

Hormone-Immunity Response of Premenopausal Women Intervened with Skim Milk Based Functional Drink Supplemented with 100 mg Soy Isoflavone and 8 mg Zn-sulfate (Susumeno)

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Abstract	<p>The study was conducted to evaluate the effect of intervention of skim milk based functional drink supplemented with 100 mg of soy isoflavone and 8 mg of Zn-sulfate (susumeno) on serum estradiol and thymulin hormones levels of premenopausal women. After 2 month of intervention, the estradiol levels did not change, and the levels were in the range of 39,16 - 41,99 pg/ml. However the thymulin hormone levels increased significantly from 2,37 - 3,31 µg/ml to 3,31 - 3,37 µg/ml. Increase in thymulin levels shows that the dysfunction of immune system of premenopausal could be improved by the functional drink.</p> <p>Key words : Estradiol, thymulin, soy isoflavone, Zn, premenopausal women.</p>
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