



	[ ]Royal jelly [ ]-
	ン状物質で、女王バチになる幼虫の食糧となる。
	<p>■食薬区分</p> <p>( )</p> <p>■日本薬局方</p> <p>■特定保健用食品</p> <p>(VY IY IVY)</p>
	<p>(10- 10-Hydroxy-</p> <p>2-decenoic Acid) (<a href="#">PMID: 7580313</a>)</p> <p>10- 1.7 2.3</p> <p>6.27 (101)</p> <p>10-</p> <p>(1987047002)</p> <p>ACE 6</p> <p>(Ile-Tyr Val-Tyr Ile-Val-Tyr Tyr-Tyr Ile-Phe Lys-Ser)</p> <p>(102)</p>
	<p>10- UV ( 210 nm)</p> <p>HPLC (<a href="#">PMID: 10327631</a>) (<a href="#">PMID: 7580313</a>) (101)</p> <p>10- GC</p> <p>(1987047002)</p>

<血圧>

RCT : 国内

85 ( 43 51.3± 9.1 )  
 1,200 mg × 2 / 12  
 (2006162876)  
 87 ( )  
 1,200 mg/ (22 47.2  
 ± 10.2 ) 2,400 mg/ (22 48.2± 8.9 ) 7,200 mg/  
 (22 46.8± 7.5 ) 4 7,200 mg/

(2005119391)

67 ( )  
 500 mg/ (17  
 48.7± 11.4 ) 1,000 mg/ (16 45.1± 14.6 ) 5,000  
 mg/ (17 45.9± 11.4 ) 4

(2006037152)

107 ( 54 49.7± 11.2 )

1,000 mg/ 12  
 BMI

(2007004736)

68 ( )  
 1,200 mg × 2 / (22 45.7± 10.4 )  
 2,400 mg × 3 / (24 45.4± 9.9 ) 8  
 BMI (2005221506)

<その他>

RCT : 国内

56 (42 83 30 )  
 100 mL ( 3,000  
 mg ) / 6 ( )  
 /DHEAS ) ( )  
 ( ) DHEAS  
 QOL (SF-36) 8 1 ( )  
 (HbA1c HOMA-IR HOMA- )

[\(PMID: 22995464\)](#)

RCT : 海外

92 ( 48 23.34± 3.46 )  
 1,000 mg/  
 2  
[\(PMID: 25146061\)](#)  
 192 ( 97 52.15± 3.47 )  
 1,000 mg/ 8  
 (MRS)

[\(PMID: 31470366\)](#)

**RCT : 国内**

25 ( 13 45.6± 4.1 )  
1,200  
mg/ 4  
(2010251560)

**RCT : 海外**

65 163 ( )  
1.2 g/ (60 )  
4.8 g/ (52 1 )  
(6  
IGF-1  
[\(PMID: 28900247\)](#)

**RCT : 海外**

60 ( 30 41.1± 11.8 )  
666 mg/  
8 (TC) (CRP)  
( ) ( )  
BMI (LDL-C HDL-  
C TG) (BDNF Y  
[\(PMID: 31312222\)](#)

**RCT : 国内**

40 ( 59.0± 3.0 )  
690 mg/ 28  
(2014298430)  
20 ( 34.3 10 )  
1 g/ 3  
[\(PMID: 30396869\)](#)

33 ( 16  
46.6± 6.8 )  
500 mg ( 150 mg 10-  
-2- 17.5 mg ) × 2 / 8  
(2019146350)  
79 ( 44 44.80± 11.48 )  
1,344 mg (10-  
-2- 25.7 mg 10- 4.4 mg ) /  
12

(2020354245)

(7)  
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