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Novel alternative approaches for cardiovascular diseases

Abstract

Cardiovascular disorder are the leading cause of death in developed countries nowadays. Trimethylamine N-oxide (TMAO) and low-density lipoprotein (LDL) are considered as a novel risk factor for cardiovascular disease. The aim of this study is to provide new alternative approaches since the bioactivities and therapeutic potential of phytochemicals as a pharmaceutical and nutraceutical have been widely investigated.

For this purpose, a randomized, placebo-controlled, cross-over trial was carried out in 40 patients, to evaluate in vivo the efficacy of a nutraceutical based on polyphenolic extracts of resveratrol prepared from grapes pomace (*Vitis vinifera* L.) on pro-atherogenic and prothrombotic parameters. The pharmaceutical form of the nutraceutical was in acid-resistant capsules, containing 300 mg of grape pomace, once a day away from meal, while the placebo group received the same pharmaceutical form but with maltodextrin. After the administration of the nutraceutical for a period of 90 days, a decrease in the plasma levels of TMAO (trimethylamine oxides) and ox-LDL (low density lipoprotein), two of the main markers of coronary pathologies, was observed by $-49.78\% \pm 0.2$ ($p < 0.0001$), and $-43.12\% p < 0.0001 \pm 0.1$ respectively compared to the placebo group as well as a decrease in C-Reactive Protein levels by 0.2 mg/dcl or to the extent of 39% which is related to chronic endothelial inflammation of the coronary arteries.

These promising results highlight the importance of antioxidants and all-natural products and these data show that nutraceutical may represent a novel and useful natural remedy to reduce prognostic markers for incident cardiovascular event.

Keywords: cardiovascular disease, trimethylamine oxides, polyphenols, resveratrol

Biography

Patricia Daliu born in Tirana Albania on 24.07.1991, graduated in Pharmacy with gold medal, PhD in pharmaceutical sciences Naples Italy and Valencia Spain 2021. Author of 13 international publications, co-author of books and monographs. Lecturer in Pharmacognosy and Phytotherapy. Areas of interest nutraceuticals on metabolic disorder, food safety, phytochemistry.