

Bianne, CO., Ltd., KOJIKOSO

Anti-obesity effect of ingesting a supplement that contains multi-cereal and rice malt enzyme

ABSTRACT

Objective

The purpose of this study was to examine the anti-obesity effect of ingesting a supplement, 'KOJIKOSO' (rice malt enzyme), combined with light physical exercises that were carried out during the test period.

Methods

A randomized single-blind study was conducted toward female subjects from their age of 20 to 39 y.o., who had common interest in diet because of their BMI (Body Mass Index) and its tendencies to exceed a standard value of 25. The subjects were asked to take the supplement or placebo every day for the entire test period of 12 weeks, as they were randomly allocated in a test or a control group before the test. And circumferences of waist and hip, body weight, BMI and body fat percentage of each subject as well as safeness of the food were evaluated as primary outcomes of the study.

Result

Among a total of 32 subjects who participated in the study, 18 of them completed and were evaluated as a full analysis set (FAS) as a result. In comparison between a test and a control groups for before and after the intervention of 12 weeks, there were significant improvements in the test group for their scores of circumference of hip and BMI observed, and tendencies of improvement for their scores of circumference of waist, body weight and body fat percentage as well. Moreover, in comparison before and after the intervention for 12 weeks among the test group, there were significant improvements observed in all the scores evaluated.

Conclusion

In conclusion, the test suggested that the ingestion of 'KOJIKOSO' for 12 weeks, combined with light physical exercises contributes to improvements in circumferences of waist and hip, body weight, BMI and body fat percentage in common. And it also indicated that there were no adverse event occurred in the course of the test, to prove the product safety at the same time.