Effect of the B-group vitamin complex on the blood content of saturated and unsaturated fatty acids in patients with ischemic heart disease and hypertension

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OBJECTIVE: Gas-liquid chromatography was used to study the blood content of saturated and unsaturated fatty acids, under the influence of the functionally-associated vitamin-B complex, in 45 patients with coronary heart disease and essential hypertension.

METHODS: The vitamins were given daily in the following doses: thiamine diphosphate 50 mg, riboflavin 40 mg, calcium pantothenate 200 mg, nicotinic acid 200 mg and lipoic acid 50 mg.

RESULTS: Favourable shifts leading to positive clinical effects were recorded in the fatty acid metabolism after 10-day taking the vitamin-B complex: the content of unsaturated (linoleic and arachidonic) fatty acids increased while that of saturated (stearic and palmitic) fatty acids decreased.

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