



The 3rd International Conference on Food Factors

The 3rd International Conference on Food Factors: Physiologic Functions and Disease Risk Reduction

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PROGRAM &
ABSTRACTS

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P168 The Oral Administration of Hydrolyzed Rice Bran Prevents the Common Cold Syndrome in the Elderly Based on its Immunomodulatory Function.

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The preventive effect of RIBEX against the common cold syndrome was examined in elderly people. RIBEX, containing arabinoxylan derivatives of Hydrolyzed Rice Bran (HRB), was prepared from the water-soluble dietary fiber fraction of extracted from rice bran through partial processing by a carbohydrate complex of *Lentinus Edodes* fungi (shiitake). Using the water-soluble fraction of Rice Bran (RB) as a control, a cross-over double blind study was conducted on each substance over 6 weeks of administration. Fifty elderly people who were residents in a care institution participated in this study. The comparative data from thirty-six participants were analyzed statistically. There were no withdrawals due to the side effects of test foods. The symptoms "cough", "fatigue", "fever", "sore throat", "sputum", "nasal signs", and "sore breasts" were observed and scored. The total scores for symptoms were significantly high ($p < 0.05$) for the RB treatment. The average duration of symptoms was 2.6 days for RB whereas it was only 1.2 days for HRB. And some changes in immune activity were observed. HRB was shown to be useful in reducing the physical stress associated with acute respiratory tract infection.