



Targeted Medical Foods, LLC  
2980 Beverly Glen Circle, Suite 301  
Los Angeles, California 90077

Japan Division  
Phone (310) 320-2900 :日本語ライン  
info@medicalfood.org

# AppTrim™

## Medical Foods Classification

AppTrim is a Medical Food formulated to be used by physicians to aid their patients in attaining appetite control and suppression of carbohydrate craving that will result in weight loss. Under the regulations of the Food and Drug Administration, Medical Foods can only be used when a patient is under the ongoing care of a physician or other healthcare provider. Medical Foods are used for the treatment of disease states with known nutritional deficiencies. Medical foods must contain ingredients from the human diet. Medical foods cannot be sold directly to patients without physician supervision.

AppTrim™ は医師によって処方され、患者が食欲をコントロールし、炭水化物に対する強い欲求を抑制することで、体重の減量が達成できるようにフォーミュレートされたメディカルフードです。メディカルフードとは、FDA の規定のもと、患者が医師または医療サービス機関の治療をうけている場合にのみ服用することができます。メディカルフードは特定の栄養の欠乏による病気の治療のために使われています。メディカルフードは食物原料からできた成分が含まれていなければなりません。医師の指導なしで直接患者に販売することはできません。

## Indications for Use

1. **Overweight** 体重超過の解消および予防
2. **Obesity** 肥満の解消および予防

## Neurotransmitter Production in the Human Body

1. Tyrosine produces norepinephrine  
チロシンはノルエピネフリンを作ります
2. Tyrosine produces epinephrine  
チロシンはエピネフリンを作ります
3. Choline produces Acetylcholine  
コリンはアセチルコリンを作ります
4. 5-hydroxytryptophan produces Serotonin  
5-ヒドロキシトリプトファンはセロトニンを作ります
5. Histidine produces Histamine  
ヒスチジンはヒスタミンを作ります

**Ingredients:** Tyrosine, choline bitartrate, 5-hydroxytryptophan, hydrolyzed whey protein, histidine, serine, glutamic acid, grape seed extract, caffeine, and cocoa.

Each capsule contains 37.5 mg of caffeine. A dose of AppTrim contains a small amount of caffeine, approximately equal to the amount of caffeine found in half a cup of coffee.

各カプセルには 37.5mg のカフェインを含んでいます。  
AppTrim の一回(2 カプセル)の服用には、カップ約半分のコーヒーと同じ量のカフェインを含んでいます。



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## Targeted Cellular Technology

This unique five-component process allows milligram quantities of neurotransmitter precursors to enter the cells and produce the required neurotransmitters. This process includes a neurotransmitter precursor, an uptake stimulator, a neuron activator, an adenosine brake inhibitor, and an attenuation releaser. Previous attempts to use neurotransmitter precursors have required much larger quantities of the precursors to elicit a therapeutic effect, making it functionally impossible for a patient to ingest gram quantities of a precursor agent on a regular basis. The use of the Targeted Cellular Technology process also prevents the development of tolerance. Unlike pharmaceutical agents that lose their effectiveness in a relatively short period, AppTrim maintains its effectiveness and does not attenuate.

この他に類を見ない TCT の5つの構成要素プロセスは、ミリグラム単位という微量の神経伝達物質の前駆物質を細胞に侵入させて、必要とする神経伝達物質を作り出すことを可能にしました。

5つの構成要素とは神経伝達物質の

- 前駆物質
- 吸収を高める刺激物質
- 休止状態からの活動を促す物質
- 放出を刺激する物質
- 耐性が出来ないようにする物質

TCT 以前の前駆物質を使う試みでは、治療効果を引き出すためにはかなり多くの量(毎日の服用にグラム単位の多量の前駆物質を患者は飲まなくてはならず、継続不可能と思える量)の前駆物質を必要としました。TCT プロセスを使用することによって耐性が出来る事を抑制します。短期間で効果を失ってしまうようなこれまでの医薬品とは違い、AppTrim はその効果が持続され、効果が減少することはありません。

## Targeted Cellular Technology and AppTrim

AppTrim is designed to produce the neurotransmitters norepinephrine, epinephrine, serotonin, acetylcholine, brain histamine and glutamate. Glutamate serves as the neuronal stimulator, norepinephrine reduces appetite, serotonin reduces carbohydrate craving, and epinephrine induces fat burning. Brain histamine suppresses Neuropeptide Y, the hunger hormone.

