

Citrus reticulate peel extracts a promising natural obesity therapy

Iman Kamel

National Research Center, Egypt



Abstract

The potential benefits of the water extract of Citrus reticulate peel were assessed on obesity and fat reduction in adolescent. Clinical trials were done on double-blind, placebo-controlled study, 40 obese adolescent subjects/each group randomized from both sex with age vary between 12 and 18 years old. Group A participants received an 800 mg of dry extract daily and group B received placebo. Both groups received three meals (2000 kcal/day) throughout the study. The primary outcome in group A was reduction in Body mass index (BMI), Body fat percentage (BF%) and in waist circumference (WC). Secondary outcomes were significant reduction in BMI, BF% and WC, as well as better lipid profile criteria. Statistically high significant reductions in BMI by 5.74 kg/m² (P< 0.001), WC by 11.33 cm (P< 0.001), body fat by 4.24%(P= 0.006), total cholesterol (TC) by 35.56 mg/dl (P= 0.008) and triglyceride (TG) by 24.66 mg/dl (P< 0.001) were observed in the group A compared to the group B as study conclusion. Many of the beneficial effects in management of obesity attributed to the presence of polyphenols and flavonoids constituents of the extract.

Biography

Iman Kamel holds Bachelor's degree in Medicine and Surgery, Kasr Al-Ainy Faculty of Medicine, Cairo University -Master's degree in Pediatrics, Kasr Al-Ainy Faculty of Medicine, Cairo University. She holds a doctorate from the College of Graduate Studies for Childhood Ain Shams University and the subject of the thesis was on adolescent obesity. She holds a diploma in therapeutic nutrition from the National Institute of Nutrition. Participated in many internationally published scientific research and international and local research projects in the field of nutrition for all ages. Supervised many masters and doctoral theses in the field of nutrition and obesity. She is a member of many scientific societies. Participated in many local and international conferences. She is also Coordinator of the Committee on Scientific Research Priorities in the Field of Obesity..



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