

A Randomized, Placebo-controlled, Triple-blind Study to Determine the Effect of Farlong Ginseng Plus[®] NotoGinseng Extract on Cholesterol and Blood Pressure

Malkanthi Evans^{1,*}, Erin D. Lewis¹, David C. Crowley¹, Andy Zeng², Jing Struve², Najla Guthrie¹

¹ KGK Science Inc., London, ON N6A 5R8, Canada;

² Farlong Pharmaceutical, Walnut, California, United States

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Correspondence: Address correspondence to this author at KGK Science Inc., 255 Queens Ave. #1440, London, ON N6A 5R8, Canada; Tel: 519-438-9374; E-mail: mevans@kgkscience.com

Objective: This randomized, placebo-controlled, triple-blind study examined the efficacy of 12 weeks of Farlong NotoGinseng[™] (FNG) supplementation on LDL-C and blood pressure (BP) in otherwise healthy participants ($n=95$) with normal to mild hypertension and hypercholesterolemia.

Methods: Lipid profile, BP, and endothelial vasodilation parameters were assessed at baseline and weeks 4, 8 and 12. Safety was assessed at screening and at end of the study. The Therapeutic Lifestyle Change (TLC) diet was followed during a 4-week run-in and throughout.

Results: Participants on FNG had a 4.33% reduction in LDL-C at week 8 ($p=0.045$) and a 1.80% improvement in HDL-C at week 12. Those on placebo had a non-significant 1.37% HDL-C reduction at both weeks 8 and 12. The FNG group showed a 0.94% reduction in systolic (SBP) and a 0.16% reduction in diastolic BP (DBP) at

week 12. The placebo group had 0.5% and 1.24% increases in SBP and DBP, respectively. A total of 17.5% of participants supplemented with FNG had improvements in all three CVD risk factors (LDL-C, HDL-C, and SBP) compared to 5.0% of those on placebo ($p=0.040$). A greater proportion of participants with borderline high baseline LDL-C had reductions in their CVD risk factors ($p=0.037$) with FNG. However, participants in the placebo group with similar LDL-C characteristics did not have improvements in either their BP or lipid profile.

Conclusion: FNG was well-tolerated and may have a positive influence on reducing CVD risk by improving BP and lipid profile. Left unaddressed, those with CVD risk factors may progress to a more hypertensive and hypercholesterolemic state.

Keywords: Total cholesterol, LDL-cholesterol, HDL-cholesterol, blood pressure, ginseng, cardiovascular health.