AppTrim は、神経伝達物質ノルエピネフリン、エピネフリン、セロトニン、アセチルコリン、脳ヒスタミン、およびグルタミン酸を生産するように設計されています。

グルタミン酸はニューロン刺激物質として働き、ノルエピネフリンは食欲を抑え、セロトニンは炭水化物に対する欲求を減らし、エピネフリンは脂肪燃焼を促進します。さらに脳ヒスタミンは神経ペプチド Y である食欲増進ホルモンを抑制します。

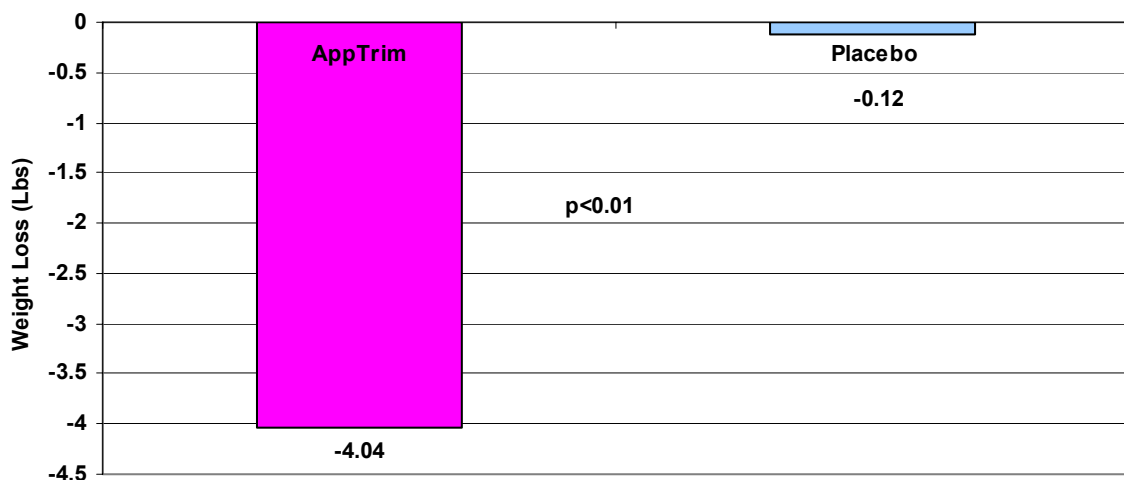


## AppTrim™ and Clinical Trials

There have been nine double blind clinical trials of AppTrim. When AppTrim was given as an adjunct to a weight loss diet, an average of 4.2 pounds weight loss was shown over a six-week period. Weight loss of as much as 15 pounds per month has frequently been observed in certain patients in clinical practice. A weight loss of 1 to 2 pounds per week is advised in order to sustain the weight loss. Weight loss of more than 2 pounds per week can be obtained with AppTrim, but close physician supervision is advised if more than 2 pounds per week of weight loss is obtained.

AppTrim のダブルブラインドテスト(二重盲検法)は9回実施されました。AppTrim™を減量食事に加えて使用された結果、6週間で平均 4.2 ポンド(1,890g)の減量が報告されました。ある患者の臨床試験においては1ヶ月あたり最高 15 ポンド(6,750g)もの減量がしばしば観察されました。しかし減量を維持して行く為には、1週あたり1~2ポンド(450~900g)の減量が理想的です。AppTrimにより1週間あたり2ポンド(900g)以上の減量は可能ですが、2ポンド以上の減量に際してはより密接な医師の指導の下でのダイエットをお勧めします。

Average Weight Loss During 6 Week Trial of AppTrim



## Obesity and Nutritional Deficiencies

Obesity is associated with inability to control appetite, satiety, and carbohydrate cravings. Appetite, feelings of satiety, and carbohydrate cravings are under the control of specific neurotransmitters, including norepinephrine, serotonin, and Neuropeptide Y. Serotonin and tryptophan deficiencies have been documented in obese patients. Brain histamine causes the release of the neurotransmitter CRH. Release of brain CRH causes suppression of Neuropeptide Y, the hunger molecule. Therefore a deficiency of histidine, the precursor to histamine, will result in inadequate suppression of Neuropeptide Y. In addition, tyrosine deficiencies have been reported in the medical literature in obese patients.

