Health Promotion by Antioxidants

*Hoyoku Nishino¹,², Michiaki Murakoshi¹,³, Yoshiko Satomi⁴

¹Kyoto Prefectural University of Medicine, Kawaramachi-Hirokoji, Kamigyo-ku, Kyoto 602-8566, Japan; ²Ritsumeikan University, Noji-higashi 1-1-1, Kusatsu, Shiga 525-8577, Japan; ³Lion Corporation Tajima 100, Odawara, Kanagawa 256-0811, Japan; ⁴Suzuka University of Medical Science Minamitamagaki-cho 3500-3, Suzuka, Mie 513-8670, Japan

*Corresponding author: Hoyoku Nishino, MD, PhD, Kyoto Prefectural University of Medicine Kawaramachi-Hirokoji, Kamigyo-ku, Kyoto 602-8566, Japan

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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.