Unity in Diversity and the Standardisation of Clinical Pharmacy Services

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Table of contents

Preface
Organizing committee
Keynote speakers
Plenary speakers
List of symposium speakers

Medication management system in several care homes in Surabaya

Effectiveness of decision aid on knowledge, decision conflict, and outcome in diabetic patients
L. Aditama & F. Yulia

Self-esteem scale: Translation and validation in Malaysian adults living with asthma
S. Ahmad, M. Qamar, F.A. Shaikh, N.E. Ismail, A.I. Ismail & M.A.M. Zim

Factors affecting mortality among patients undergoing hemodialysis in Sudan
O. Amir, A. Sarriff, A.H. Khan, M.B. Abdelraheem & B. Norsa’adah

Evaluating the effectiveness of filgrastim in patients with solid cancer
E.N. Anggraeny, F. Rahmawati & K.W. Taroeno-Hariadi

Building care of hypertensive patients in reducing sodium intake in Banjarmasin
H. Ariyani, Akrom & R. Alfian

Effect of glibenclamide on glycemic control in the presence of sodium diclofenac
T. Aryani, M.N. Zamzamah, Z. Izzah & M. Rahmadi

A drug utilization study of antibiotics in patients with osteomyelitis
A.S. Budiatin, K.D. Kuridana, B.S. Zulkarnain, H. Suroto & R. Diniya

Factors influencing trastuzumab cardiotoxicity in breast cancer: A case–control study
C. Cherachat, C. Sukkasem, C. Somwangprasert, S. Pornbunjerd, N. Parinyanitikul & K. Tewthanom

Transdermal patch loading diclofenac sodium for anti-inflammation therapy using a rat paw oedema model
P. Christanto, Isnaeni, A. Miatmoko & E. Hendradi

Ethambutol-induced optic neuropathy in diabetic patients with tuberculosis
M. Djunaedi, U. Athiyah, Y. Priyandani & S.A.S. Sulaiman

Identification of clinical specimens isolated from neonates
M. Djunaedi, S.A.S. Sulaiman, A. Sarriff, N.B.A. Aziz & Habsah

Effect of coenzyme Q10 on the malondialdehyde level and exercise performance of male runners in Jakarta
S. Gunawan, Purwantyastuti, F.D. Suyatna & E.I. Ilyas

Compatibility of selected inotropic drugs in a syringe
S. Hanifah, R.A. Kennedy & P.A. Ball

Ward pharmacist workload analysis in an Indonesian class A hospital
A.L. Hariadini, W. Utami & A. Rahem

Effect of LD50 of ethanolic leaf extract from Ipomoea reptans Poir. in rats
F. Hayati, R. Istikharah, S. Arifah & D. Nurhasanah

Oral indomethacin versus oral paracetamol for patent ductus arteriosus closure in neonates

Clinical trial of Jamu X on blood glucosa and HbA1C in patients with type 2 diabetes mellitus
Z. Ikawati, M. Eko Cahyanto, N.R. Sholehah & N. Atikah

Management of carbamate or organophosphate intoxication at a high care unit
Z. Izzah, T. Aryani, R. Rodhika & Lestiono

Development of an antidepressant e-learning tool for pharmacology education

Effectiveness of nimodipine on non-traumatic subarachnoid hemorrhage based on computed tomography angiography
J. Khotib, S.S. Ganesen & A.F. Sani

Study of pediatric compounded drug prescriptions in a health care facility in Bandung
F. Lestari, Y. Aryanti & U. Yuniarni

Efficacy of honey vinegar in hyperlipidemic rats (Rattus norvegicus)
E.W. Lucia, K. Lidya & T. Annisa

Improving the competence of pharmacist students through international lecturers
O. R. Mafruhah, S. Hanifah, C.P. Sari, P.A. Ball & H. Morrissey

The effectiveness evaluation of antiretroviral therapy in Mangusada Hospital Bali
H. Meriyani, N.N.W. Udayani & K.A. Adrianta

