

保健機能食品およびいわゆる健康食品の摂取状況と医薬品との相互作用に関する意識調査

(2023年12月8日受付)

(2024年3月18日受理)

城戸克己^{a)}、山田涼太^{a)}、清水裕一朗^{a)}、林田 諭^{b)}、廣村 信^{a)}、
片岡裕美^{c)}、飯田浩子^{d)}、田鶴谷 (村山) 恵子^{a)}

a) 第一薬科大学薬学部

b) 薬局はなみずき

c) 武庫川女子大学薬学部

d) 公立学校共済組合九州中央病院

Attitude survey of health food intake and awareness of drug interactions

(Received December 8, 2023)

(Accepted March 18, 2024)

Katsumi Kido^{a)}, Ryota Yamada^{a)}, Yuichiro Simizu^{a)}, Satoru Hayashida^{b)}, Makoto Hiromura^{a)},
Hiromi Kataoka^{c)}, Hiroko Iida^{d)}, Keiko Tazuya-Murayama^{a)}

a) Daiichi University of Pharmacy

b) Hanamizuki Pharmacy

c) School of Pharmacy and Pharmaceutical Sciences, Mukogawa Women's University

d) Kyushu Central Hospital of the Mutual Aid Association of Public School Teachers

Abstract

This study was conducted to clarify the usage of health foods, supplements, and functional health foods in conjunction with the level of awareness of their interaction with pharmaceuticals. The data consisted of responses from a questionnaire survey of people who visited an insurance pharmacy and of measurements of the calcium content of health foods commonly available via online sales that are likely to be used in combination with pharmaceuticals. Based on this information, we considered the issues involved.

The survey was completed by 189 respondents, 58 (30.7%) of whom used health food products. Although more than half (52.9%) of the respondents (100 people) were aware of health food-drug interactions, none of them understood the specific details. About half of the respondents obtained information on health food-drug interactions from the Internet, magazines, newspapers, and other media, while only a small number of respondents obtained information from physicians, pharmacists, and other health-care specialists. Among the survey respondents, 10 (5.3%) were osteoporosis patients, 7 of whom were taking vitamin D₃ preparations as medicines, with 3 of the 7 using health foods. The calcium content in health foods sold on the market differs depending on the manufacturer in terms of purity and composition of the raw materials used, even if the products may have similar names. Some products contained calcium even though the product name did not indicate calcium or minerals. The use of multiple types of health food products could unintentionally cause hypercalcemia due to interactions with pharmaceuticals. We concluded that sufficient awareness of health food-drug interactions is lacking and should be addressed as a health-care issue.

Keywords: 健康食品、アンケート調査、健康食品 - 医薬品相互作用、カルシウム、ビタミン D
health food, questionnaire survey, health food-drug interaction, calcium, vitamin D

I 諸言

健康を目的とした食品には、「保健機能食品」と保健

機能食品以外の「いわゆる健康食品」がある^{*1, *2}。保健機能食品は、国が定めた安全性や有効性に関する基準などによって食品の機能が表示されている食品のことであ

連絡先: 〒 815-8511 福岡県福岡市南区玉川町 22-1 第一薬科大学 田鶴谷 (村山) 恵子

Corresponding author: Keiko Tazuya-Murayama, Daiichi University of Pharmacy, 22-1, Tamagawa-cho, Minami-ku, Fukuoka 815-8511, Japan

*1 消費者庁 “保健機能食品について”. https://www.caa.go.jp/policies/policy/food_labeling/foods_with_health_claims/ (2023年9月15日閲覧)

*2 消費者庁 “表示を確認して、保健機能食品を適切に利用しましょう”. https://www.caa.go.jp/policies/policy/food_labeling/foods_with_function_claims/assets/food_labeling_cms206_20210519_04.pdf (2023年9月15日閲覧)