

レスベラトロール含有のインド伝承薬インドキノキ／赤ワイン抽出物と
ビタミン C パルミテートの配合剤によるヒト皮膚シミへの改善効果
Improvement Effects of Intake of Resveratrol-containing Extracts
from the Indian traditional medicine *Pterocarpus marsupium* and
and Red Wine Combined with Palmitoyl Vitamin C on Human Skin Blotch
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ABSTRACT

Objective Effects of combination of the resveratrol-containing extracts from the Indian traditional medicine *Pterocarpus marsupium* and (“Ind-Trd”) and red wine, in addition to the lipophilic vitamin C-derivative (6-*O*-palmitoyl ascorbate; “VcPlm”), were aimed to be clinically examined by oral administration on human skin blotch.

Method Twelve healthy Japanese participants were randomly divided into three groups, and orally administered for consecutive 30 days: “C group”: VcPlm (500 mg/day); “R group”: resveratrol-containing extracts from Ind-Trd (30 mg/day) and red wine (20 mg/day), in addition to VcPlm (500 mg/day), and “P group”: the placebo (the base ingredients alone). Blotch degrees were evaluated in the randomized double blind trial, as compared to the intra-frame photographed “Artificial-Blotch-Gradation indicator plate”, and based on “Internal Blotch Criteria for six-grade evaluation”.

Results Blotch degrees (\pm , +1 to +5) and the significant differences of “pre-intake” versus “post-intake” were 1.83 ± 0.77 versus 1.64 ± 0.92 ($P <$

0.5) for C group with N (blotch number)=123, and 2.10 ± 0.88 versus 1.37 ± 0.80 ($P < 0.001$) for R group with N (blotch number)=65, indicating the marked blotch-improvement for the addition of resveratrol-containing extracts from Ind-Trd/red-wine to VcPlm.

KEY WORDS Resveratrol, *Pterocarpus marsupium* and, Ascorbic acid palmitate, Blotch, Supplement