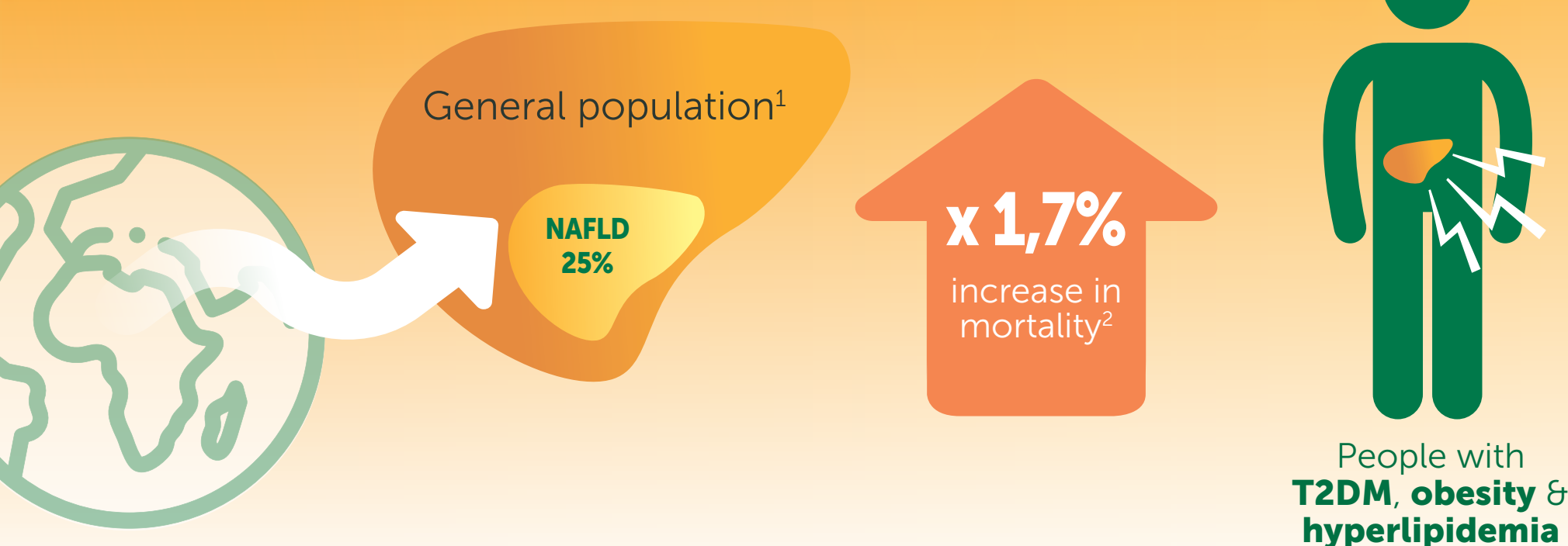


# Essential phospholipids

as a supportive adjunct in the management of patients with NAFLD

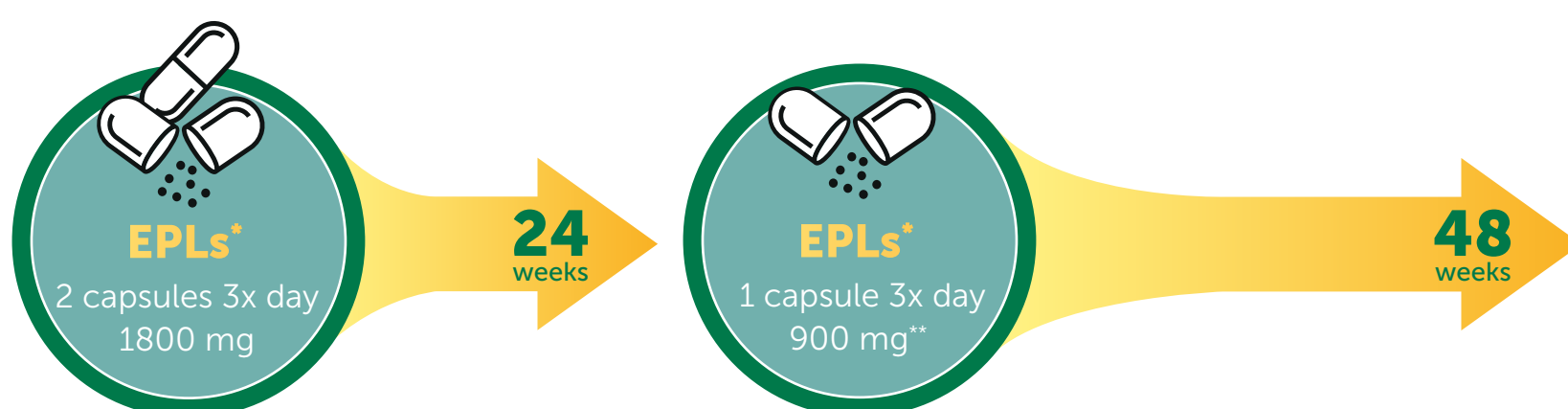
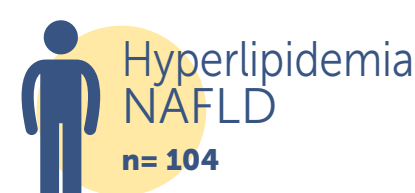
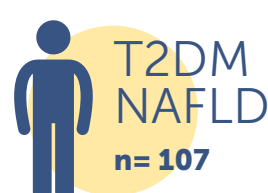
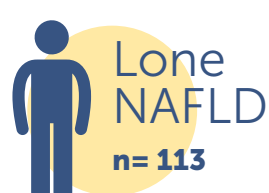
Dajani A, et al.  
Arab J Gastroenterol  
2015;16:99–104

