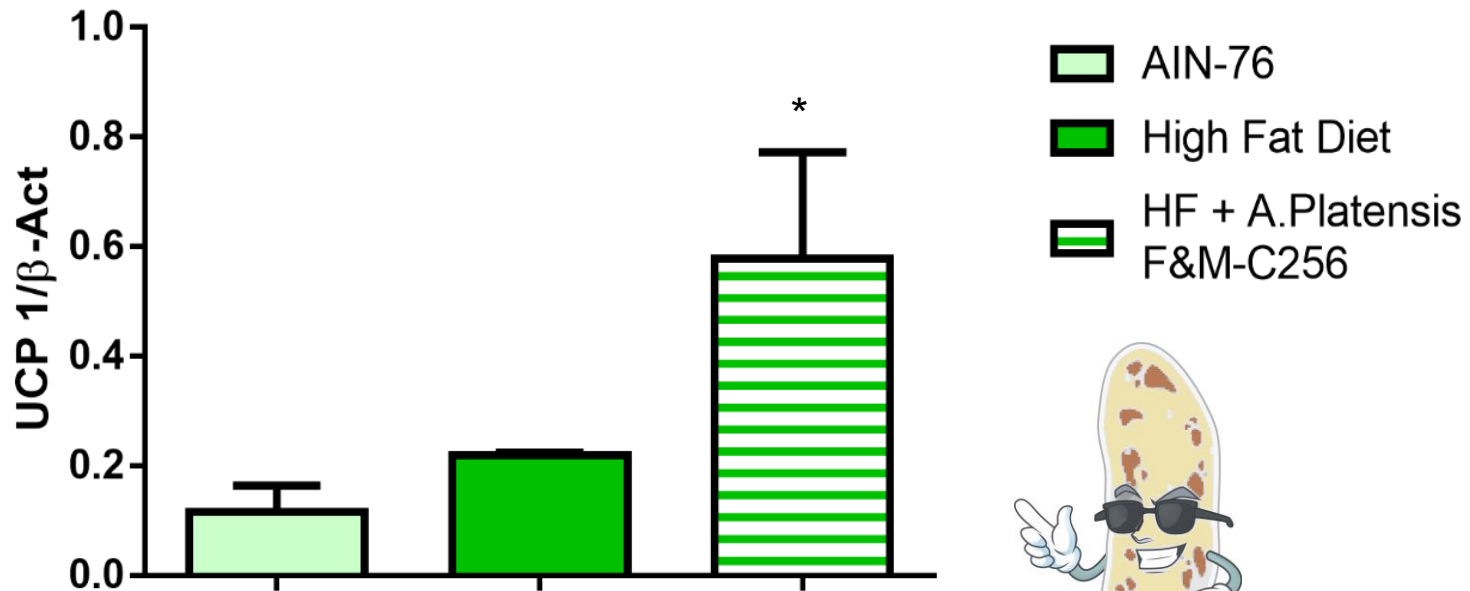


↑ Beige Fat

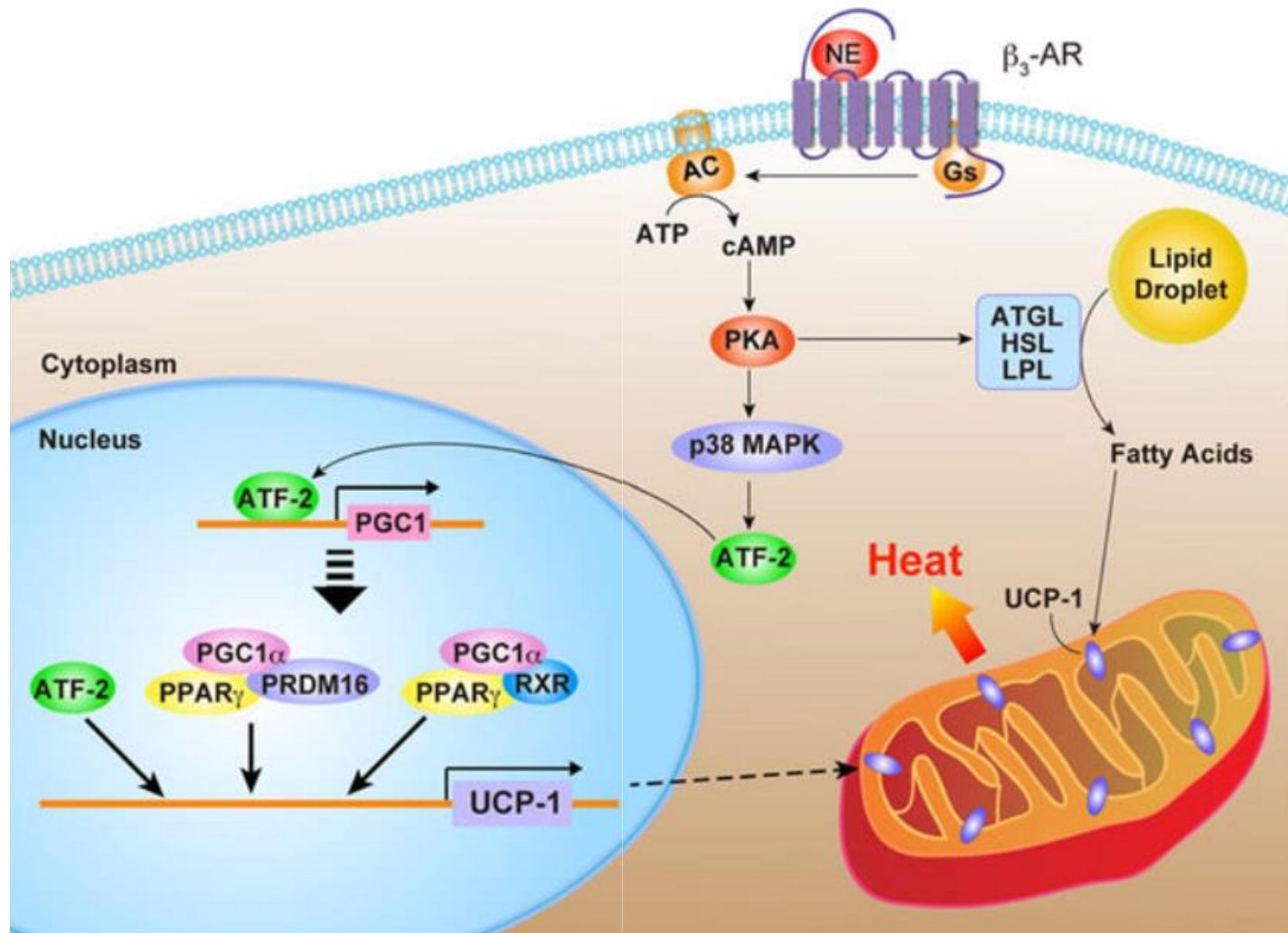


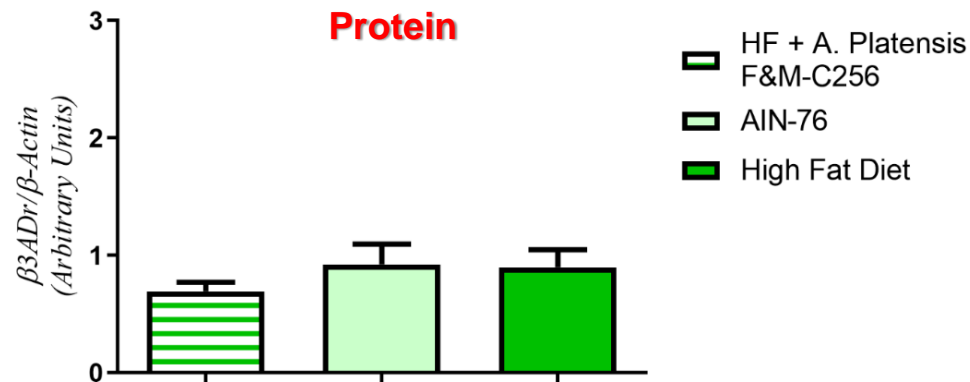
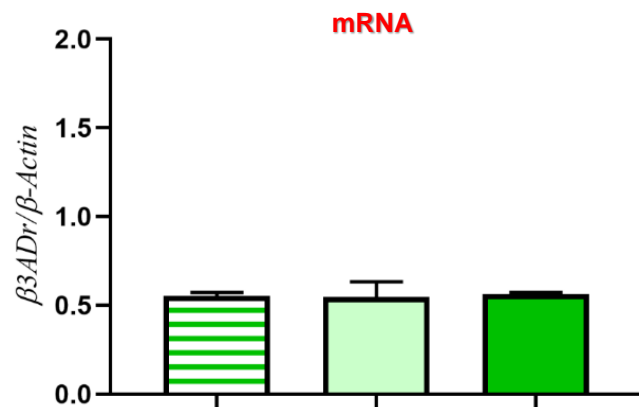


* $p < 0.05$ vs HF, by one-way ANOVA and Dunnett's multiple comparisons test.



* $p < 0.05$ vs HF, by one-way ANOVA and Dunnett's multiple comparisons test.






nature genetics


Published: 14 January 2002

Angptl3 regulates lipid metabolism in mice

Ryuta Koishi , Yosuke Ando, Mitsuru Ono, Mitsuru Shimamura, Hiroaki Yasumo, Toshihiko Fujiwara, Hiroyoshi Horikoshi & Hidehiko Furukawa

nature reviews endocrinology
Published: 06 October 2017
Angiopoietin-like 3 in lipoprotein metabolism
Sander Kersten 

PNAS



Increased thermogenesis by a noncanonical pathway in ANGPTL3/8-deficient mice

Serena Banfi^{a,b}, Viktoria Gusarova^c, Jesper Gromada^c, Jonathan C. Cohen^{b,1}, and Helen H. Hobbs^{a,b,d,1}