肥満は、食欲、満腹感、炭水化物に対する欲求の制御不能と関連しています。食欲、満腹感、および炭水化物への欲求は特定の神経伝達物質であるノルエピネフリン、セロトニン、および神経ペプチドYのコントロール下にあります。肥満の患者におけるセロトニン、トリプトファン不足はこれまでに文献化されています。脳ヒスタミンは神経伝達物質 CRH の放出を引き起こします。脳 CRH の放出は神経ペプチドYである食欲増進ホルモンの抑制をします。従って、ヒスタミンの前駆物質となるヒスチジン不足は、神経ペプチドYへの抑制効果を不十分なものにする結果となります。加えて、医学文献において、肥満の患者のチロシン不足が報告されています。



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## AppTrim™ Dosage

AppTrim is intended to be given in a two capsule dose twice daily at mid morning and mid afternoon. Some patients appear to respond well to a one capsule dose, while others have found a 3 capsule morning dose and a one capsule afternoon dose to be effective. As with all Medical Food products, the best dosing regime is established by the physician in coordination with the requirements of each individual patient.

AppTrim は、毎日 2 回午前と午後にそれぞれ 2 カプセル服用します。人によっては 1 カプセルずつで効果が現れる人もいますが、午前中に 3 カプセル、午後に 1 カプセルが効果的な人もいます。しかし、他のメディカルフードと同様に、適量は個々患者の必要性に合わせて医師によって判断されます。

## AppTrim™ and Diet

AppTrim has been tested with a variety of diets including the Atkins' Diet, the Zone Diet and the South Beach Diet. Weight loss can be obtained with any of these diets using AppTrim as appetite suppression.

AppTrim は、アトキンズのダイエット、ゾーンダイエット、およびサウスビーチダイエットなど、様々なダイエットプログラムとの併用テストをされています。AppTrim は他のダイエットプログラムと併用して、食欲抑制の目的で使用しても構いません。

It is recommended that AppTrim be used to produce appetite suppression with a reduced calorie, balanced diet. Patients should be advised to eat breakfast, lunch, and dinner, with an emphasis on reduced portion sizes and elimination of refined carbohydrates. Weight loss is consistently achieved with a 1200-calorie diet for women and a 1600-calorie diet for men. Foods with a high glycemic index should be eliminated from the diet. When target weight is achieved, the dose of AppTrim can be adjusted on an individual basis to help maintain appetite suppression over the long term.

AppTrim は、低カロリーでバランスのよい食事と平行して食欲の抑制にお使いになることをお勧めします。食事制限を行う患者は、量を減らし、純度の高い炭水化物は避けるようにして、朝食、昼食、夕食と三食をきちんと食べるように心がけてください。女性では一日の摂取カロリーで 1200 カロリー、男性では 1600 カロリーでコンスタントな減量が達成できます。グリセミック指数の高い食品は食事の中から避けるべきでしょう。目標とする減量が達成されたあとでは、長期的な食欲抑制を維持していく目的で AppTrim の服用量を調整しても構いません。

## Side Effects

The side effect profile of AppTrim is comparable to the rate of food intolerance in the general population. The ingredient components of AppTrim are derived from plant-based compounds found in the normal food chain. Food intolerance is an adverse reaction to food that does not involve the body's immune system. These reactions are called "pharmacologic reactions" because the culprit substances behave like drugs, possibly acting on the nervous system. In adults, this type of reaction is far more common than true food allergy, and has a relatively rare rate of occurrence.

AppTrim の副作用は一般の人の中での食物過敏症の発生率と同等です。AppTrim の成分は通常食物連鎖における植物由来のもので、食物過敏症とは、身体の免疫システムとは関係しない食物に対する反作用です。これらの反応はまるで薬のように神経系に作用することから「薬理学反応」と呼ばれます。成人ではこの反応は本物の食物アレルギーより極めて一般的で、発生率は極めて低いものです。



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## Background:

Current methods for weight reduction are inadequate despite the large number of clinical trials of pharmaceuticals, dietary supplements, and mechanical interventions (1-16),(17-33),(34-49),(50-67),(68-84),(85-106),(107-132),(133-158),(159-192),(193-214),(215-223),(224-255),(256-276). It is well established that traditional weight loss programs are minimally effective in producing either short-term or long lasting weight reduction results. Moreover, many of the proposed treatments, particularly the pharmaceuticals, have significant side effects including deaths and serious heart valve disease. Accordingly, there is a need for a safe and effective treatment method that is based on naturally occurring food components to aide in weight loss.

