## Postprandial HDL3-P Activation after a High Protein Drink

Consumption of protein stimulates, in a time dependent manner, the posprandial production of Apo A1 and HDL3 particle production. This HDL3 particle activation can be measured as the difference between fasting and postprandial specimens. HDL3 is known to be important in transporting PON1, an anti-inflammatory and antioxidant that protects LDL from oxidation. HDL3-P is also known to be the most important HDL subgroup in Reverse Cholesterol Transport (RCT) transferring cholesterol to the liver with a half time of 7-8 minutes after formation. The example shows the formation of HDL3-P in postprandial specimens at times of 75, 90 and 100 minutes after a high protein drink. It appears that a low postprandial response is common in people with CVD, Metabolic Syndrome and T2D. The HDL3-P activation may be an early marker for cardiovascular disease. We are looking for study collaborators.