

## Flavonoid Prevents Metabolic Syndrome and Obesity in Mice

In an article published online in *Diabetes*, researchers report that naringenin, a flavonoid in fruit, prevents weight gain and components of metabolic syndrome in a rodent model.\*

Murray W. Huff and his associates from the University of Western Ontario used mice that exhibit disordered lipids, insulin resistance, glucose intolerance and obesity when fed a high-fat diet in their study. The animals received regular chow, a high-fat diet, or high-fat diets containing naringenin for 4 weeks.



At the end of the treatment period, mice that received naringenin had lower triglyceride and cholesterol levels than those that received the high-fat diet without naringenin. Insulin resistance was prevented and glucose metabolism was normalized. “Furthermore, the marked obesity that develops in these mice was completely prevented by naringenin,” added Dr. Huff.

“Naringenin, through its insulin-like properties, corrects many of the metabolic disturbances linked to insulin resistance and represents a promising therapeutic approach for metabolic syndrome,” he concluded.

—Dayna Dye

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Reference

## Antioxidant Vitamins May Decrease the Risk of Endometrial Cancer

Higher consumption of vitamins with antioxidant effects, namely beta-carotene, vitamin C, and vitamin E, slightly reduces the risk of endometrial (uterine) cancer, according to a review of the medical literature.\*

The authors identified 17 studies that pertained to diet and endometrial cancer. Data from 12 studies were pooled to determine the effects of beta-carotene, vitamin C, and vitamin E from dietary sources on endometrial cancer risk. Vitamin intakes were calculated as micrograms ( $\mu\text{g}$ ) or milligrams (mg) per 1,000 kilocalories of diet.

All of the antioxidants reduced endometrial cancer risk. Each 1,000- $\mu\text{g}$  increase in beta-carotene was associated

with a 12% reduction in risk; each 50-mg increase in vitamin C gave a 15% reduction in risk; and each 5-mg increase in vitamin E gave a 9% reduction in risk. The authors acknowledge that the reductions are modest and that one of the higher-quality studies showed no effect, so that further studies are needed.

—Laura J. Ninger, ELS

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Reference

## DHA and EPA Added To List of Eye Health Nutrients

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