

Zerose™ *Full taste without the calories.* **Full taste without the calories. Zerose™**

Cargill

MORE

[HEADLINES](#) [TOPICS](#) [PRODUCT NEWS](#) [HEALTH CONDITIONS](#) [PRODUCTS](#) [JOBS](#) [EVENTS](#)

Search

[LifeStages 2012 - Formulating for Specific age groups- Oct 2nd - FREE registration: Click here!](#)

HEADLINES

[Research](#)
[Industry](#)
[Regulation](#)
[Consumer Trends](#)

TOPICS

[DMAA](#)
[GMPs, QA & QC](#)
[Product claims](#)
[NDI draft guidance](#)
[Omega-3](#)
[Manufacturer insights](#)
[Probiotics](#)
[Vitamin D](#)

HEADLINES > RESEARCH

24

65

3

Text size Print Email

Tweet

Like

Share

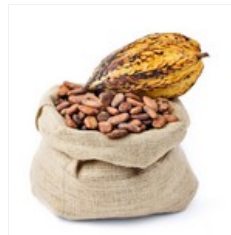
Cocoa and green tea extracts show anti-inflammatory benefits: Study

06-Aug-2012

Related topics: [Research](#)

Flavanol-rich extracts from cocoa and green tea may reduce markers of oxidative stress and inflammation in obese adults at risk for insulin resistance, says a new study.

On the other hand, the daily flavanol supplements did not affect glucose metabolism, according to findings published in the *European Journal of Clinical Nutrition*.



The health benefits of polyphenols from cocoa and green tea have been gathering increasing column inches in the national media. To date studies have reported potential benefits for cardiovascular health, skin health, and even brain health.

The majority of science into the potential benefits of cocoa have revolved around cardiovascular benefits of the flavanols (also known as flavan-3-ols or catechins), and particularly the monomeric flavanol (-)epicatechin.

Green tea contains between 30 and 40 per cent of water-extractable polyphenols, while black tea (green tea that has been oxidized by fermentation) contains between 3 and 10 per cent. Oolong tea is semi-fermented tea and is somewhere between green and black tea. The four primary polyphenols found in fresh tealeaves are epigallocatechin gallate (EGCG), epigallocatechin (EGC), epicatechin gallate (ECG), and epicatechin (EC).

Study details

For the new study, scientists from the US Department of Agriculture's Agricultural Research Service in Beltsville, MD, recruited 20 adults to participate in their randomized crossover study. The volunteers consumed a control diet with four cocoa beverages containing between 30 and 900 mg flavanol per day, or tea matched to a cocoa beverage for monomeric flavanol content for five days.

Results showed that no significant changes in glucose or insulin after consuming the cocoa beverages, but a dose-dependent decrease in 8-isoprostane (a marker of oxidative stress) and C-reactive protein (CRP - a marker of inflammation) levels were observed.

However, no significant effects were observed for measures of glucose or insulin regulation.

FEATURED JOBS IN THE USA



Food Scientist	NVE (Northeast)
Associate Director, Custome... (Northeast)	Nestle USA
Account Manager - Small Store (Southwest)	Coca-Cola Refresh...

SEARCH JOBS

[Post a job](#)

MOST POPULAR NEWS

- 1** [Bodybuilding.com steroid spiking case shows retailers also responsible for dietary supplements: US Attorney](#)
- 2** [Resveratrol shows potential for blood sugar control: Human data](#)
- 3** [USPlabs-funded study claims to 'confirm presence of DMAA in Chinese geranium'](#)
- 4** [Low omega-3 levels put US service members at risk of poor cognitive flexibility and executive function](#)
- 5** [Aged garlic plus CoQ10 show heart health benefits: RCT](#)

Oct 2nd

**Life:2012
Stages**

Online Event

Product success from one generation to the next

Register now
FREE



Organized by:



“Short-term intake of cocoa and green tea flavanols does not appear to improve glucose metabolism; they do affect selected markers of one or more measures of oxidative stress, inflammation or hemostasis in obese adults at risk for insulin resistance,” concluded the researchers.

Source: *European Journal of Clinical Nutrition*

Published online ahead of print, doi:10.1038/ejcn.2012.101

“Effect of cocoa and green tea on biomarkers of glucose regulation, oxidative stress, inflammation and hemostasis in obese adults at risk for insulin resistance”

Authors: K.S. Stote, B.A. Clevidence, J.A. Novotny, T. Henderson, S.V. Radecki, D.J. Baer

Keywords: green tea, cocoa, inflammation

More news articles on this topic

- Cocoa products show consistent blood pressure benefits: Study
- Cocoa products may offer fiber source for consumers
- Mars flavonoid research provides new insights into cocoa benefits
- Cocoa offers ‘consistent’ benefits for heart health: Meta-analysis

Get more articles like this in your mailbox:

Your email

Sign up

Copyright - Unless otherwise stated all contents of this web site are © 2012 - William Reed Business Media SAS - All Rights Reserved - Full details for the use of materials on this site can be found in the Terms & Conditions



