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A randomized, double-blind, placebo-controlled trial of L-carnitine in pemphigus vulgaris patients

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Background & Purpose: Pemphigus vulgaris (PV) as an autoimmune disease of skin and mucous membranes is associated with complicating disorders. The purpose of this study was to investigate the cardio protective effects of L-carnitine supplementation in PV patients.

Methods: Forty-eight (48) subjects were randomly assigned to the placebo (n=24) and LC groups (n=23). The intervention was administered for eight weeks. The levels of LC, osteopontin (OPN), bone morphogenic protein 4 (BMP4), systolic blood pressure (SBP), and diastolic blood pressure (DBP) were measured before and after intervention.

Results: Only 45 subjects completed the study (placebo, n=24; LC, n=21). Oral L-carnitine supplementation for eight weeks significantly reduced BMP4 (P=0.04) and OPN (P=0.03). In addition, supplementation with LC showed a significant increase in serum carnitine (P<0.001). LC intake demonstrated non-significant effect on blood pressure in comparison to the placebo. During the study, no harmful effects were reported by patients.

Conclusion: This is the novel study to examine the beneficial impacts of LC supplementation on some biomarkers related to cardiovascular diseases in PV patients. To confirm these results, further trials are required.

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