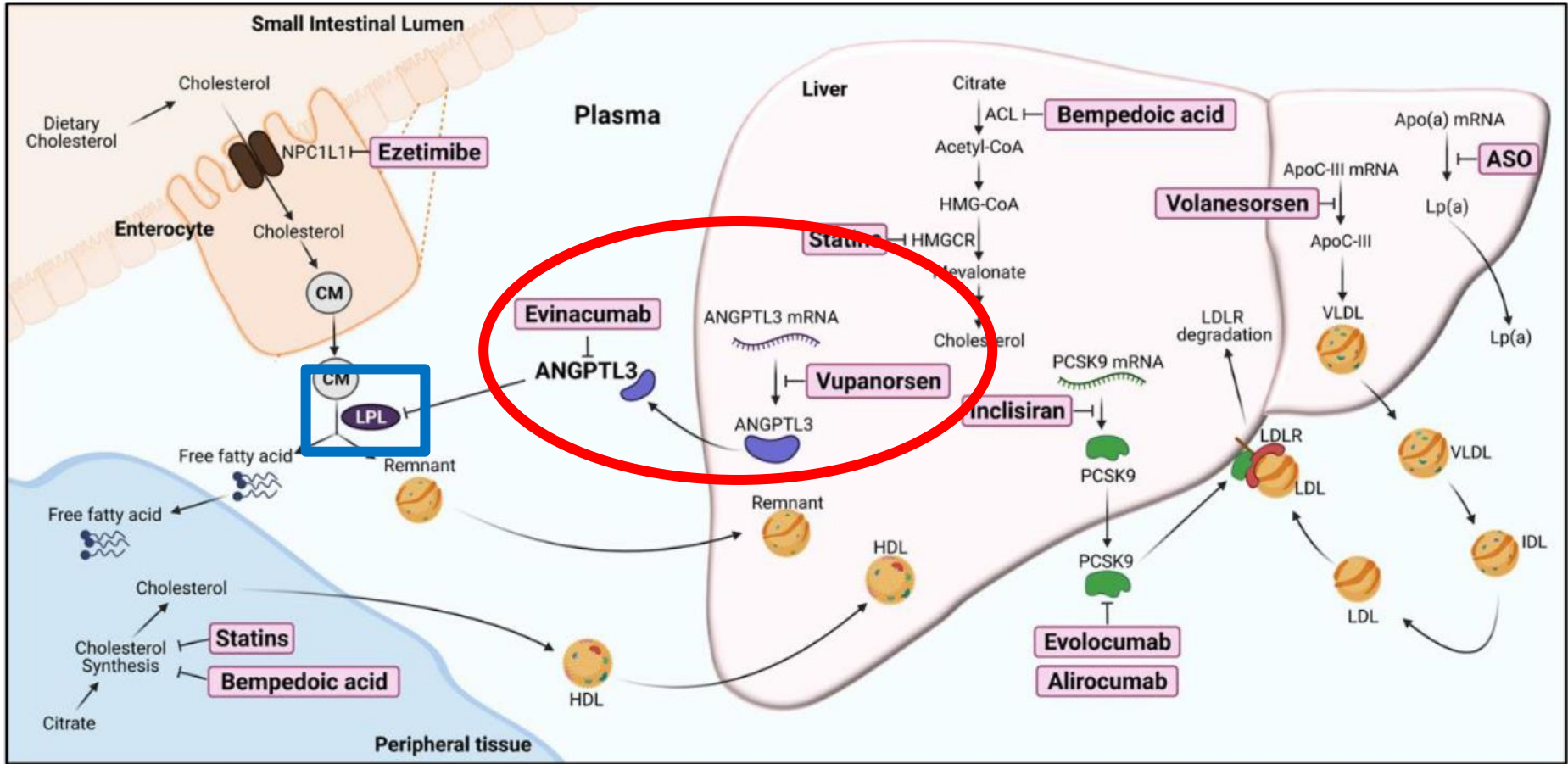
^aDepartment of Molecular Genetics, University of Texas Southwestern Medical Center, Dallas, TX 75390; ^bDepartment of Internal Medicine, University of Texas Southwestern Medical Center, Dallas, TX 75390; ^cRegeneron Pharmaceuticals, Inc., Tarrytown, NY 10591; and ^dThe Howard Hughes Medical Institute, University of Texas Southwestern Medical Center, Dallas, TX 75390

