Effect of Stevia Extract Intervention on Lipid Profile

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ABSTRACT *Stevia rebaudiana* is a natural herbal low calorie sweetener of the asteraceae family. The study was conducted to determine the effect of consumption of stevia extract on selected 20 hypercholesterolemic women. The preparation of stevia extract was standardized in the laboratory, 20 ml of extract was used to intervene one subject in a glass of water (200ml). The results revealed that the consumption of stevia extract reduced the levels of cholesterol, triglyceride, LDL-C significantly while an increased in HDL-C was noted which is desirable. Thus it is concluded that stevia extract have hypolipidaemic effect and can be used to reduce the risk of CVD in future.