

ストレスを感じる健常者に対するエルゴチオネイン 含有食品のストレスによる気分状態、 胃の不快感および睡眠の質改善効果 —プラセボ対照ランダム化二重盲検並行群間比較試験—

Effect of Ergothioneine on the Cognitive Function Improvement in Healthy Volunteers and Mild Cognitive Impairment Subjects

—A Randomized, Double-blind, Parallel Group Comparison Study—

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ABSTRACT

Objective Ergothioneine is a hydrophilic amino acid that is abundantly contained in mushrooms, and reported to have an antioxidant effect, a neurogenic effect, and a memory improvement effect. The purpose of this study is to evaluate the effect of ergothioneine on stress in humans.

Methods We conducted a randomized, placebo-controlled, double-blind, parallel-group study for 52 healthy individuals who experience stress on a daily basis and feel physical discomfort (not chronic or disease-related), such as sleep quality and fatigue (27 men and 25 women). Subjects consumed either a drink containing 5 mg ergothioneine as the test food (provided by LS Corporation Co., Ltd.) or a drink not containing ergothioneine as the placebo. Stress responses after mental load and during daily life were evaluated before, 4 and 8 weeks after consumption of the test food.

Results The stress effects of ergothioneine ingestion after mental load were significantly improved compared to placebo in POMS2 (anger-hostility, friendship) after 8 weeks and in POMS2 (vitality-energy) after 4 weeks. In addition, ergothioneine intake significantly improved OSA-MA (Sleepiness on rising) at week 4 as an anti-stress effect during daily life compared to the placebo group.

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