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

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 ≤ body mass index (BMI) < 30.0 kg/m² 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.

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