**EFFECT OF XUEZHIKANG, AN EXTRACT FROM RED YEAST CHINESE RICE, ON CORONARY EVENTS IN A CHINESE POPULATION WITH PRIOR MYOCARDIAL INFARCTION**

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Background: Xuezhikang (XZK), a botanical product from red yeast rice has shown lipid lowering efficacy and improved cardiovascular outcomes in various randomized double blinded, placebo-controlled studies.

Objective: This study was designed to evaluate the efficacy and safety of XZK in a large multicenter trial of Chinese patients.

Methods: This multicenter, placebo-controlled, parallel-group study was conducted to determine the effects of Xuezhikang (XZK), a purified extract of red yeast rice, on serum lipoprotein levels and cardiovascular endpoints in nearly 5,000 Chinese patients with prior myocardial infarction (MI) and average serum LDL-cholesterol (LDL-C) levels (about 130 mg/dl) at baseline over a 4.5-year period. The primary study endpoints were nonfatal MI and CHD death.

Results: Frequencies of the primary endpoints were 10.4 % (placebo group) and 5.7% (XZK-treated group) with frequencies of endpoints of, respectively, 10.4% and 5.7%; and with absolute and relative reductions of, respectively, 4.7% and 45%. XZK also significantly decreased both cardiovascular and total mortality, and the need for coronary revascularization, by one-third, and significantly lowered LDL-C and triglycerides but raised HDL-C levels.

Conclusion: Since the 1200 mg effective dose of XZK contained just 12 mg of lovastatin, it is likely that multiple components of XZK combined to produce the beneficial lipoprotein-regulating effects and the favorable cardiovascular outcomes found in this study.