

Anti-atherosclerotic effects of konjac

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ABSTRACT

Definition: The Konjac plant comes from the genus *Amorphophallus*. Japanese food uses Konjac cake. Konjac contains almost no calories and a great amount of dietary fiber. Here, we reviewed possible anti-atherosclerotic effects of konjac, using the search Pubmed ®. Konjac ingestion is likely beneficially associated with obesity, blood pressure, lipid and glucose metabolism. However, evidence is lacking on the relationship between konjac ingestion and development of atherosclerotic diseases. To more fully understand the anti-atherosclerotic effects of konjac, future studies, preferably with larger numbers of subjects, will be performed.

Keywords: atherosclerosis, body weight, glucose, konjac mannan, low-density lipoprotein-cholesterol