現在の世の中にあふれる減量方法は、薬品、健康食品、器具を介在させる方法で得られた莫大な数の臨床テストの結果を不適切に軽んじています。古典的な減量プログラムでは短期的および長期的減量効果の持続は最小限でしかないことは周知の事実です。更に言えば、特に薬品による減量治療のほとんどは、顕著な副作用(死に至るもの、心臓弁の重大な病気をもたらすもの)が見られます。それゆえに、天然食物素材を使った安全で効果的な減量方法が必要とされているのです。

AppTrim contains a formula blend of selected GRAS (generally regarded as safe) ingredients that come from the normal human food chain. The primary ingredients are key amino acids the building blocks of proteins. The AppTrim formula is designed to induce increased neurotransmitter function associated with weight control. The AppTrim formula is designed to increase the function of the neurotransmitters serotonin, epinephrine, norepinephrine, and histamine. The AppTrim formula is based on a five-component, patent pending process. This process allows for the conversion of a neurotransmitter precursor into a neurotransmitter. The five component system includes: (1) each neurotransmitter is synthesized from an amino acid precursor, (2) stimulation of the uptake of the neurotransmitter precursor is required to initiate the conversion of a precursor to a neurotransmitter, (3) since most neurons are inhibited from firing, an adenosine antagonist such as caffeine and cocoa powder is added to disinhibit the neuron, (4) stimulation of neurons to release a specific neurotransmitter is required, and (5) a mechanism must be used to prevent attenuation of the precursor response, a well known precursor phenomena. AppTrim has been formulated to use this five-component system to target the neurotransmitters norepinephrine, epinephrine, acetylcholine, histamine, and serotonin to effectively suppress appetite and carbohydrate craving.

AppTrim は通常の食材から得られる、厳選された GRAS (一般的に安全と認められた) 成分のブレンドでフォーミュレートされています。主要な成分はプロテインの構成要素であるアミノ酸です。AppTrim のフォーミュラは体重のコントロールに関連した機能を持った神経伝達物質を増産させるように設計されています。AppTrim のフォーミュラは神経伝達物質のセロトニン、エピネフリン、ノルエピネフリン、ヒスタミンの機能を上昇させるようにフォーミュレートされています。AppTrim は特許申請中の5つの要素のプロセスがベースになっています。このプロセスは前駆物質を神経伝達物質に変換することを可能にします。

5つの要素は、

- (1) それぞれの神経伝達物質はアミノ酸前駆物質から合成される。
- (2) 前駆物質が神経伝達物質に変換を開始する為に必要な前駆物質の吸収を刺激する物質
- (3) ほとんどの神経細胞は点火されないように抑制されているため、カフェインやココアパウダーといった神経細胞に点火をさせるアデノシン拮抗薬の役割をする物質
- (4) 特定の神経伝達物質の放出するように神経細胞を刺激する物質
- (5) よく知られている前駆物質の現象である、前駆物質の反応が薄れて行くことを防ぐために使われなければならないメカニズム

AppTrim は、効果的に食欲と炭水化物に対する欲求を抑える為のノルピネフリン、エピネフリン、アセチルコリン、ヒスタミン、セロトニンといった神経伝達物質をターゲットとしたこの5つの要素のシステムがフォーミュレートされています。





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AppTrim is designed to produce four neurotransmitters including: norepinephrine/epinephrine, acetylcholine, histamine, and serotonin. The four neurotransmitters are involved in appetite control(277-304),(305-350), early satiety(293;351-357), carbohydrate craving control(358-364), release of CRF(365-368), inhibition of NPY(367;369-373), preferential fat utilization(374) (375) and thermogenesis(376-396). Appetite control is the reduction of the feelings of hunger during a period of food deprivation. Early satiety is the feeling of fullness or satiation with the ingestion of small amounts of food. Carbohydrate craving is the desire to ingest sugar and other forms of carbohydrate. Release of the hypothalamic hormone CRF reduces appetite while release of the hypothalamic hormone Neuropeptide Y causes increased hunger along with increased intake of calories. Preferential fat burning is the use of calories from fat rather than carbohydrate and protein during a period of weight loss resulting in reduced percent body fat. Thermogenesis is the increase in metabolic rate and the burning of excess calories.

