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on the interferon system**

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EFFECTS OF DIETARY SUPPLEMENTS ON IFN PRODUCING CAPACITY IN HUMANS

Atsuko KISHI, Kazuko UNO, Yuiko MATSUBARA,

Akira OSATO and Tsunataro KISHIDA

Institut Pasteur de Kyoto

We studied the effects of oral administration for one month of dietary supplements such as *Labre*, *Bio-normalizer* and *Spirulina A* on IFN producing capacity of the whole blood of human individuals. *Labre* is a newly isolated *Lactobacillus brevis* subsp. *coagulans* from *suguki* pickles. *Bio-normalizer* is a health food product of the fermentation of herbal plants. *Spirulina A* consists mainly of *Spirulina* alga. IFN- α producing capacity was determined by bioassay and IFN- γ producing capacity by time-resolved immunofluoroassay. The increased levels of IFN- α and IFN- γ production were observed in the *Labre* group and in the *Bio-normalizer* group, respectively, but no change of IFN production was seen in the *Spirulina* group. IFN- α and IFN- γ producing capacities are considered to be useful parameters of immunological functions. Therefore, it is suggested that the enhancement of these immunological functions improves the general condition and the quality of life of patients with impaired immune competence without any side effects.

PW11-10

AGE-RELATED CHANGES IN NKC, ADCC AND INTERFERONS. K. Chadha, I. Stadler, M.P.N. Nair* and D. Feinblatt, Roswell Park Cancer Inst., *Buffalo General Hospital, Buffalo, NY USA

The immune system and its microenvironment undergoes complex changes during the aging process. In animal models, a decline in both humoral and cell mediated immunity has been documented with an increase in age. In humans, conflicting observations have been made with regard to cytotoxic potential of their lymphocytes (NKC, ADCC) during aging. Variable results have also been reported with regard to IFN production and IFN-mediated mitogen and antigen responses. In our study, we have examined the effect of age and gender upon potential of peripheral blood lymphocytes for IFN production, NKC and ADCC activities. We have observed that both NKC and ADCC activities are higher in lymphocytes from older individuals (average age, 67 years) as compared to young adults (average age, 20 years). All participants in this study were free from alcohol and substance abuse habits. With regard to gender, no significant differences were seen in NKC activity but marginally significant differences were seen for ADCC. IFN α production by peripheral blood lymphocytes was significantly greater for younger than aged individuals. Physiological significance of these observations will be discussed.



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ヒトのインターフェロン産生能に対する食品サプリメントの効果

*Atsuko KISHI, Kazuko UNO, Yuiko MATSUBARA,
Akira OSATO and Tsunataro KISHIDA*

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筆者らは、ヒトの全血の IFN 産生能に対するラブレ (*Labre*), バイオ・ノーマライザー, スピルリナ A (*Spirulina A*) という食品サプリメントの 1 ヶ月間の経口投与の効果について研究した。ラブレは漬物すぐきから新たに分離した乳酸短杆菌亜種の凝固剤である。バイオ・ノーマライザーは、薬草を発酵させた健康食品である。スピルリナ A は、*Spirulina alga* を主原料とする。INF- α 産生能はバイオアッセイにより、INF- γ 産生能は時間蛍光免疫アッセイにより測定した。IFN- α と IFN- γ の産生レベルの増加は、それぞれラブレ投与群とバイオ・ノーマライザー投与群で認められたが、IFN 産生の変化は *Spirulina* 投与群で認められなかった。IFN- α と IFN- γ の産生能は、免疫機能を示す有用なパラメーターと考えられる。したがって、こうした免疫機能の強化により、免疫能力を損なった患者の全身状態と QOL を何ら副作用をもたらすことなく改善できることが示唆される。