Drug therapy problems in pediatric and geriatric patients at Farmasi Airlangga Pharmacy
Mufarrihah, D.M. Machfud, V.D.A. Purworini, A. Yuda, Y. Priyandani & Y. Nita

PCR primer design for detection of SNPs in SLC22A1 rs683369 encoding OCT1 as the main transporter of metformin
A.A. Mukminatin, V.D.A. Ningrum & R. Istikharah

Pharmacist–patient communication: An observational study of characteristic information
I. Mulyono, S. Irawati, A. Pratidina & M. Claradita

Multidrug resistance-1 gene variants in pediatric leukemia in Bali

Medication adherence in the elderly with chronic diseases using the Adherence to Refill and Medication Scale (ARMS)
Y. Nita, F.M. Saputra, S. Damayanti, P.I. Pratwi, R. Zukhairah, A. Sulistyarini & Y. Priyandani

Direct non-medical costs of patients with cervical cancer who underwent chemotherapy

Factors influencing correct measurements of liquid medicines by consumers
G. Nugraheni & G.N.V. Achmad

The correlation of service quality and complaint handling with patient satisfaction
R.A. Oetari, M.E. Sariwatin, H. Basir & C. Wedyaningsih
Assessment of medication safety among Filipino pharmacists

Effect of the combination of Typhonium flagelliforme Lodd. (Blume) and Phyllanthus niruri Linn. on the immune system
S.S. Pangestika, A.P. Gani, A. Yuswanto & R. Murwanti

Organophosphate toxicity in red chili farmers, Ciamis, Indonesia
D.A. Perwitasari, D. Prasasti, I.W. Arsanti & I.A. Wiraagni

Factors affecting the rational use of NSAIDs in self-medication
L. Pristianty, G.N.V. Achmad & A. Faturrohmah

The influence of adverse reactions of antituberculosis drugs to non-adherence in drug use
Y. Priyandani, C.D. Setiawan, A. Yuda, Y. Nita, U. Athiyah, M.B. Qomaruddin & Kuntoro

(-)-Epigallocatechin gallate from green tea increases the level of a DNA repair enzyme
D.A. Purwanto

Perceptions and practices of self-medication among healthcare students
M. Qamar, S. Norhazimah, F.A. Shaikh & S. Ahmad

Smoking cessation counseling: Perceptions and barriers among community pharmacists
M. Qamar, S. Ahmad, K. Poobalan, F.A. Shaikh & M.A. Hammad

Factors affecting medication noncompliance in patients with chronic diseases
A. Rahem

The development and evaluation of a clinical pharmacy course at a pharmacy school in Indonesia
F. Rahmawati, D. Wahyono & M. Ihsan

Relationship ejection fraction and segment ST-resolution in STEMI patients with streptokinase therapy
D.M.N. Ratri, S. Sjamsiah, H.P. Jaya & M. Aminuddin

Management of hyponatremia in patients with heart failure: A retrospective study
S. Saepudin, P.A. Ball & H. Morrissey

Continuous infusion versus intermittent bolus furosemide in heart failure NYHA III-IV
Samirah, S. Sjamsiah & M. Yogiarto

The effectiveness of empirical and definitive antimicrobial therapy
I.P. Sari, R.H. Asdie, T. Nuryastuti, Sugiyono & Sumaryana

In vivo analgesic effect of ethanolic extracts of exocarp, mesocarp, and seeds of Carica pubescens
H. Sasongko & Sugiyarto

Evaluation of knowledge, attitude and perceived barriers towards adverse drug reaction reporting
F.A. Shaikh, S. Ahmad, E. Intra, M. Qamar & T.M. Khan

Hydroxyethyl starch or gelatin, which is safer for the kidneys?
D. W. Shinta, J. Khotib, M. Rahmadi, B. Suprapti, E. Rahardjo & J.K. Wijoyo

In silico QSAR of 1-benzoyl-3-benzylurea lead and its analogue compounds as anticancer
F. Suhud, C. Effendi & Siswandono

