

Author(s):
Question: Astaxanthin compared to Placebo for lipid profile
Setting:
Bibliography:

Certainty assessment							№ of patients		Effect		Certainty	Importance
№ of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Astaxanthin	Placebo	Relative (95% CI)	Absolute (95% CI)		
LDL												
11	randomised trials	very serious ^{a,b}	not serious	not serious	not serious	none			-	SMD 0.07 SD lower (0.31 lower to 0.16 higher)	⊕⊕○○ Low ^{a,b}	
HDL												
11	randomised trials	very serious ^{a,b}	serious ^c	not serious	not serious	none			-	SMD 0.42 SD higher (0.11 higher to 0.73 higher)	⊕○○○ Very low ^{a,b,c}	
Total cholesterol												
11	randomised trials	very serious ^{a,b}	serious ^d	not serious	not serious	none			-	SMD 0.04 SD lower (0.34 lower to 0.25 higher)	⊕○○○ Very low ^{a,b,d}	
Triglycerides												
11	randomised trials	very serious ^{a,b}	not serious	not serious	not serious	none			-	SMD 0.31 SD lower (0.51 lower to 0.1 lower)	⊕⊕○○ Low ^{a,b}	

CI: confidence interval; SMD: standardised mean difference

Explanations

- a. Not Appropriate Randomiz ation
- b. Intention to Treat Analysis
- c. I2=52.7%.
- d. I2=47.5%