



Effects of D-003 (Sugarcane Wax Acids) on the Physical Exercise on Static Bicycle Test

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SUMMARY. Physical inactivity and low maximal exercise oxygen consumption (VO₂max) are predictors of mortality and coronary events in adults, respectively. Lowering serum cholesterol and platelet aggregation benefits cardiovascular function in aging persons. D-003, a mixture of sugarcane wax acids, exhibits antiplatelet and cholesterol-lowering effects, and could benefit the performance of middle-aged and older subjects in effort tests. This randomised, double-blinded, placebo-controlled study investigated the effects of D-003 (10 mg/day) for 12 weeks on the effort test in the static bicycle and the health status of 50 subjects (50-70 years old). Compared with baseline and placebo, D-003 improved significantly VO₂ max values, pain/discomfort and health perception EuroQoL scores, and the cardiovascular capacity assessed by the Specific Activity Scale. Also, D-003 displayed cholesterol-lowering effects versus placebo, being well tolerated. There were no study withdrawals. Concluding, D-003 improved VO₂ max values in the effort test, lipid profile, health perception and cardiovascular status of study subjects.

KEY WORDS: D-003, Lipid-lowering effects, Physical fitness, Static bicycle, Sugarcane wax acids, VO₂max.

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