AppTrim は、ノルエピネフリン/エピネフリン、アセチルコリン、ヒスタミン、セロトニンの4つの神経伝達物を生産するように設計されています。これら4つの神経伝達物質は食欲のコントロール、早期の満腹、炭水化物に対する欲求のコントロール、CRFの放出、NPYの抑制、好ましい脂肪の使い方、そして産熱効果に関わっています。食欲のコントロールとは食品欠乏期間の空腹と言う感覚を減少させることです。早期の満腹は、少量の食事の摂取で満足感もしくは充腹感を得ることです。炭水化物に対する欲求は、砂糖やその他の炭水化物の摂取を強く要求するということです。摂取カロリーを摂取させながら食欲を上昇させる視床下部ホルモンの神経ペプチドYの放出の一方で、視床下部ホルモンのCRFの放出は、食欲を減退させます。好ましい脂肪の燃焼は、炭水化物やタンパク質を使わずに、減量期間中に体脂肪率が落ちるように脂肪からカロリーを使って燃焼させることです。産熱効果は、新陳代謝率を上昇させ、余分なカロリーを燃焼させます。

AppTrim is designed to produce neurotransmitters related to physiologic functions including appetite control, carbohydrate craving control, thermogenesis, and preferential fat utilization. In the AppTrim™ formula, tyrosine is used as a precursor to norepinephrine/epinephrine(397). These two neurotransmitters are thermogenic(398-406) and liberate free fatty acids(407) (408-410) to induce preferential fat utilization. Norepinephrine is an appetite suppressant(282;411-435) (312;436-456) (341;457-486) and induces early satiety(487;488). 5-hydroxy tryptophan is used to induce the physiologic production of serotonin(397); serotonin production reduces carbohydrate craving(308;314;316;334;347;359;362;363;489-524). Acetylcholine is the neurotransmitter in the pre-synaptic ganglion of the sympathetic nervous system(397). The sympathetic nervous system produces epinephrine and norepinephrine. The choline in the AppTrim formula is used to induce the physiologic production of acetylcholine in order to produce physiologic amounts of norepinephrine and epinephrine, thus inducing thermogenesis, appetite suppression, and early satiety. Histidine is the precursor to histamine(397). Brain histamine will increase the production of CRF and inhibit production of Neuropeptide Y(333;481;525-538).

AppTrim は、食欲のコントロール、炭水化物への欲求、産熱効果、好ましい脂肪の使い方といった生理学的機能と関連した神経伝達物を生産するように設計されています。AppTrim のフォーミュラには、チロシンがノルエピネフリン/エピネフリンの前駆物質として使われています。これら二つの神経伝達物質は産熱効果と好ましい脂肪の使い方に導く遊離脂肪酸を解放する働きがあります。ノルエピネフリンには食欲抑制と早期に満腹に導く効果があります。5ヒドロキシトリプトファンは炭水化物の欲求を減らす効果のあるセロトニンの生理学的生産を導くのに使われます。アセチルコリンは交感神経系のシナプス前神経節における神経伝達物質です。交感神経系はエピネフリンとノルエピネフリンを生産します。AppTrim の中のコリンは産熱効果、食欲抑制、早期の満腹をもたらす生理学的な量のエピネフリンとノルエピネフリン作る為のアセチルコリンを生理学的に生産するために使われます。ヒスチジンはヒスタミンの前駆物質です。脳ヒスタミンは神経ペプチドYの生産を抑制するCRFの生産を高める働きがあります。



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The AppTrim formula contains the neurotransmitter precursor tyrosine that produces norepinephrine/epinephrine; 5-hydroxytryptophan and hydrolyzed whey protein as precursors that produce serotonin; choline as a precursor that produces acetylcholine; histidine as a precursor that produces histamine.

AppTrim は、神経伝達物質の前駆物質であるチロシンをエピネフリンとノルエピネフリンの生産する為に、5ヒドロキシトリプトファンと加水分解プロテインをセロトニン生産の前駆物質として、コリンをアセチルコリン生産の前駆物質として、ヒスチジンをヒスタミン生産の前駆物質としてフォーミュレートしています。

In the AppTrim formula, serine is used as an uptake stimulator(539-542). Glutamic acid is used to produce glutamate, a neuronal stimulator(543-574). Caffeine and cocoa are used to disinhibit the adenosine break(575-585) (586-589). Grape seed extract, containing polyphenols(590-593), is used to avoid the attenuation usually associated with neurotransmitter precursor administration.

