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Efficiency and safety of combining silybin, lipoteichoic acid and selenomethionine in the treatment of non alcoholic fatty liver and his rol as hipoglucemiente**Magdaleno Rodriguez Daniel Roberto, Avila Lamadrid Pamela Georgina, Sanchez Flores Jessica Alejandra, Cortes Moreno Gabriela Yanet and Lara Padilla Eleazar**

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Obesity has become a public global health, we can not lose sight that this disease has reached epidemic global proportions, which is why the World Health Organization (WHO by the acronym in English) 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 acid in adult patients with non alcoholic fatty liver using different dosages, comparing changes in patients receiving doses every 8 hours against the patients that received doses every 12 hours. It was evaluated the biochemical changes through blood, morphological determinations by ultrasound and anthropometric measurements. 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 (BMI by the acronym in English) between 30 and 45 kg/m² 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 for three months the combination of silymarin, selenomethionine and alphasitosterol acid with dosage of one capsule every 8 hours (group 1) and every 12 hours (group 2).

Biography

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

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