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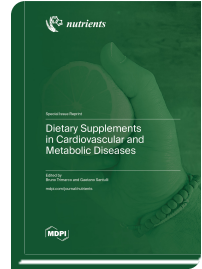
Special Issue Reprint

Dietary Supplements in Cardiovascular and Metabolic Diseases

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This Special Issue begins with two preclinical studies on bergamot fruit extract (*Citrus bergamia*) showing reductions in oxidative stress and dyslipidemia both in vitro and in vivo. Additionally, a review explores the potential therapeutic use of combining SGLT2 inhibitors with plant extracts. In another in vivo study, humanized mice supplemented with L-carnitine and essential oil emulsions exhibited prebiotic effects on gut microbiota, reducing plasma trimethylamine N-oxide (TMAO) levels and increasing fecal short-chain fatty acids (SCFAs). Preclinical studies also examined the impact of copper nanoparticles on oxidative stress and vascular relaxation, and assessed the quality of herbal teas and dietary supplements, revealing deficiencies in their nutraceutical content. Two reviews highlight the health benefits of astaxanthin and taurine. Clinical studies include a retrospective analysis linking glucosamine usage to increased cardiovascular risk in osteoarthritis patients, and a trial demonstrating the efficacy of L-Arginine plus vitamin C supplementation in long-COVID patients. The issue concludes with three placebo-controlled trials: one showing Coenzyme Q10 plus NADH benefits on fatigue and quality of life in chronic fatigue syndrome patients, another revealing the antioxidant effects of water-soluble tomato concentrate in healthy adults, and a third highlighting the positive impact of bergamot polyphenolic fraction phytosome, artichoke extracts, Q10 phytosome, and zinc on lipid profiles, inflammation, NAFLD, and endothelial reactivity in hypercholesterolemic individuals.



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