

2.

	가	81%,	가
75%			
phytochemicals	가	phytochemicals	
phytochemicals			
	가		
가	OTC		
10		(19	25%),
10			
		phytoestrogen	

. 2003

1	glucosamine, chondroitin sulfate,
가 가	Coenzyme Q10, Methylsulfonyl methane(MSM)
	. Glucosamine
(5).	
30%가	2,000
가	13
	Echineacea(
), St. Johns wort(
), Gingko biloba(
), Garlic(
), Saw palmetto(
), Ginseng(
), Goldenseal(
), aloe(
), Siberian ginseng(
), Valerian(
	Coenzyme Q10
specialty supplement	lipophilic
	MSM

4.

, apoptosis,

, biomarker

DNA,

in vivo

ex vivo

가,

가

가

가,

가,

가

가

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), ()).

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6가

(5, 12). 2001

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(5).

3.

1980

1991

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2001

dietary supplement

dietary sup-

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plement

(12).

5.

Product Description	Claims
Dietary Supplement	
• Cardia (salt alternative)	Lowers blood pressure
• Cholestin (lovastatin from red rice yeast)	Lowers cholesterol
• Lactoferrin (Lactoferrin sequesters iron, hampering microbial growth)	Antimicrobial for use in immunocompromised patients or premature infants
• Lysozyme (an antibacterial enzyme that attacks cell walls)	Antimicrobial for use in immunocompromised patients or premature infants
• Neuromins or SeaGold (contains DHA)	Lowers heart disease risk
Functional Food	
• Formulaid (infant formula supplement contains algae - and fungi - derived fatty acids DHA and ARA)	Enhances neurological and visual development in infants
• Laurical (canola oil engineered to be high in laurate)	Lowers cholesterol
• Ostar (beta - glucan derived from oat)	Aids in control of blood glucose
• Soybean and canola oils engineered without trans fatty acids	Lowers heart disease risk
• Phytrol (plant - derived sterol FCP)	Lowers heart disease risk
• Proventra(Kefir supplemented with bovine polyclonal antibodies)	Boosts immune function
• Benecol margarine (contains stanol)	Reduces absorption of cholesterol in gut
Medical Food	
• NiteBite (time - release glucose snack bar for diabetics)	Prevents nocturnal hypoglycemia
• Nutritional drink for diabetics (plant - derived insulin)	Potentiating factor that aids insulin
• Bile - salt stimulated lipase (breaks down lipids in gut)	For CF patients and newborns

Kramer K, et al. Nutraceuticals in health and disease prevention. 2001

가 , 93 2 , . . (10).
 50 3, 4, 5 ,
 가 46 6 , 가 45 7 , 27
 8 . .

6.

	가 가	가	• (ROS: Reactive oxygen species, RNS: Reactive nitrogen species)
	가		• ()
	가 가		•
	()	가	• OTC 가
			• (,)
			• (,)
			•

2003

in vitro, in vivo

6 (8).

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2500

가 가

가

가

phytochemical

가



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Peer Reviewer Commentary

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