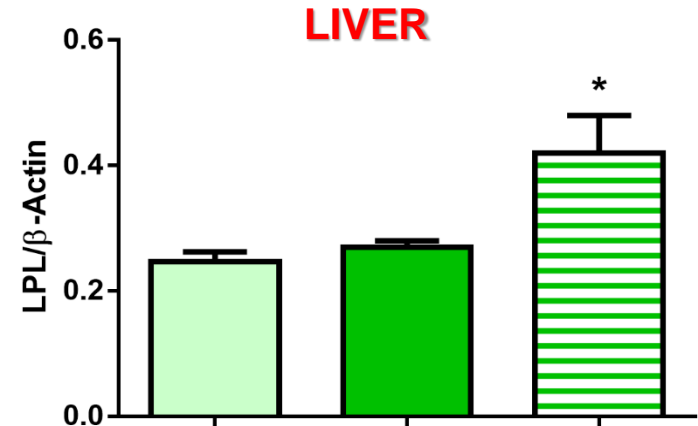
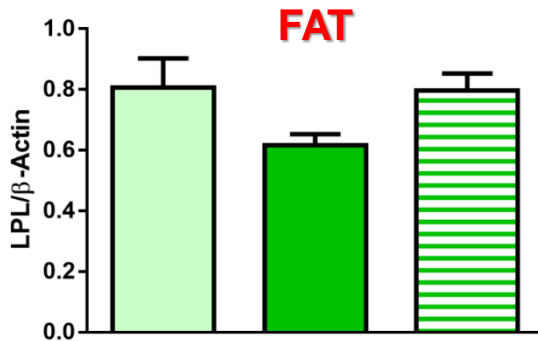
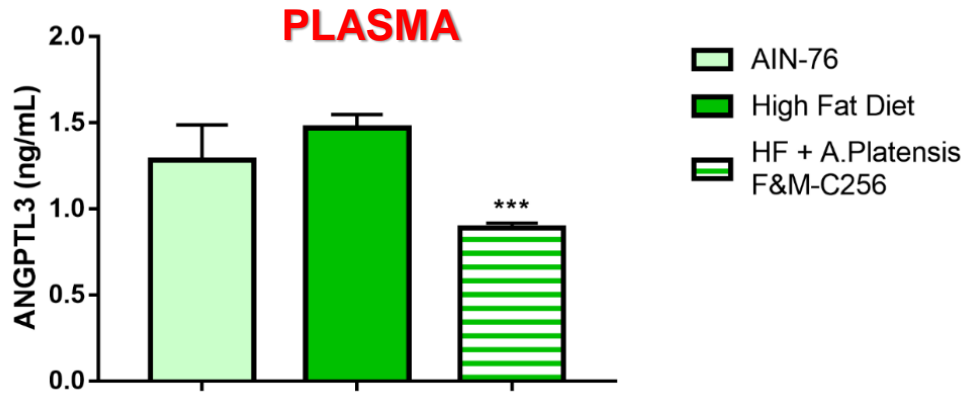
Contributed by Helen H. Hobbs, December 21, 2017 (sent for review October 6, 2017); reviewed by Alan D. Attie, Sheila Collins, Ira J. Goldberg, and Rudolf Zechner

