**Effect of Ginger, Garlic, Lemon, Apple Cider Vinegar and Honey mixture on Cardio-metabolic risk factors: A Double Blinded Randomized Placebo Control Trial**

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**ABSTRACT**

To evaluate the efficacy of ginger, garlic, lemon, apple cider vinegar and honey mixture on cardio metabolic risk factors in patients with metabolic syndrome. A double blinded Randomized control was conducted in OPD of Military Hospital, Pakistan, from 30 June 2018 to 30 Sep 2018. Eighty eight participants with positive cardio metabolic risk factors between 30 to 65 years were randomly selected and allocated into experimental and placebo Group. Equal quantities of garlic, ginger, lemon juice and apple cider vinegar were boiled at 70°C for 15 minutes. At the start, after 45th days and after 90th day anthropometric measurements, blood pressure, lipid profile and blood sugar level. Blood pressure and fasting blood sugar, TC, LDL, HDL were significantly decreased in experimental group from 155 to 132mg/dl [P<0.03]. While no remarkable change has been detected on anthropometric measurements. The findings of the study concluded that ginger, garlic, lemon, apple cider vinegar and honey mixture exhibited anti-hyperlipidemia, antihypertensive and anti-diabetic properties, while no significant change was observed in BMI and waist to hip ratio.

**Keywords:** Cardio metabolic risk factors, Herbal mixture, Metabolic syndrome, Atherosclerosis, Apple cider vinegar, Garlic, Ginger, Honey, Lemon

**How to Cite This:**

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