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## **STUDY OF THE EFFECT OF THE NOVEL HERBAL COMPOSITION SR2004 ON SERUM CHOLESTEROL AND TRIGLYCERIDES IN TYPE 2 DIABETIC PATIENTS**

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**PURPOSE:** Diabetic dyslipidemia is a common finding in type 2 diabetes mellitus (T2DM) and a significant contributor to morbidity and mortality despite the use of conventional anti-lipid medications. We assess the effect of a novel botanical composition SR2004 on serum cholesterol and triglyceride levels after 12 weeks therapy. **METHODS:** Single center, unblinded, prospective study. SR2004 capsule includes *Morus alba*, *Artemisia dracuncululus*, *Urtica dioica*, *Cinammonum zeylanicum* and *Taraxacum officinale*. 119 patients with T2DM were given SR2004 in addition to their usual medications. Serum triglyceride (TG), total cholesterol (TC) including low density lipoprotein (LDL-C) and high density lipoprotein (HDL-C) fractions, were checked at 0, 6 and 12 weeks. Paired sample T-test was used to calculate the significance of changes in values from Week 0 to Week 12. A p-value 0.05 was statistically significant. **RESULTS:** 103 patients completed 12 weeks follow up (87%). At 12 weeks, mean TC reduced to 184mg/dL (10.5% reduction; p0.01), mean LDL-C 102mg/dL (11.5% reduction; p0.01), mean HDL-C 45mg/dL (7.3% increase; p0.01) and mean TG to 160 mg/dL (40% reduction; p0.0001). No major adverse effects were observed, with minor abdominal symptoms reported in sixteen patients (16%). **CONCLUSIONS:** This is the first clinical study to evaluate the effect of this combination of botanicals on lipid levels in T2DM patients. Independent of weight loss and anti-lipid medications, serum TG,TC and LDL-C were significantly lowered over 12 weeks, with no significant side effects reported.



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