

Published Studies on Amlamax™

- 1. Amlamax™ in the Management of Dyslipidemia in Humans.** Hypercholesterolemia is the major cause of cardiovascular diseases leading to myocardial infarctions leading to considerable morbidity and mortality. During the past decade a group of molecules referred to as statins such as simvastatin, atorvastatin have been tried with great success in reducing total cholesterol. These molecules act by inhibiting the HMG CoA reductase enzyme thereby interfering with the synthesis of cholesterol. But statins reduce all the cholesterol including HDL cholesterol. Long term drug vigilance activity has revealed serious side effects of tendinopathy and related musculoskeletal disorders in some of the subjects. In an effort to manage hypercholesterolemia without serious side effects in a natural way we had tried the use of Amlamax™ a reconstituted, purified, standardized dried extract of amla (*Emblica officinalis*) containing 30% ellagitannins significant elevation of HDL cholesterol by the administration of Amlamax™ [Antony B, Merina B, Sheeba, V. Amlamax™ in the Management of Dyslipidemia in Humans. Indian J Pharm Sci. 2008 Jul-Aug; 70(4): 504-507]

- 2. A Pilot Clinical Study to Evaluate the Effect of *Emblica Officinalis* Extract (Amlamax™) on Markers of Systemic Inflammation and Dyslipidemia.** *Emblica officinalis Gaertn*, commonly known as the Indian gooseberry of “Amla”, has been used as health food for centuries in India and other Asian countries. The biological effects of amla have been attributed to the antioxidant properties of the low-molecular weight hydrolysable tannins present in the fruit. Amlamax™ is a purified, standardized, dried extract of amla containing about 35% galloellagi tannins along with other hydrolysable tannins. Our earlier studies on rabbits showed significant reduction in total cholesterol and triglycerides as well as increase in HDL. The present study extends these results to human volunteers. Two doses of the extract were evaluated – 500mg and 1000mg per day for 6 months. Blood samples were collected at the 3rd and 6th months showed reduction in total and LDL cholesterol and enhancement of beneficial HDL cholesterol. In addition, blood CRP levels, a marker for inflammation, were also significantly reduced. Since dyslipidemia and inflammation and the two major components of cardiovascular diseases, the present results must be considered encouraging and indicate the potential of Amlamax™ in the management of heart disease. [Antony B, Benny M, KaimalTNB. A Pilot Clinical Study to Evaluate the Effect of *Emblica Officinalis* Extract (Amlamax™) on Markers of Systemic Inflammation and Dyslipidemia. Indian Journal of Clinical Biochemistry, 2008; 23(4) 378-381.]