

## Isoflavon Kedelai Diperkaya dengan Zn sebagai Suplemen Antiarterosklerosis Wanita Premenopause

<b>Title</b>	Isoflavon Kedelai Diperkaya dengan Zn sebagai Suplemen Antiarterosklerosis Wanita Premenopause
<b>Author Order</b>	1 of 1
<b>Accreditation</b>	
<b>Abstract</b>	<p>This research was conducted to observe the effect of soy isoflavone and Zn on total cholesterol, LDL, TG and HDL levels of premenopausal women. Thirty-three premenopausal women in Purwokerto were given supplement containing soy isoflavone and Zn during 2 months. In the control group (SO), 11 women were given placebo; in the group SI, 11 women were given the supplement containing soy isoflavone; and in the group SIZ, 11 women were given the supplement containing soy isoflavone and Zn. Blood samples were taken 3 times, i.e. baseline, 1 and 2 month after intervention. One ml of blood was taken by venoject-heparin, intravenously. Blood plasma was used to determine total cholesterol, LDL, HDL, and TG levels using spectrophotometer. Data obtained were analysed by ANOVA. The total cholesterol, LDL, and TG plasma levels decreased, from 189,27 to 151,63 mg/dl (<math>p=0,02</math>); from 138,97 to 93,93 mg/dl (<math>p=0,004</math>); and from 208,81 to 121,09 mg/dl (<math>p=0,012</math>) respectively. On the contrary HDL level increased, from 48,38 to 67,27 mg/dl (<math>p=1,72E-05</math>) after 2 months of intervention. Soy isoflavone and Zn (SIZ) have potential as antiatherosclerosis supplement.</p>
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