

特定保健用食品「黒烏龍茶 OTPP」の継続摂取による 体脂肪低減効果の検証とその安全性

Effect of Long-term Intake of “KURO-Oolong tea OTPP” on Body Fat Mass and Metabolic Syndrome Risk in Over Weight Volunteers

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ABSTRACT

Objective “KURO-Oolong tea OTPP” is a FOSHU (Food for specified health uses) tea, which inhibits fat absorption, and suppress postprandial triglyceride level. To elucidate potential of “KURO-Oolong tea OTPP” to reduce risk for metabolic syndrome, we investigated effects of the long-term intake of “KURO-Oolong tea OTPP” on body fat mass.

Methods We performed a randomized double-blind, placebo-controlled trial. The subjects (166 men and 134 women) aged from 20 to 65 years old with $25.0 \leq \text{body mass index (BMI)} < 30.0 \text{ kg/m}^2$ were randomly divided into two groups; “KURO-Oolong tea OTPP” (OTPP 70 mg/350 mL) group, and placebo group. Each subject consumed one bottle with a meal twice a day for 16 weeks.

Results Both total fat area (TFA) and visceral fat area (VFA) were significantly reduced in “KURO-Oolong tea OTPP” group compared with placebo group. In addition, body weight, body mass index, body fat ratio, waist size, hip size and skinfold thickness were significantly reduced in “KURO-Oolong tea OTPP” group. No adverse effects were observed in both groups.

Conclusions The results of this study indicated that the intake of “KURO-Oolong tea OTPP” with a meal could be effective for prevention or amelioration of metabolic syndrome. (Jpn Pharmacol Ther 2011 ; 39 : 889-900)

KEY WORDS Oolong tea, Polyphenols, Total fat area, Visceral fat area, Metabolic syndrome

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