

## *Spirulina Platensis effectively ameliorates anthropometric measurements and obesity-related metabolic disorders in healthy individuals with obesity or overweight: A randomized controlled trial*

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### *Abstract*

**N**ovel alternative treatments such as food supplements may be an effective approach to weight management. The aim of the present study was to investigate the possible effects of *Spirulina Platensis* (SP) on anthropometric measures, appetite and metabolic parameters in obese or overweight individuals. A total of fifty-two obese and overweight subjects ( $25 \leq \text{body mass index (BMI)} < 40$ ) were randomly selected to be allocated to SP (4x500 mg daily tablets along with restricted calorie diet (RCD)) or placebo (placebo tablets along with RCD) for 12 weeks of intervention. Anthropometric measurements and appetite score were assessed at baseline, weeks 6 and 12. Biochemical assessments were performed at baseline and week 12. Thirty-eight participants completed the intervention. Body weight, body waist, body fat and BMI significantly reduced in the SP group compared to the placebo group ( $p < 0.001$ ,  $p = 0.049$ ,  $p = 0.049$  and  $p = 0.02$ , respectively).

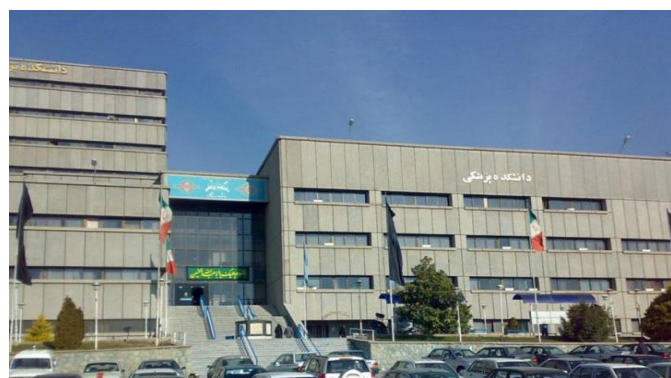
### *Speaker Publications:*

1. "Beneficial effects of Apple Cider Vinegar on weight management, Visceral Adiposity Index and lipid profile in overweight or obese subjects receiving restricted calorie diet: A randomized clinical trial"
2. "Effects of combined administration of weight reducing diet and spirulina platensis on anthropometric measures and glycemic markers in obese and overweight subjects: A randomized, double-blinded, placebo-controlled clinical trial"
3. "Brain-derived neurotrophic factor in obese women and its relationship with leptin and ghrelin"
4. "Hearing estimated threshold recovery after administering fish oil in sucking periods in n-3 fatty acid-deficient rat pups"
5. "PI3K/AKT and Mdm2 activation are associated with inhibitory effect of cAMP increasing agents on DNA damage-induced cell death in human pre-B NALM-6 cells"

[3rd World Congress on Food and Nutrition](#); Webinar, June 15-16, 2020.

### Abstract Citation:

Atoosa Saidpour, *Spirulina Platensis* effectively ameliorates anthropometric measurements and obesity-related metabolic disorders in healthy individuals with obesity or overweight: A randomized controlled trial, Nutri Food 2020, 3rd World Congress on Food and Nutrition; Webinar, June 15-16, 2020. <https://food-technology.nutritionalconference.com/2020>



### *Biography:*

Atoosa Saidpour has completed her PhD at the age of 31 years from Shahid Beheshti University of Medical Sciences Medicine. she is assistant professor in Department of Clinical Nutrition of Shahid Beheshti University of Medical Sciences. She has published more than 13 papers in reputed journals.