Effects of Fermented Milk Containing γ-Aminobutyric Acid on Normal Adult Subjects

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Abstract

We examined the effects of a new type of fermented milk containing γ-aminobutyric acid (FMG), made by a co-culture of Lactobacillus casei and Lactococcus lactis, on normal blood pressure and the abdominal symptoms of healthy adults.

Administration of FMG (100mL/d) for 8 weeks or excess volumes (300mL/d) for 2 weeks failed to induce any changes in normal blood pressure and heart rate. Administration of excess volumes of FMG did not result in diarrhea. No remarkable changes in hematological and biochemical indices were observed after 8 weeks' ingestion and 2 weeks' excess intake of FMG.

In conclusion, our results show that FMG is a safe fermented milk product.