

**COMPARATIVE STUDY OF THE EFFECTS OF VIRGIN COCONUT  
OIL AND *Musa sapientum* var LAKATAN (BANANA) ON BLOOD  
CHOLESTEROL LEVEL of *Mus musculus* (ALBINO MICE)**

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## ABSTRACT

The study compared the effects of different concentrations of *Musa sapientum* var Lakatan (banana) and Virgin Coconut Oil on the blood cholesterol level of *Mus musculus* (albino mice). The study measured the effects of banana, 0.9 g, 1.2 g, 1.5 g and VCO, 0.1mL, 0.2mL, 0.3mL on reducing blood cholesterol. The study was conducted from June to August 2006. Forty two six-week old albino mice were acquired at BFAD Alabang, Muntinlupa. They were acclimatized for one week and administered high fat diet for another week. The bananas were bought at Central Market of Dasmariñas, Cavite and a bottle of VCO was bought at SWV-IV BuroI Main, Dasmariñas, Cavite. The albino mice were treated with banana and VCO for one week. The blood was extracted and was analyzed at St. Bernadette Clinical Laboratory in Trece Martirez City.

The results obtained from the laboratory showed different values of cholesterol level. There is no significant difference between the effects of VCO and banana on lowering the blood cholesterol level of albino mice. Banana proved more effective in lowering the blood cholesterol compared to that of VCO.



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