A study on antiemetics for postoperative nausea and vomiting at Dr. Soetomo Hospital
Suharjono, M.E.B.M.A. Nazim, B.P. Semedi & R. Diniya
Ethanol extract of *Annona squamosa* L. improves the lipid profile in hyperlipidemia rats
R. Sumarny, Y. Sumiyati & D. Maulina

The effect of Telmisartan on lipid levels and proinflammatory cytokines in ESRD patients undergoing hemodialysis
B. Suprapti, W.P. Nilamsari, Z. Izzah, M. Dhrik & B. Dharma

Risk assessment of ADEs: Patient safety incident reports at Ari Canti Hospital in 2016
D.A. Swastini, N. W.S. Wahyuni & K. Widiantara

Medication-induced Adverse Drug Reaction (ADR) in the Malaysian elderly population

Cost-effectiveness analysis of patients with schizophrenia in Madani Hospital
M.R. Tandah, A. Mukaddas & W. Handayani

Tacrolimus-induced symptomatic hyponatremia after kidney transplantation: A case study
T. Verayachankul & J. Tantivit

Postoperative pain management in elderly patients: Evaluating the use of analgesics
A. Vonna, A. Apriani & Sadli

Antimalarial activity and toxicological test of *Andrographis paniculata* tablets (AS202-01)

Socioeconomic status and obesity in an adult rural population in Indonesia
A. Widayati, Fenty, D.M. Virginia & P. Hendra

A strategic approach to increase the compliance of patients with type 2 diabetes mellitus
N. Wulandari, D. Viviandhari & Nurhayati

Disposal practices of unused medication among the public in Meradong, Sarawak, Malaysia
N.L.C. Yaacob, L.P. Wei, S. Ahmad, F. Naimat & A. Ahmad

Drug use and potential drug interaction in the elderly

Effects of audiovisual education on the knowledge and adherence of patients with DMT1
L.Y. Yusan, N. Rochmah, A. Rahem & A. Purnamayanti

Root extract of *Imperata cylindrica* L. improves serum nitric oxide levels in diabetic mice
A. Zada, J.B. Dewanto, A. Dahlan, D. Dhianawaty, M.R.A.A. Syamsunarno, G.R. Mukarromah & N. Anggraeni

Medication use during pregnancy in Surabaya: A cross-sectional study
E. Zairina, G. Nugraheni, G.N. Veronika Ahmad, A. Yuda, Y. Nita, M.P. Wardhana & K.E. Gumilar

Eyedrops use perception during fasting
Preface

The original idea of ACCP came from Asian pharmacists who were looking for a practical conference at which they could exchange and share ideas on the concept of clinical pharmacy. In 1996, representatives from China, Korea, Japan, and USA met in Seoul, Korea to plan for the first conference. As a result, the first East Asia Conference on Developing Clinical Pharmacy Practice and Clinical Pharmacy Education (EACDCPPE) was held in America in 1997. Only 36 representatives attended and pioneers planned it as bi-annual meeting.

In 1999, the second EACDCPPE was successively held in Shanghai. This conference enabled more representatives in Asian countries to realize the differences between Asian and Western countries in the development of clinical pharmacy. When the third conference was held in Japan in 2003, the title of the conference was changed to Asian Conference on Clinical Pharmacy (ACCP). This opened the conference to more Asian countries; also the subject of clinical pharmacy was more strengthened. With a series of other Asian countries such as Philippines, Indonesia, Singapore, and so on attending ACCP, as well as with the rapid development of clinical pharmacy in Asia, every country was enthusiastic about attending and holding this conference. At the 5th conference in Malaysia in 2005, the decision was made among the representatives of the member countries to hold the conference annually instead of biannually for efficiency and convenience in regard to communicating and sharing about clinical pharmacy.

During the past 20 years, ACCP has been a major event in the clinical pharmacy scope in Asia and has been conducted in various countries especially in Asia. Clinical pharmacists have attended this prestigious meeting to share their experience in the fields of practice, research, and education on clinical pharmacy. Clinical pharmacist experts from USA, Canada, Australia, and UK have continuously come to transfer their knowledge and shared advance clinical pharmacy practice experiences. This conference supports rapid knowledge and experience transfer and enhances the emergence of clinical pharmacy practice in Asia.

