

# 肥満者に対するケルセチン配糖体 (酵素処理イソクエルシトリン) 配合緑茶飲料の 体脂肪低減作用および安全性の検証

## Body Fat Reducing Effect and Safety Evaluation of Long-term Consumption of Green Tea Containing Quercetin Glucoside in Obese Subjects

江川 香<sup>1)</sup> 吉村麻紀子<sup>1)</sup> 神崎 範之<sup>1)</sup>  
中村 淳一<sup>1)</sup> 北川 義徳<sup>1)</sup> 柴田 浩志<sup>1)</sup>  
福原 育男<sup>2)</sup>

### ABSTRACT

**Objectives** The objective of this study was to evaluate the effect of long-term consumption of green tea containing quercetin glucoside on body fat accumulation and the safety in obese subjects.

**Methods** We performed a randomized double-blind, placebo-controlled trial on subjects (81 men and 119 women) aged from 20 to 65 years old with  $25 \leq$  body mass index (BMI)  $< 30$  kg/m<sup>2</sup>. They were randomly assigned into two groups and consumed the beverages containing 0 mg or 110 mg of quercetin glucoside for 12 weeks.

**Results** Both total fat area and visceral fat area were significantly reduced in test group compared with placebo group. No adverse effect related to the test beverage containing quercetin glucoside was observed in this study.

**Conclusions** The results of this study suggest that the long-term consumption of green tea containing quercetin glucoside reduced body fat in safe, and could be useful for prevention and amelioration of obesity and metabolic syndrome.

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**KEY WORDS** Quercetin glucoside, Total fat area, Visceral fat area, Obesity, Metabolic syndrome

<sup>1)</sup>サントリーウエルネス株式会社 健康科学研究所 <sup>2)</sup>福原医院

Kahori Egawa, Makiko Yoshimura, Noriyuki Kanzaki, Junichi Nakamura, Yoshinori Kitagawa and Hiroshi Shibata : Institute for Health Care Science, Suntory Wellness Ltd. ; Ikuo Fukuhara : Fukuhara Clinic