Full Reference List of Cholesterol Clinical Studies

Cholesterol Studies (20)

Effect of Oat β-Glucan on Affective and Physical Feeling States in Healthy Adults: Evidence for Reduced Headache, Fatigue, Anxiety and Limb/Joint Pains.

Wolever TMS, Rahn M, Dioum EH, Jenkins AL, Ezatagha A, Campbell JE, Chu Y.

Nutrients. 2021 May 1;13(5):1534. doi: 10.3390/nu13051534.

PMID: 34062937 **Free PMC article.** Clinical Trial.

Increasing oat β-glucan viscosity in a breakfast meal slows gastric emptying and reduces glycemic and insulinemic responses but has no effect on appetite, food intake, or plasma ghrelin and PYY responses in healthy humans: a randomized, placebo-controlled, crossover trial.

Wolever TMS, Tosh SM, Spruill SE, Jenkins AL, Ezatagha A, Duss R, Johnson J, Chu Y, Steinert RE.

Am J Clin Nutr. 2020 Feb 1;111(2):319-328. doi: 10.1093/ajcn/nqz285.

PMID: 31828287 Clinical Trial.

High molecular weight oat β-glucan enhances lipid-lowering effects of phytosterols. A randomised controlled trial.

Ferguson JJ, Stojanovski E, MacDonald-Wicks L, Garg ML.

Clin Nutr. 2020 Jan;39(1):80-89. doi: 10.1016/j.clnu.2019.02.007. Epub 2019 Feb 10.

PMID: 30792143 Clinical Trial.

A Dietary Intervention of Bioactive Enriched Foods Aimed at Adults at Risk of Metabolic Syndrome: Protocol and Results from PATHWAY-27 Pilot Study.

Bub A, Malpuech-Brugère C, Orfila C, Amat J, Arianna A, Blot A, Di Nunzio M, Holmes M, Kertész Z, Marshall L, Nemeth I, Ricciardiello L, Seifert S, Sutulic S, Ulaszewska M, Bordoni A.

Nutrients. 2019 Aug 6;11(8):1814. doi: 10.3390/nu11081814.

PMID: 31390801 **Free PMC article.** Clinical Trial.

The effects of beta-glucan rich oat bread on serum nitric oxide and vascular endothelial function in patients with hypercholesterolemia.

Tabesh F, Sanei H, Jahangiri M, Momenizadeh A, Tabesh E, Pourmohammadi K, Sadeghi M.

Biomed Res Int. 2014;2014:481904. doi: 10.1155/2014/481904. Epub 2014 Jun 12.

PMID: 25025057 **Free PMC article.** Clinical Trial.

6. Extracted oat and barley β-glucans do not affect cholesterol metabolism in young healthy adults.

   Ibrügger S, Kristensen M, Poulsen MW, Mikkelsen MS, Ejsing J, Jespersen BM, Dragsted LO, Engelsen SB, Bügel S.

   J Nutr. 2013 Oct;143(10):1579-85. doi: 10.3945/jn.112.173054. Epub 2013 Aug 14.

   PMID: 23946347 Clinical Trial.

7. Effect of 6 weeks' consumption of β-glucan-rich oat products on cholesterol levels in mildly hypercholesterolaemic overweight adults.

   Charlton KE, Tapsell LC, Batterham MJ, O'Shea J, Thorne R, Beck E, Tosh SM.

   Br J Nutr. 2012 Apr;107(7):1037-47. doi: 10.1017/S0007114511003850. Epub 2011 Aug 3.

   PMID: 21810288 Clinical Trial.

8. Bioactive oat β-glucan reduces LDL cholesterol in Caucasians and non-Caucasians.

   Wolever TM, Gibbs AL, Brand-Miller J, Duncan AM, Hart V, Lamarche B, Tosh SM, Duss R.

   Nutr J. 2011 Nov 25;10:130. doi: 10.1186/1475-2891-10-130.

   PMID: 22118569 **Free PMC article.** Clinical Trial.

9. Physicochemical properties of oat β-glucan influence its ability to reduce serum LDL cholesterol in humans: a randomized clinical trial.

   Wolever TM, Tosh SM, Gibbs AL, Brand-Miller J, Duncan AM, Hart V, Lamarche B, Thomson BA, Duss R, Wood PJ.

   Am J Clin Nutr. 2010 Oct;92(4):723-32. doi: 10.3945/ajcn.2010.29174. Epub 2010 Jul 21.

