



US005260336A

United States Patent [19]

[11] Patent Number: **5,260,336**

Forse et al.

[45] Date of Patent: **Nov. 9, 1993**

[54] **MONOUNSATURATED FAT AS DIETARY SUPPLEMENT TO MINIMIZE THE EFFECTS OF CATABOLIC ILLNESS**

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[21] Appl. No.: **876,189**

[22] Filed: **Apr. 30, 1992**

[51] Int. Cl.⁵ **A61K 31/20; A61K 31/22**

[52] U.S. Cl. **514/560; 514/549**

[58] Field of Search **514/549, 560, 552**

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[57] **ABSTRACT**

Disclosed is a method of minimizing the effects of a catabolic illness in an individual by administering to the individual a diet which is controlled in the type of fatty acid intake. The diet comprises an oil rich in ω 9 monounsaturated fatty acids, preferably oleic acid. Oils rich in monounsaturated fatty acids include olive oil, canola oil and high oleic acid safflower or high oleic acid sunflower oil. The diet can also be administered to an individual to minimize infection or to minimize the risk of infection in the individual. A dietary supplement useful in methods of the invention and a structured lipid are also disclosed.

24 Claims, No Drawings