

CONFERENCE ABSTRACT

## Long term effects of a ketogenic diet with Mav Ketofast pro supplements in obese postmenopausal women

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### Abstract

**Background:** The aim of this study was to determine the effects of a 24 weeks ketogenic diet with MaV Ketofast pro supplement in obese postmenopausal women. **Methods:** In the present study, 22 obese postmenopausal women with a body mass index greater than 35 kg/m<sup>2</sup> and high glucose, high cholesterol and high triglycerides levels were selected. Anthropometric measurements evaluated were: height, weight, BMI, waist circumferences and FM (fat mass) baseline and after 12 weeks and 24 weeks. Total cholesterol, high density lipoprotein (HDL) cholesterol, triglycerides and fasting blood sugar were determined before and after the administration of the ketogenic diet. The bone density score before and after treatment has been evaluated. The patients ages varied from 52 to 68 years (with a mean age of 60.04 years). The average weight at the start of treatment for all patients was 105.27 kg. The initial BMI average was 39.2 kg/m<sup>2</sup>, initial FM=48.7% and waist circumference 130.04 cm. Results After 24 weeks of a ketogenic diet with MaV Ketofast pro supplement the group lost an average of 19.87 kg. Fat mass loss was 10.8% and waist circumference decreased 22.04 cm. Body mass index of the patients decreased significantly. The level of total cholesterol decreased from week 1 to week 24, HDL cholesterol levels significantly increased and the level of triglycerides decreased significantly following 24 weeks of treatment. The level of blood glucose significantly decreased. The changes in the level of bone density were not statistically significant. **Conclusions:** The present study demonstrates the beneficial effects of a long-term ketogenic diet in obese postmenopausal women. The KD (ketogenic diet) with Mav ketofast pro supplement significantly reduced the body weight and body mass index of the patients and increased the fat mass loss. Furthermore, it decreased the level of triglycerides, total cholesterol and blood glucose, and increased the level of HDL cholesterol. Administering a ketogenic diet for a relatively longer period of time did not produce any significant side effects in the patients. The bone density didn't change during the ketogenic diet that means the diet it is safe and helpful for postmenopausal women.

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