

# 健常者および軽度認知障害者に対する エルゴチオネイン含有食品の認知機能改善効果 —ランダム化プラセボ対照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 cognitive function in humans.

**Methods** We conducted a randomized, placebo-controlled, double-blind, parallel-group study for 52 healthy volunteers (18 men and 34 women, including those with mild cognitive impairment).

Subjects consumed either a tablet containing 5 mg ergothioneine as the test food (provided by LS Corporation Co., Ltd.) or a tablet not containing ergothioneine as the placebo.

Cognitrix test was used to assess cognitive function before and 4, 8, and 12 weeks after consumption of the test food.

**Results** The consumption of ergothioneine significantly improved Psychomotor Speed compared with the placebo group. In addition, stratified results for subjects in the cognitive function domain of Foods with Function Claims showed significant improvements in Verbal Memory, Simple Attention, and Sustained Attention compared with the placebo group.

No adverse events attributable to the test food were observed in any subjects during the study.

**Conclusion** These results indicate that continuous intake of ergothioneine improves cognitive function in healthy subjects (normal subjects and those with mild cognitive impairment).

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