

# The effect of Virgin coconut oil on quality of life and serum lipid profile, glucose level and Hs Crp among acute coronary syndrome patients

ACTRN12618000752268

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Status	RECRUITING
Phase	Phase 2
Sponsor	MOSTI
Enrollment	160 participants

## Plain Language Summary

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Acute coronary syndrome (ACS) — a term that covers heart attacks and severe angina — results from the build-up of fatty plaques in the arteries supplying the heart. Standard treatment usually involves cholesterol-lowering medications, but these drugs can have side effects that lead some patients to look for natural alternatives. This study from Malaysia is investigating whether virgin coconut oil (VCO) — a natural oil widely used in Southeast Asia and believed by some to have cholesterol-lowering and anti-inflammatory properties — can benefit ACS patients when taken alongside their standard care.

In a crossover design, participants will take VCO soft gel capsules for a period, then switch to a control, and researchers will measure changes in cholesterol levels, blood sugar, inflammatory markers, and quality of life. The study aims to provide proper scientific evidence for or against VCO as a complementary supplement for heart patients.

You may be eligible if you are between 20 and 65 years old, have stable ACS, speak Malay or English, and are willing to take soft gel capsules twice daily. Pregnant women and people with uncontrolled thyroid disease, kidney failure, liver failure, or a life-limiting illness are not eligible. This is a Phase 2 trial registered at Hospital Universiti Malaya in Malaysia.

## Key Eligibility Criteria

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### Inclusion (5)

- Age 20 to 65
- Patients with stable acute coronary syndrome (ACS)
- Both genders
- Willing to ingest 5 soft gel twice time per day
- Understand Malay and English language

### Exclusion (5)

- Pregnant patients
- Patients with uncontrolled hypothyroidism
- Patients with renal failure creatinine >2mg/dL
- Patients with liver failure
- Patients with other illness limiting the life expectancy less than 2 years

## Locations (1 total)

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KUALA LUMPUR, Malaysia

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12618000752268>

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