PNAS PLUS

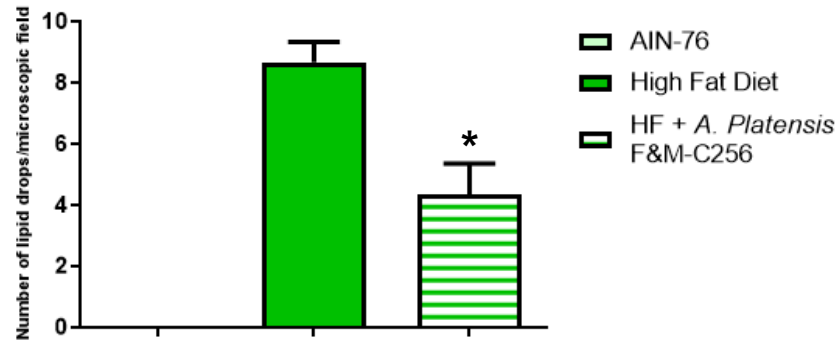
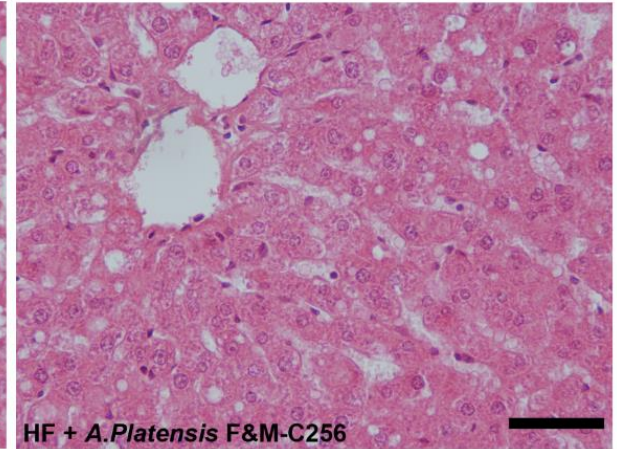
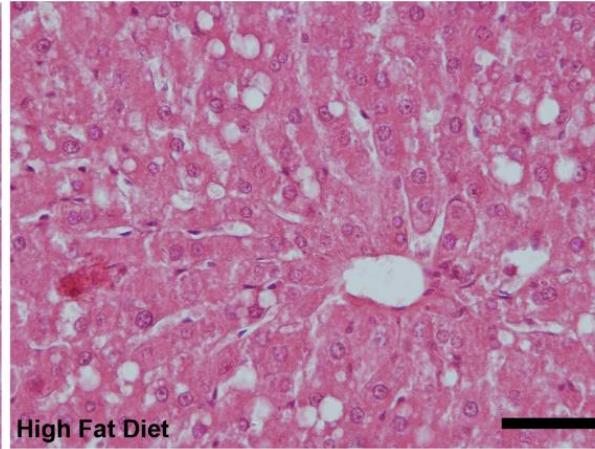
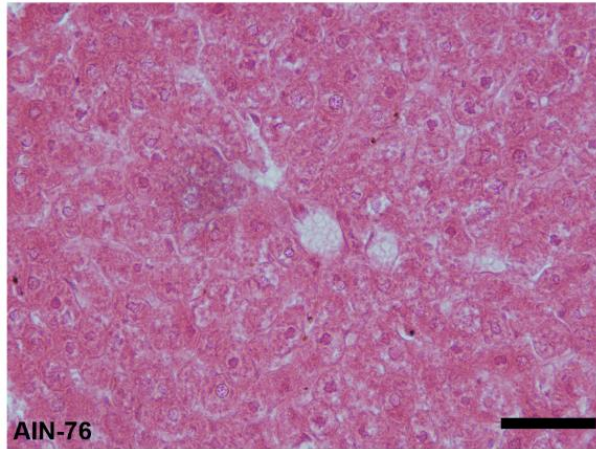
International Journal of Molecular Sciences
Review
Angiopoietin-Like Protein 3 (ANGPTL3) Modulates Lipoprotein Metabolism and Dyslipidemia
Pei-Yi Chen ^{1,2,†} , Wan-Yun Gao ^{3,†} , Je-Wen Liou ⁴ , Ching-Yen Lin ² , Ming-Juan Wu ³ 


Springer Link
Cardiometabolic Disease and Treatment (E. Brinton, Section Editor) | Published: 10 March 2021
ANGPTL3 and Apolipoprotein C-III as Novel Lipid-Lowering Targets
Ioannis Akoumianakis, Evangelia Zvintzou, Kyriakos Kypreos & Theodoros D. Filippatos
Current Atherosclerosis Reports **23**, Article number: 20 (2021) |