   PMID: 20660224 Clinical Trial.

10. Oat beta-glucan supplementation does not enhance the effectiveness of an energy-restricted diet in overweight women.

    Beck EJ, Tapsell LC, Batterham MJ, Tosh SM, Huang XF.

    Br J Nutr. 2010 Apr;103(8):1212-22. doi: 10.1017/S0007114509992856. Epub 2009 Nov 24.

    PMID: 19930764 Clinical Trial.

11. Consumption of oat beta-glucan with or without plant stanols did not influence inflammatory markers in hypercholesterolemic subjects.

    Theuwissen E, Plat J, Mensink RP.

    Mol Nutr Food Res. 2009 Mar;53(3):370-6. doi: 10.1002/mnfr.200800132.

PMID: 18979504 Clinical Trial.

12. Serum lipids and postprandial glucose and insulin levels in hyperlipidemic subjects after consumption of an oat beta-glucan-containing ready meal.

    Biörklund M, Holm J, Onning G.

    Ann Nutr Metab. 2008;52(2):83-90. doi: 10.1159/000121281. Epub 2008 Mar 11.

    PMID: 18334815 Clinical Trial.

13. Concentrated oat beta-glucan, a fermentable fiber, lowers serum cholesterol in hypercholesterolemic adults in a randomized controlled trial.

    Queenan KM, Stewart ML, Smith KN, Thomas W, Fulcher RG, Slavin JL.

    Nutr J. 2007 Mar 26;6:6. doi: 10.1186/1475-2891-6-6.

    PMID: 17386092 **Free PMC article.** Clinical Trial.

14. Simultaneous intake of beta-glucan and plant stanol esters affects lipid metabolism in slightly hypercholesterolemic subjects.

    Theuwissen E, Mensink RP.

    J Nutr. 2007 Mar;137(3):583-8. doi: 10.1093/jn/137.3.583.

    PMID: 17311944 Clinical Trial.

15. Sweeteners and beta-glucans improve metabolic and anthropometrics variables in well controlled type 2 diabetic patients.

    Reyna NY, Cano C, Bermúdez VJ, Medina MT, Souki AJ, Ambard M, Nuñez M, Ferrer MA, Inglett GE.

    Am J Ther. 2003 Nov-Dec;10(6):438-43. doi: 10.1097/00045391-200311000-00010.

    PMID: 14624282 Clinical Trial.

16. Cholesterol-lowering effect of beta-glucan from oat bran in mildly hypercholesterolemic subjects may decrease when beta-glucan is incorporated into bread and cookies.

    Kerckhoffs DA, Hornstra G, Mensink RP.

    Am J Clin Nutr. 2003 Aug;78(2):221-7. doi: 10.1093/ajcn/78.2.221.

    PMID: 12885701 Clinical Trial.

17. Food products containing free tall oil-based phytosterols and oat beta-glucan lower serum total and LDL cholesterol in hypercholesterolemic adults.

    Maki KC, Shinnick F, Seeley MA, Veith PE, Quinn LC, Hallissey PJ, Temer A, Davidson MH.

    J Nutr. 2003 Mar;133(3):808-13. doi: 10.1093/jn/133.3.808.

    PMID: 12612157 Clinical Trial.

18. Postprandial lipemia in relation to sterol and fat excretion in ileostomy subjects given oat-bran and wheat test meals.

    Lia A, Andersson H, Mekki N, Juhel C, Senft M, Lairon D.

    Am J Clin Nutr. 1997 Aug;66(2):357-65. doi: 10.1093/ajcn/66.2.357.

    PMID: 9250115 Clinical Trial.

19. Oat beta-glucan increases bile acid excretion and a fiber-rich barley fraction increases cholesterol excretion in ileostomy subjects.

    Lia A, Hallmans G, Sandberg AS, Sundberg B, Aman P, Andersson H.

    Am J Clin Nutr. 1995 Dec;62(6):1245-51. doi: 10.1093/ajcn/62.6.1245.

    PMID: 7491888 Clinical Trial.

20. Oat beta-glucan reduces blood cholesterol concentration in hypercholesterolemic subjects.

    Braaten JT, Wood PJ, Scott FW, Wolynetz MS, Lowe MK, Bradley-White P, Collins MW.

    Eur J Clin Nutr. 1994 Jul;48(7):465-74.

    PMID: 7956987 Clinical Trial.