Indonesia hosted the 8th ACCP in Surabaya in 2008, and again this year Indonesia has successfully hosted the 17th ACCP in Yogyakarta from 28th to 30th July 2017. This year’s conference was also a celebration of 20 years of ACCP with the theme “Unity in Diversity and the Standardisation of Clinical Pharmacy Services.” At ACCP 2017, there were 6 preconference workshops, poster sessions consisted of 199 posters, 21 oral presentation sessions consisted of a total of 142 oral presentations, and there were symposiums with 47 speakers, 2 plenary sessions with 4 speakers and 4 keynote speeches regarding various current issues in clinical pharmacy. About 1,133 participants attended the conference from 16 different countries.

This ACCP 2017 proceeding provides an opportunity for readers to engage with selected papers presented at the 17th ACCP 2017. This book is also a valuable contribution to gaining a better understanding about the development of clinical pharmacy particularly in Asian countries and the future global challenges. Readers will find a broad range of research reports on topics of clinical pharmacy, social and administrative pharmacy, pharmacy education, pharmacoeconomics, pharmacoepidemiology and other topics in pharmacy. The readers will also discover both common challenges and creative solutions emerging from diverse settings in developing clinical pharmacy services.

The editors would like to thank all those who have contributed to submit full papers for this 17th ACCP conference. We received 119 papers from the conference and after a rigorous peer-review, 68 papers were accepted for publication in this proceeding of which 56 are from Indonesia and 12 from Australia, Malaysia, the Philippines, and Thailand. We would like to express our special appreciation and sincere thanks to the scientific committee and the reviewers who have selected and reviewed the papers, and also the technical editor’s team (Ms Arie Sulistyarini and Ms Muffarihah) who helped carry out the page layout and check the
consistency of the papers with the publisher’s template. It is a great honour to publish selected papers in this proceeding by CRC Press/Balkema (Taylor & Francis Group). Our special gratitude goes to the steering committee, the chairman of the conference and the members of the organizing committee involved in preparing and organizing the conference. Finally, we would like to thank Universitas Airlangga, Indonesian Pharmacist Association, Universitas Gadjah Mada, Universitas Ahmad Dahlan, Universitas Islam Indonesia, Universitas Muhammadiyah Yogyakarta and Universitas Sanata Dharma for their endless support during the conference. Last, but not least, we also place on record our sense of gratitude to one and all who, directly or indirectly, have lent a helping hand to this conference.

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Efficacy of honey vinegar in hyperlipidemic rats (*Rattus norvegicus*)

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ABSTRACT: Honey vinegar is a well-known traditional medicine used for preventing hyperlipidemia. Therefore, this study aimed to prove the efficacy of honey vinegar as an alternative herbal medicine to treat hyperlipidemia in rats (*Rattus norvegicus*). A total of 30 rats were divided into three groups: negative control, positive control, and test groups. The negative control group was given demineralized water. The positive control group was given fried oil (4 ml/kg BW) and pork oil (5 ml/kg BW) orally. The test group was given fried oil (4 ml/kg BW), pork oil (5 ml/kg BW), and honey vinegar (10 ml/kg BW) orally. Each group underwent the respective therapy for 14 days. On the 15th day, the LDL-cholesterol, HDL-cholesterol, triglyceride, and total cholesterol levels of all the groups were tested. The results demonstrated that the test group treated with honey vinegar had lower cholesterol levels (P < 0.05). Therefore, it can be concluded that honey vinegar has good efficacy in reducing hypercholesterolemia in rats.

1 INTRODUCTION

An abnormal blood lipid profile may be an initial symptom of arterosclerosis. The condition of having a persistently high blood lipid profile is known as hyperlipidemia. Long-term hyperlipidemia is one of the main risk factors for several medical problems such as Cardiovascular Disease (CVD), diabetes mellitus, hypertension, and stroke (Derakhshandeh-Rishehri et al. 2014). The increase in the prevalence of these diseases globally is related to the unhealthy lifestyles and diets of most people in developed and developing countries, including Indonesia (Indonesian Health Ministry 2013).

