

Germinated-soy milk in supressing inflammation and oxidative stress in blood plasma and breast milk of lactating mothers

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Abstract	<p>Current study aimed to determine the potency of germinated-soy milk (GSM) on Superoxide Dismutase (SOD) activity, and Malondialdehyde (MDA) and C-Reactive Protein (C-RP) levels in the blood plasma and skim milk of lactating mothers. Subjects were 50 lactating mothers, 20-35 years old, having newborns up to 6 months old, and willing to sign informed consent. Subjects were divided into two groups consisting of 25 women. Group I was treated with GSM, while group II was given placebo for two consecutive months. Samples of blood plasma and mother's breast milk were taken 3 times at different times: 0, 1 and 2 months after intervention. Blood samples were taken intravenously using venoject tubes containing EDTA. The blood plasma and skim milk were used as test samples for activities of SOD, as well as the MDA and C-RP levels. Differences were considered significant at $P < 0.05$. Results, GSM increased SOD activity in the blood plasma ($P = 0.043$), and also in skim milk ($P = 0.56$). On the other hand, level of MDA decreased in the blood plasma ($P = 9.65E-06$), and in skim milk ($P = 0.047$), and also the CRP reduced in the blood plasma ($P = 0.0015$), and in skim milk ($P = 0.77$). GSM could be used to reduce oxidative stress and suppress inflammatory levels of lactating mothers. (C) All Rights Reserved</p>
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