Gencor[™]
Lifestage Solutions

Ingredients
for a lifetime of
healthy living

KEY INDUSTRY EVENTS

Life Stages 2012: From Birth to Later **02-Oct-2012**

Life: Evolving Nutritional
Requirements and Market Opportunities
Virtual conference

[read more](#)

[Access all events listing](#)

Follow @NutraUSA 2,881 followers

SUPPLIER WEBINARS

Live Supplier Webinars

Watch this free webinar about **18-Sep-2012**
patented ingredient, BioCell Collagen, for
joint and skin health and sports nutrition
BioCell Technology, LLC

On demand Supplier Webinars

Nutritional science for mind health products
DSM Nutritional Products

[All supplier webinars](#)

PRODUCTS

Cardiovascular Health with ENI's Whole Grape
Extract
ENI

UC-II® Undenatured Type II Collagen compared
to Hydrolyzed Type II Collagen and
Glucosamine + Chondroitin: Different
Ingredients with Different Mechanisms of
Action
InterHealth Nutraceuticals, Inc.

The Role of Parry FenuPower in Functional
Foods and Dietary Supplements
Valensa

life'sDHA – healthy brain, eyes, heart
DSM Nutritional Products

life's DHA plus EPA – the Fishless Fish Oil!
DSM Nutritional Products

Discover Microalgae-Based Whole Food
Ingredients
Solazyme Roquette Nutritionals

TODAY'S HEADLINES

Amish study makes ‘important step forward’ in
understanding gut microflora and metabolic
pathways

WEEKLY / DAILY FREE NEWSLETTER

- FoodNavigator.com**
Food & Beverage Development - Europe
- FoodNavigator-USA.com**
Food & Beverage Development - North America
- FoodNavigator-Asia.com**
Food, Beverage & Supplement Development - Asia Pacific
- NutraIngredients.com**
Supplements & Nutrition - Europe
- NutraIngredients-USA.com**
Supplements & Nutrition - North America
- FoodProductionDaily.com**
Food Processing & Packaging
- FoodQualityNews.com**
Food Safety & Quality Control
- DairyReporter.com**
Dairy Processing & Markets
- BeverageDaily.com**
Beverage Technology & Markets
- ConfectioneryNews.com**
Confectionery & Biscuit Processing
- BakeryAndSnacks.com**
Industrial Baking & Snacks
- GlobalMeatNews.com**
Global Trading and Meat Processing
- FoodManufacture.co.uk**
The Information Resource for Food and Drink Processing

OTHER NEWSLETTERS

- Science & Nutrition Research
- Food legislation
- Food Finance
- Innovations in Food Ingredients
- Innovations in Food Processing and Packaging
- Innovations in Food Safety & Instrumentation
- Food Industry & Consumer Trends
- Food Marketing and Retailing

FREE E-MAIL ALERTS

- | | | | |
|--|--|--|---|
| <input type="checkbox"/> Antioxidants, carotenoids | <input type="checkbox"/> Cosmeceuticals | <input type="checkbox"/> Dairy-based ingredients | <input type="checkbox"/> Dosage forms |
| <input type="checkbox"/> Fibers and carbohydrates | <input type="checkbox"/> Minerals | <input type="checkbox"/> Nutritional lipids and oils | <input type="checkbox"/> Phytochemicals, plant extracts |
| <input type="checkbox"/> Probiotics and prebiotics | <input type="checkbox"/> Proteins, peptides, amino acids | <input type="checkbox"/> Soy-based ingredients | <input type="checkbox"/> Vitamins & premixes |
| <input type="checkbox"/> Bone & joint health | <input type="checkbox"/> Cancer risk reduction | <input type="checkbox"/> Cardiovascular health | <input type="checkbox"/> Cognitive and mental function |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Energy & endurance | <input type="checkbox"/> Eye health | <input type="checkbox"/> Gut health |
| <input type="checkbox"/> Immune system | <input type="checkbox"/> Maternal & infant health | <input type="checkbox"/> Respiratory health | <input type="checkbox"/> Skin health |
| <input type="checkbox"/> Weight management | <input type="checkbox"/> Women's health | | |

Free subscription now!

RELATED SITES FROM OUR TEAM

Food & Beverage: Food & Beverage Development - Europe | Food & Beverage Development - North America | Food, Beverage & Supplement Development - Asia Pacific | Food Marketing and Retailing | Food and Beverage Processing and Packaging | Food Safety & Quality Control | Industrial Baking & Snacks | Beverage Technology & Markets | Confectionery & Biscuit Processing | Dairy Processing & Markets | Global Trading and Meat Processing | Food jobs - Europe **Nutrition:** Supplements & Nutrition - Europe | Supplements & Nutrition - North America **Pharmaceutical:** Pharmaceutical Technology | Contract Research, Manufacturing & Clinical Trials **Cosmetics:** Cosmetics Formulation & Packaging in North America | Cosmetics Formulation & Packaging in Europe

[About us](#) | [Site map](#) | [All sites](#) | [Recommend this Site](#) | [Advertise](#) | [Contact the Editor](#) | [Terms & Conditions](#) | [Privacy and Cookie Policy](#)