

Health Promotion by Antioxidants

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ABSTRACT:

Background: Various antioxidants from daily foods are expected to prevent lifestyle-related diseases. For example, natural carotenoid beta-cryptoxanthin seems to be a promising antioxidant, and based upon epidemiological data it was shown to be a possible cancer preventing agent. For this reason, we chose to study beta-cryptoxanthin more extensively.

Methods and Results: From the result of clinical trial using beta-cryptoxanthin-enriched Mandarin orange juice, it was proven to potentiate the preventive activity of multi-carotenoid mixture against liver cancer in the patients with chronic viral hepatitis-induced liver cirrhosis. Furthermore, beta-cryptoxanthin also has preventive activity against alcohol-induced gamma-GTP elevation, and obesity.

Conclusion: An antioxidant beta -cryptoxanthin seems to be valuable for health promotion.

Key words: beta-Cryptoxanthin, Health promotion, Liver cancer prevention, Prevention of alcohol-induced gamma-GTP elevation, Prevention of obesity.