



ABSTRACT

This study explored the potential anti-hypercholesterolemia effects of the L-arginine supplement and apple peels on mice in a high-fat diet. Eighteen albino mice had undergone a 21-day experimentation given L-arginine treatment, apple peel treatment and a control that served as the basis of the study. Total blood plasma cholesterol was collected on the last day of the experiment to test the total cholesterol, HDL, VLDL and triglycerides. Test reports after the 21-day experiment showed an increase in HDL levels in both L-arginine and apple peel treatment. L-arginine showed a 93% increase in the HDL levels compared to the apple peel with 65%. The L-arginine treatment expressed a greater potential in increasing the HDL counts in the blood serum compared to the apple peel. Lowering the VLDL levels in the blood showed more response with the L-arginine treatment compared to the apple peel treatment.