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## Efficiency and safety of combining silybin, lipoteichoic acid and selenomethionine in the treatment of non-alcoholic fatty liver

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Obesity has become a public global health, we cannot lose sight that this disease has reached epidemic global proportions, which is why the World Health Organization (WHO) calls obesity as the epidemic of the century. The purpose of this study was to evaluate the efficacy and safety of the combination of silymarin, selenomethionine and alphasitosterol in adult patients with nonalcoholic fatty liver using different dosages, comparing changes in patients receiving doses every 8 hours against the patients that received doses every 12 hours. Biochemical changes through blood, morphological determinations by ultrasound and anthropometric measurements were evaluated. It was a longitudinal, prospective and comparative study during 12 weeks. This study was conducted under 88 exogenous obese patients, aged between 18 and 60 years of both sexes with body mass index between 30 and 45 kg/m<sup>2</sup> and diagnosed with fatty liver confirmed by ultrasound with sub-clinical alterations in liver enzymes. Patients were randomized into two groups of 44 subjects, each and were administered with the combination of silymarin, selenomethionine and alphasitosterol with dosage of one capsule every 8 hours (group one) and every 12 hours (group two) for three months.

### Biography

Magdaleno Rodriguez Daniel Roberto is a Mexican Medical Student at Superior School of Medicine (Escuela Superior de Medicina) at Instituto Politécnico Nacional. He is a Junior Researcher who has been working at Obesity Center of School since 2013 on different research lines regarding obesity, diabetes, fatty liver, metabolic syndrome and hypertension. His most important recent research focused on drug effectiveness and security for obesity and fatty liver treatment. He is the CEO and Founder of AIMEDS A.C.

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