

アジェンダ

1. トピックス
2. ビタミンD、E、C
ポリフェノール、カロテノイドなど
3. アンチエイジングサプリメントマップ
Senolytics
4. サプリメントの限界
5. 将来展望

ADA : Standard of Medical Care 2022から

- ① patient centered approach
- ② 食事療法 炭水化物比率26%の記述
メトフォルミンとビタミンB12欠乏
ビタミンDによる予防効果は疑問
- ③ 蛋白については様々
- ④ 身体活動 10分単位の有酸素運動
レジスタンストレーニング2~3回/週
- ⑤ 経口剤はメトフォルミンに加え
〔 GLP-1受容体刺激薬
SGLT2阻害薬 〕 に重点

Vitamin Supplementation and Dementia: A Systematic Review

認知症とビタミンサプリメント
ビタミンB(特に葉酸) > ビタミンC・E > D

Conclusions

The findings of this systematic review suggest that supplementation of B Complex vitamins, especially a supplementation of folic acid, may have a positive effect on delaying and preventing the risk of cognitive decline. Ascorbic acid and a high dose of vitamin E also showed positive effects on cognitive performance. However, due to the small number of studies included in this systematic review about these vitamins, there is not sufficient evidence to support their use.

Regarding vitamin D supplementation, the findings observed vary vastly among trials. This results in a lack of certainty in assessing the potential benefits that vitamin D might have on cognition.

マルチビタミンの検証

500名以上 3.6年のフォローアップ

Multivitamins in the prevention of cancer and cardiovascular disease: The COSMOS randomized clinical trial

Conclusion

A daily MVM supplement, compared with placebo, did not significantly reduce the incidence of total cancer among older men and women. Future studies are needed to determine the effects of MVMs on other aging-related outcomes among older adults.

アンチエイジングサプリメントマップ