NAFLD is a **worldwide health problem**



## Study methodology<sup>2</sup>

14 to 80 years old

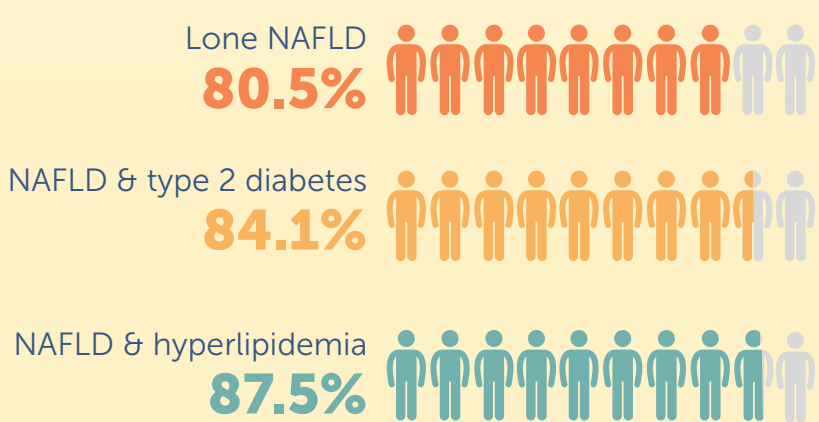


\* + diet, exercise and prescribed treatments for comorbidities  
\*\* as per study protocol  
EPLs: essential phospholipids

## Study of **essential phospholipids' effects** in NAFLD<sup>2</sup>

A prospective, randomized, open-label study, 6 centers in UAE

### Liver transaminases TRANSAMINASE DECREASE (% of patients)



Mean reduction per patient  
ALT: -50.8 IU  
AST: -46.1 IU  
(p<0.01)

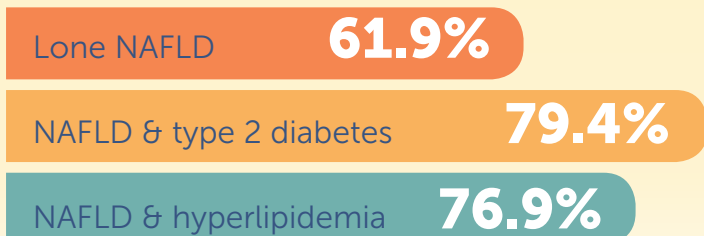
### Liver stiffness measurement TRANSIENT ELASTOGRAPHY IMPROVEMENT (% of patients)

NAFLD & hyperlipidemia  
20%

NAFLD & type 2 diabetes  
26%

Lone NAFLD  
14%

### Symptoms<sup>§</sup> CLINICAL SYMPTOM REDUCTION (% of patients)



<sup>§</sup> symptoms included weakness, asthenia, irritability, sleep disturbances, postprandial distress, flatulence, nausea and right upper quadrant discomfort

## Conclusion<sup>2</sup>

Essential phospholipids (EPLs) **are effective in improving liver health in people with NAFLD:**

- Improvement of ultrasound findings and liver stiffness
- Significant reduction in transaminase levels

**UNINTERRUPTED TREATMENT IS IMPORTANT TO AVOID RELAPSE.**

### References

- Younossi Z, et al. Global epidemiology of nonalcoholic fatty liver disease—Meta-analytic assessment of prevalence, incidence, and outcomes. *Hepatology* 2016;64(1):73–84.
- Dajani A, et al. Essential phospholipids as a supportive adjunct in the management of patients with NAFLD. *Arab J Gastroenterol* 2015;16: 99–104.

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