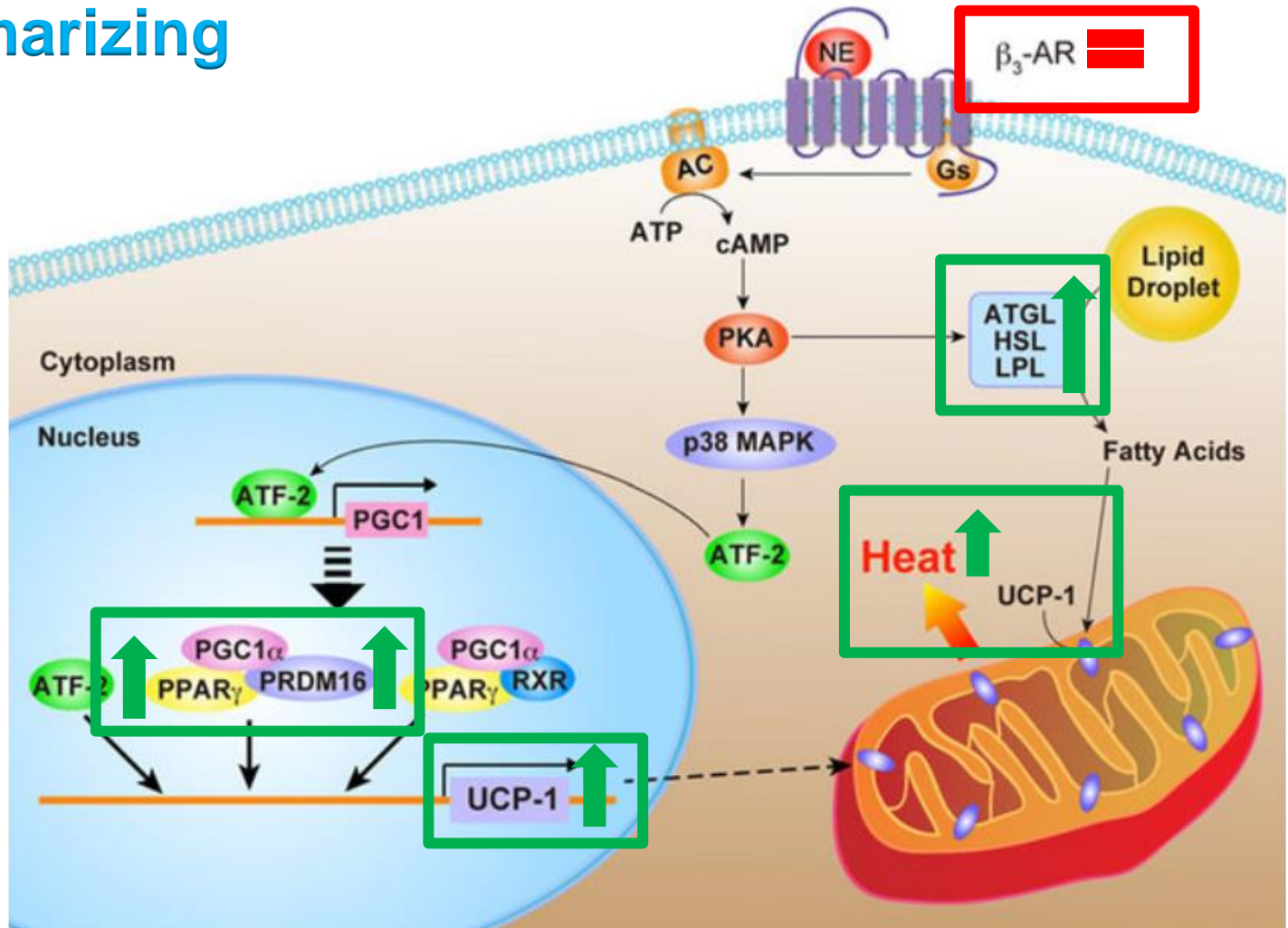


* $p < 0.05$ and *** $p < 0.001$ vs HF, by one-way ANOVA and Dunnett's multiple comparisons test.



* $p < 0.05$ vs HF, by one-way ANOVA and Dunnett's multiple comparisons test.

... summarizing



Hindawi
International Journal of Hypertension
Volume 2021, Article ID 6748515, 7 pages
<https://doi.org/10.1155/2021/6748515>



Research Article

Angiotensin-Like Proteins 2 and 3 in Children and Adolescents with Obesity and Their Relationship with Hypertension and Metabolic Syndrome

Zahra Arab Sadeghabadi ¹, Mitra Nourbakhsh ^{2,3}, Mohammad Alaee ¹,
Mona Nourbakhsh ⁴, Seyedeh Sara Ghorbanhosseini ⁵, Roya Sharifi ⁶,
and Maryam Razzaghy-Azar ^{1,4}



frontiers

in Endocrinology

Clinical Diabetes

ORIGINAL RESEARCH article

Front. Endocrinol., 15 September 2021 | <https://doi.org/10.3389/fendo.2021.695750>

