

# ケルセチン配糖体（酵素処理イソクエルシトリン） 配合飲料の継続摂取による肥満者の体脂肪低減効果

## Body Fat Reducing Effect of Continuous Consumption of the Beverage Containing Quercetin Glucosides (Enzymatically Modified Isoquercitrin) in Obese Subjects

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### ABSTRACT

**Objectives** The objective of this study was to investigate the effect of continuous consumption of the beverage containing quercetin glucosides (enzymatically modified isoquercitrin) on body fat accumulation in obese subjects.

**Methods** A randomized, placebo-controlled, double blind intervention trial was conducted on 120 subjects with  $25 \leq \text{body mass index} < 30 \text{ kg/m}^2$ . They were divided into two groups and ingested either active beverage containing 110 mg quercetin glucosides or placebo beverage for 24 weeks.

**Results** Abdominal total fat area, visceral fat area, and subcutaneous fat area by computed tomography reduced significantly in active beverage group compared to placebo beverage group. No adverse events related to test beverages were observed.

**Conclusions** These results suggest that continuous consumption of the beverage containing quercetin glucosides reduced body fat safely, and might be useful for prevention and improvement of obesity and metabolic syndrome.

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**KEY WORDS** Quercetin glucosides, Body fat, Obesity, Randomized clinical trial

### はじめに

心筋梗塞や脳梗塞などの動脈硬化性疾患は、日本人の死因の25%以上を占め<sup>1)</sup>、その予防対策は大き

な医学的課題となっている。動脈硬化性疾患の主要な危険因子である高血圧、糖尿病、脂質異常症<sup>2)</sup>などの生活習慣病の発症には、肥満、とくに内臓脂肪蓄積が深く関与していると指摘されており、肥満や

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