AppTrim のフォーミュラの中には、セリンが吸収を高める刺激剤として、グルタミン酸を神経細胞刺激剤としてグルタメイトを作る為にフォーミュレートされています。カフェインとココアはアデノシン分解の反抑制剤として使われています。ポリフェノールが含まれるぶどう種子エキスは神経伝達物質の前駆物質の管理に関わる効果の減少を避ける為に使われています。

Accordingly, the AppTrim formula contains precise, proprietary amounts of hydrolyzed whey protein (containing tryptophan), 5-hydroxytryptophan, caffeine from Griffonia seed, cocoa powder, l-histidine, serine, l-tyrosine, grape seed extract, glutamic acid and choline.

よって、AppTrim には正確でかつ非公開の量の加水分解プロテイン、5ヒドロキシトリプトファン、グリフオニア種子から取られたカフェイン、ココアパウダー、L-ヒスチジン、セリン、L-チロシン、ぶどう種子エキス、グルタミン酸、コリンが含まれています。

The AppTrim formula is designed to provide precursors for known neurotransmitters that influence appetite, early satiety, craving for carbohydrates, and thermogenesis. The amino acid precursors are tyrosine, tryptophan (within the hydrolyzed whey protein), 5-hydroxytryptophan, choline, and histidine. In addition, AppTrim depends on activation of amino acid utilization by glutamate, caffeine, and the theobromine in cocoa. Nine double blind placebo controlled trials have been performed using the combination of tyrosine, histidine, choline, and cocoa. These trials have shown weight reduction and reduction of percent body fat as measured by both electrical impedance and x-ray densitometry. One of the nine studies has been published.

AppTrim は食欲、早期の満腹、炭水化物の欲求、産熱効果に影響を与えるとしていられている神経伝達物質の前駆物質を提供するように設計されています。アミノ酸の前駆物質は、チロシン、トリプトファン(加水分解ホエイプロテイン中)、5ヒドロキシトリプトファン、コリン、ヒスチジンです。加えて、AppTrim はグルタメイト、カフェイン、ココアの中のテオブロミンを使ってアミノ酸を活性化することに依存しています。9回のダブルブラインドテストがチロシン、ヒスチジン、コリン、ココアを使って実施されました。これらの実験は電気インピーダンス測定とX線測定法の両方によって計測された体重の減少と体脂肪率の減少が示されています。9回のテストのうちの一つが出版物となりました。

AppTrim contains both caffeine and cocoa but no ephedra or ephedrine alkaloids. Caffeine has actions similar to those of theobromine in cocoa. Both agents function by inhibition of the neuronal adenosine brake. The concentration of caffeine in a single dose is similar to that in a cup of coffee.

AppTrim にはカフェインもココアも含まれますが、エフェドラやエフェドリンアルカロイドは使われていません。カフェインはココアのテオブロミンと非常に近い効果があります。両方とも神経のアデノシン分解を抑制する機能があります。一回に飲まれるカフェインの濃度は およそコーヒー半杯に相当します。



Targeted Medical Foods, LLC  
2980 Beverly Glen Circle, Suite 301  
Los Angeles, California 90077

Japan Division  
Phone (310) 320-2900 :日本語ライン  
info@medicalfood.org

## Nutritional Deficiency Associated with Obesity

Many obese patients have a nutritional deficiency despite their large body mass. They have stored energy in the form of fat and lost the ability to control appetite through amino acid based messengers—they are relatively protein starved. For example, tryptophan is a precursor to serotonin(288;594;595). Serotonin controls craving for carbohydrate(596). Obese patients often have reduced blood levels of serotonin(312;314;494;597-624). Moreover, obese patients use more tryptophan than do lean patients. Finally, reduced calorie diets that are often reduced protein diets, result in a further fall in blood tryptophan and exacerbate carbohydrate craving. Thus, obese patients despite their body mass, frequently show a deficiency of tryptophan (347-350;360;363;504;511;512;518-520;524;625-638).

