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ABSTINENCE-INDUCED OXIDATIVE STRESS IN ALCOHOLICS IS IMPROVED BY BIONORMALIZER

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There is a paucity of data on the recovery from oxidative stress after cessation of ethanol in longstanding alcoholics. The aim of this study was to address such issue by further testing Bionormalizer (BN), a natural product with antioxidant properties. Twelve alcoholics (<80g ethanol/day for at least 3 years) who had just stopped drinking, as assured by blood sampling, were randomly allocated into two 1-week treatment groups: A) daily supply of 9g of BN orally at bedtime; B) 9g of placebo. A home dietary record was obtained and no vitamins supplementation was allowed. Blood was daily checked for: TBARS, SOD, the ratio between the isomers of linoleic acid (CDR%) and routine liver function tests. Baseline data were comparable between groups at the entry into the study. As compared to early >25% TBARS increase in B, A group showed a significant decrease ($p < 0.01$) of TBARS and CDR% ratio. Both values remained lower throughout the study period. SOD showed an early increase in group A ($p < 0.05$ vs B) with normalization at 1-week. No change appeared in routine tests between the two groups. These data point out the persistence of oxidative stress after ethanol abstinence. Further, BN a product endowed also with antioxidant property, when orally administered, is able to fasten the early recovery process, thing of potential clinical application.