Association of ANGPTL8 and Resistin With Diabetic Nephropathy in Type 2 Diabetes Mellitus

Mengni Li¹, Rongping Fan¹, Xuemin Peng¹, Jiaojiao Huang¹, Huajie Zou¹, Xuefeng Yu^{1,2}, Yan Yang^{1,2}, Xiaoli Shi^{1,2*†} and DeLin Ma^{1,2*†}

... in conclusion



The dietary use of *A. platensis* is able to control some metabolic alterations induced by a **High-Fat Diet** by improving the lipid profile and the quality of body fat mass.

These data suggest the use of *A.platensis* as possible complementary strategy for the control of metabolic syndrome and related complications!



Take home message

Protein Cell 2018, 9(2):152–163
DOI 10.1007/s13238-017-0434-2



Protein & Cell

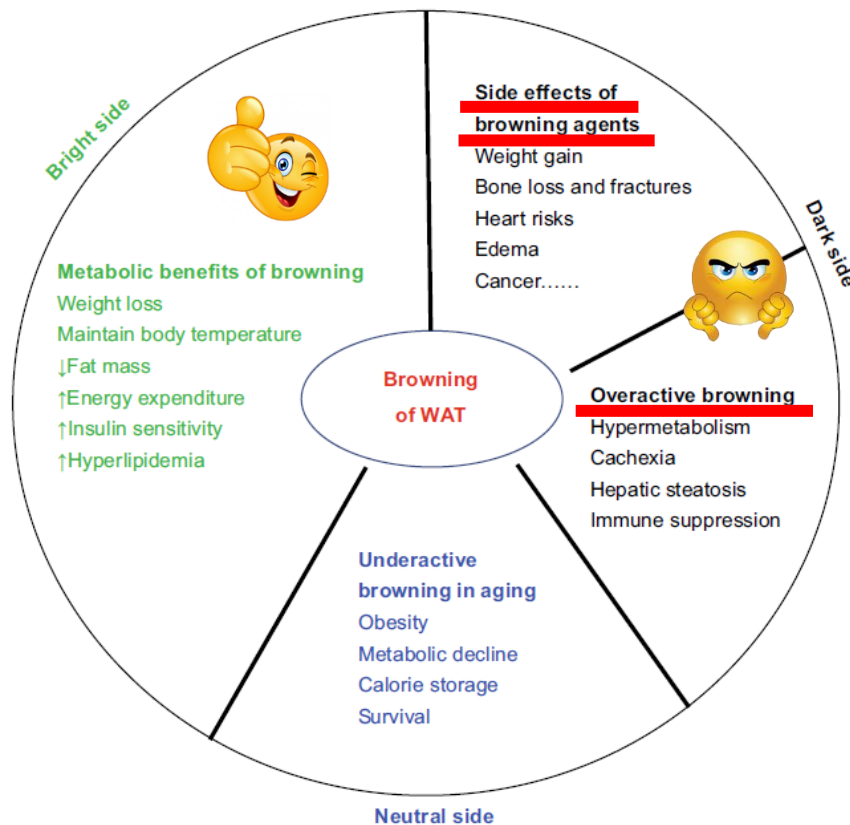
REVIEW

The dark side of browning

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Agrarie, Alimentari Ambientali e Forestali (DAGRI)

Nataschia Biondi
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Liliana Rodolfi
Mario Tredici



obrigado

Dank U

Merci

mahalo

Köszi

спасибо

Grazie

THANK YOU FOR YOUR
ATTENTION



NO QUESTIONS,
PLEASE

mauruuru

Takk

Gracias

Dziękuję

Děkuju

danke

Kiitos