Exploring the beneficial effects of natural ingredients has an important role to play in developing a new complementary medicine to optimize the prevention or treatment of hyperlipidemia (Derakhshandeh-Rishehri et al. 2014). Vinegar, a liquid consisting of natural ingredients, is derived from fruits and vegetables. It is one of the important sources of polyphenolic compounds. Polyphenolic compounds are well-known antioxidants that play an important role in preventing several CVD such as hypertension and heart attack (Budak et al. 2011, Soltan & Shehata 2012).

Honey, which is another type of natural product, is mainly made of fructose and glucose. Natural honey is also a well-known antioxidant. Research has demonstrated that natural honey is associated with weight loss and known to have beneficial effects on risk factors for CVD (Derakhshandeh-Rishehri et al. 2014). A recent study has reported that honey vinegar can decrease total cholesterol and HDL-cholesterol levels, but with no significant effect on LDL-cholesterol and triglyceride levels (Derakhshandeh-Rishehri et al. 2014). Therefore, this study aimed at proving the efficacy of honey vinegar in treating hyperlipidemia in rats (*Rattus norvegicus*).

2 METHODS

Honey vinegar obtained from a bee farm factory (Rima Raya) in Lawang, Indonesia was used in this study. The hypercholesterolemic rats (*Rattus norvegicus*) were daily administered with honey vinegar (10 ml/kg BW) orally for 14 days. A total of 30 healthy male Wistar rats (*Rattus norvegicus*), aged 2–3 months old and weighing 150–250 g, were used in this study. The rats were adapted for one week before the experiment, and divided into three groups. The negative control group was given demineralized water. The positive control group was given fried oil
(4 ml/kg BW) and pork oil (5 ml/kg BW) orally. The test group was given fried oil (4 ml/kg BW), pork oil (5 ml/kg BW), and honey vinegar (10 ml/kg BW) orally. Each group underwent the respective therapy for 14 days.

On the 15th day, the rats were killed after overnight fasting. A blood sample from each rat was collected in a tube. Serum was separated by centrifugation at 2000 rpm for 10 minutes and stored at −20°C until further analysis. The LDL-cholesterol, HDL-cholesterol, triglyceride, and total cholesterol levels of the rats were measured by using the enzymatic method at Center of Health Laboratory Surabaya, Indonesia. Data are expressed as mean ± SD. Results were analyzed and compared between each group using an independent T-test (SPSS version 17.0). P < 0.05 was considered as significant.

3 RESULTS AND DISCUSSION

The results demonstrated that the mean cholesterol levels of the negative control group were significantly different from those of the positive control group (negative control: total cholesterol 83.00 ± 7.35 mg/dl, HDL-C 47.60 ± 6.27 mg/ dl, LDL-C 22.30 ± 3.65 mg/dl and triglyceride 60.50 ± 14.38 mg/dl versus positive control: total cholesterol 104.50 ± 16.69 mg/dl, HDL-C 62.30 ± 4.97 mg/dl, LDL-C 28.40 ± 7.29 mg/dl and triglyceride 84.10 ± 17.75 mg/dl; P < 0.05). This difference can be attributed to the combined administration of fried oil and pork oil to the positive control group for 14 days. The result is also consistent with that reported by Buettner et al. (2007), showing that prolonged feeding with fat-rich diets can lead to an increase in body weight and lipid profile in susceptible rats in the range of 10% to 20% when compared with standard chowfed controls.

The test group had a significantly lower lipid profile than the positive control group (test group: mean total cholesterol level 68.90 ± 12.77 mg/dl, mean HDL-C 41.60 ± 1.39 mg/dl, mean LDL-C 19.00 ± 4.35 mg/dl and mean triglyceride 64.90 ± 19.63 mg/dl; P < 0.05). The results are summarized in Table 1.