特定の栄養不足による肥満患者は、その肥大した体を軽く見ている人が多いのです。彼らはエネルギーを脂肪という形で蓄え、アミノ酸をベースとしたメッセンジャーを通して食欲をコントロールするという能力を失っているのです。(彼らは比較的タンパク質が欠乏しています)例えば、トリプトファンはセロトニンの前駆物質です。セロトニンは炭水化物の欲求をコントロールします。肥満患者は血中セロトニン濃度が低下していることがあります。更に言えば、肥満患者は痩せている患者以上にトリプトファンを消費するのです。最終的に、カロリーを削った(しばしばプロテインをも削った)ダイエットは、血中のトリプトファンの濃度を下げることになり、炭水化物の欲求を激化させる結果になるのです。つまり、肥満の患者はその肥大した体を軽んじて、トリプトファン欠乏を起しているのです。

Release of Neuropeptide Y (NPY) causes increased hunger(639-644). Hunger is maintained until sufficient protein is ingested to suppress NPY. At approximately mid-morning, when the stomach is empty, the gut releases the peptide Ghrelin that stimulates the release of NPY from the hypothalamus(645-650). This further stimulates hunger and initiates feeding. Three hormones are released during feeding that suppress NPY and create satiety. These hormones are PYY(651-653), MSH(654;655) and CRF(656-658). The hormone MSH is released by the brain in response to increased blood levels of tyrosine(659-663). The hormone CRF is released by the brain in response to increased blood levels of histidine(664-674). In a low protein low calorie diet, there is insufficient tyrosine or histidine ingested so that satiety does not occur and hunger rapidly returns after eating. There is a relative deficiency of tyrosine and histidine associated with obesity and dieting.

神経ペプチドYの放出は空腹感を向上させる原因になります。空腹感は、NPYを抑制するほど十分なタンパク質を摂取するまで持続します。午前中の胃が空っぽの状態、腸が視床下部からのNPYの放出を刺激するペプチドグレリンを放出します。これが更に空腹を刺激し、食事が始まるのです。食事に3つのホルモンが放出され、それがNPYを抑えて満腹感を作り出すのです。これら3つのホルモンは、PYY、MSH、CRFです。MSHホルモンは血中のチロシンの濃度が上がった反応で脳から放出されます。CRFホルモンは血中ヒスチジンの濃度が上がった反応で脳から放出されます。低タンパク質、低カロリーダイエットの場合、十分なチロシンやヒスチジンが摂取できないので、満腹感が得られなかったり、食べてもすぐに空腹感が戻ってきてしまったりするのです。チロシンやヒスチジン不足は肥満やダイエットに関連しているのです。

Finally, the interplay of the hunger producing and hunger suppressing hormones depends on the availability of insulin and the degree of insulin resistance(675). When there is either no insulin or the body is insulin resistant, the body requires increased concentration of tryptophan, tyrosine and histidine to inhibit hunger and create early satiety. In insulin resistant patients, even normal amounts of tyrosine and tryptophan ingestion are inadequate to produce satiety and prevent hunger.

最終的に、空腹感の創造と空腹感抑制ホルモンの相互関係は、インシュリン量とインシュリン抵抗性の度合いによります。インシュリンが無い、体がインシュリン抵抗性であると、体は空腹を抑え、早期に満腹感をもたらすトリプトファン、チロシン、ヒスチジンの濃度を上げる必要があります。インシュリン抵抗性の患者は正常な量のチロシンとトリプトファンの摂取では十分な満腹感をもたらさず、空腹を予防することができないのです。





Targeted Medical Foods, LLC  
2980 Beverly Glen Circle, Suite 301  
Los Angeles, California 90077

Japan Division  
Phone (310) 320-2900 :日本語ライン  
info@medicalfood.org

Obesity and weight gain are associated with a series of absolute and relative nutritional deficiencies of important amino acids that control appetite, carbohydrate craving and satiety. 肥満や体重の増加は、絶対的にも相対的にも、食欲、炭水化物の欲求、満腹感をコントロールする重要なアミノ酸の欠乏と関連があります。

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2980 Beverly Glen Circle, Suite 301  
Los Angeles, California 90077

Japan Division  
Phone (310) 320-2900 :日本語ライン  
info@medicalfood.org

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2980 Beverly Glen Circle, Suite 301  
Los Angeles, California 90077

Japan Division  
Phone (310) 320-2900 :日本語ライン  
info@medicalfood.org

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2980 Beverly Glen Circle, Suite 301  
Los Angeles, California 90077

Japan Division  
Phone (310) 320-2900 :日本語ライン  
info@medicalfood.org

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2980 Beverly Glen Circle, Suite 301  
Los Angeles, California 90077

Japan Division  
Phone (310) 320-2900 :日本語ライン  
info@medicalfood.org

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Los Angeles, California 90077

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Japan Division  
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