

Influence of *Acanthopanax senticosus* Harms Extract Beverage on Human Blood Fluidity

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[Objectives]

MC-FAN (known as a device for evaluation of the “smoothness” in blood flow) enables estimation of phenomena taking place in the capillaries in the living body and has been reported to allow checking for minimal circulation disorders which are the essential feature of lifestyle-related diseases. We recently evaluated the effects of beverage containing *Acanthopanax senticosus* Harms extracts (used as a tonic nourishing agent since olden times and shown to have improving effects such as anti-stress activity and promotion of recovery from fatigue; hereinafter simply called “*Acanthopanax*”).

[Methods]

Blood fluidity was evaluated on the basis of measuring blood passage time with the use of MC-FAN. Ten male volunteers for whom blood passage time was relatively long drank *Acanthopanax* extract beverage (30 mL) twice daily for 2 weeks. Blood passage time was measured before and after ingestion of this beverage. Blood passage time was measured at 3 pints of time (immediately before and 1 and 2 weeks after the start of beverage ingestion).

[Results]

Blood passage time became shorter following ingestion of *Acanthopanax* extract beverage, that is, blood flow became smoother. The results were better following 2-week ingestion than following 1-week ingestion. Table 1 summarizes the results of the study. Photo 1 shows the blood flow. During the beverage ingestion period, no abnormality was noted.

Table 1. Results

Timing	Blood passage time (sec)
Before beverage ingestion	53.91±0.90
1 week after the start of ingestion	49.45±2.01
2 weeks after the start of ingestion	45.39±1.24

Note) Shorter blood passage time = Smoother blood flow

Photo 1. Changes in blood fluidity after ingestion of Acanthopanax extract beverage from the pre-ingestion status



(Viscous blood)
Before ingestion



(Smooth blood)
After ingestion

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