The lipid profiles of the test group were decreased significantly because of honey vinegar. However, the underlying mechanism still remains elusive. Honey is a type of natural product that is mainly made of fructose and glucose. One theory states that honey vinegar can cause changes in lipid metabolism because of its high fructose level (Derakhshandeh-Risheshri et al. 2014). Fructose can reduce the activity of lipoprotein lipase (LPL) and lecithin cholesterol acyl transferase (LCAT). A significant reduction in LPL activity can prevent the hydrolysis of VLDL and chylomicrons, thereby reducing the synthesis of HDL-C, LDL-C, triglyceride and total cholesterol (P. Aurag & C.V. Anuradha, 2002).

LCAT also plays an important role in the pathway of HDL-C synthesis. Its reduced activity can result in the metabolism and synthesis of HDL-C, LDL-C, triglyceride and total cholesterol (Thirunavukkarasu & Anuradha 2004). The present results were consistent with that of Bahesti et al. 2012, who used apple cider vinegar. The authors showed that consumption of apple cider vinegar for 8 weeks reduced harmful lipids such as total cholesterol, LDL, and triglyceride, in hyperlipidemic individuals who did not use any lipid-lowering drugs. Another study conducted by Fushimi et al. reported a significant reduction in cholesterol and triglyceride levels when high cholesterol-fed rats consumed acetic acid. It was concluded that the acetic acid in vinegar can decrease the oxidation of fatty acids, inhibit lipogenesis in the liver, and thus decrease the concentrations of triglyceride and cholesterol.

Table 1. Lipid profiles of the negative control, positive control, and test groups.
<table>
<thead>
<tr>
<th>Groups</th>
<th>Number of rats</th>
<th>Levels (mg/dL)</th>
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<tr>
<td></td>
<td></td>
<td>Total C* HDL-C* LDL-C* TG*</td>
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<tr>
<td>Negative control</td>
<td>1</td>
<td>86 53 27 38</td>
<td></td>
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<tr>
<td></td>
<td>2</td>
<td>85 48 21 64</td>
<td></td>
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<tr>
<td></td>
<td>3</td>
<td>78 51 20 44</td>
<td></td>
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<tr>
<td></td>
<td>4</td>
<td>77 52 16 50</td>
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<td></td>
<td>5</td>
<td>87 49 21 61</td>
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<tr>
<td></td>
<td>6</td>
<td>73 44 18 79</td>
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<tr>
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<td>7</td>
<td>75 36 24 50</td>
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<tr>
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<td>8</td>
<td>83 38 26 68</td>
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<tr>
<td></td>
<td>9</td>
<td>89 51 25 75</td>
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<tr>
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<td>10</td>
<td>97 54 25 76</td>
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</tr>
<tr>
<td></td>
<td>x ±</td>
<td>83.00 47.60 22.30 60.50</td>
<td></td>
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<tr>
<td></td>
<td>SD</td>
<td>7.35 6.27 3.65 14.38</td>
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<tr>
<td>Positive control</td>
<td>1</td>
<td>105 64 30 80</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>86 55 21 68</td>
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<td>3</td>
<td>109 65 30 73</td>
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<td>x ±</td>
<td>104.50 62.30 28.40 84.10</td>
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<tr>
<td></td>
<td>SD</td>
<td>16.69 4.97 7.29 17.75</td>
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<td>Test group</td>
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<td>74 52 18 95</td>
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<tr>
<td></td>
<td>10</td>
<td>51 20 20 40</td>
<td></td>
</tr>
<tr>
<td></td>
<td>x ±</td>
<td>68.90 41.60 19.00 64.90</td>
<td></td>
</tr>
<tr>
<td></td>
<td>SD</td>
<td>12.77 14.39 4.36 19.63</td>
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</table>
4 CONCLUSION

Honey vinegar has shown to have good efficacy in reducing the levels of total cholesterol, HDL-C, LDL-C, and triglyceride in hyperlipidemic rats. Further studies on human subjects are needed to verify its efficacy in humans.

REFERENCES


