Korean Study Investigates AntiObesity Effect of Gynostemma pentaphyllum

November 13, 2014

Sparks, NV -- The Functional Foods Center at Chonbuk National University in Korea conducted a controlled human study that monitored the link between weight loss and the herb jiaogulan. Jiaogulan, also called gynostemma, has long been thought to carry weight loss benefits. Up until recently, only scientific studies supporting this theory existed via animal testing.

The new study tracked two groups of 40 obese people. One group received 2 jiaogulan extract tablets per day, while the other group took placebo pills twice per day. Both groups were tracked for 12 weeks. During that time, all participants were monitored in the areas of food intake, weight, BMI, and abdominal fat distribution. Blood samples were also taken every 3 weeks.

At the conclusion of the 12 weeks, the placebo group showed no statistical changes. The group taking jiaogulan extract showed an average 2.97 pounds of weight loss. In addition, this group’s participants incurred improved BMI, showed smaller hip circumferences, and measured in with smaller waist sizes. Blood tests showed this group experienced reduced cholesterol and triglyceride levels.

The study’s results were published in Obesity Journal’s January 14 publication in an article entitled AntiObesity Effect of Gynostemma pentaphyllum Extract. The conclusion of the study indicated that the study “revealed that actiponin is a potent antiobesity reagent that does not produce any significant adverse effects. These results suggest that actiponin supplementation may be effective for treating obese individuals.”

Jiaogulan is thought to stimulate the production of the AMPK enzyme, which helps the body regulate an energy balance between foods consumed and metabolism. The Immortalitea Company, who offers jiaogulan teas, commented about the study, “We don’t know for sure if the results would have been similar taking pure jiaogulan or drinking jiaogulan tea. But I find it interesting that the researchers calculated the dosage of their extract in order to deliver the same amount of saponins as would be received if you followed the advice of “folk medicine” and consumed 5-9 grams of dry whole jiaogulan every day.”

About The Immortalitea Company

The Immortalitea Company brings the freshest teas from China and Thailand to U.S. consumers. The company offers health-conscious organic and pesticide-free teas such as Jiaogulan, mulberry leaf, and oolong.

Contact: