

## **A study on the improvement of obese male students' health effects of the intake of powdered mulberry**

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### **Abstract**

The effects of the intake of powdered mulberry by obese male students were examined. One group took powdered mulberry (the mulberry group), and the other group took dextrin (the dextrin group) for two months. BMI, serum triglyceride, cholesterol, HDL-cholesterol, LDL-cholesterol, AST(GOT) and ALT(GPT), FBS and UA levels were then measured. The minerals in their serum and hair were also measured by the PIXE Method. The mulberry group showed a decrease in the levels of their serum, GOT and GPT, compared with the dextrin group. The levels of the minerals in their serum did not show any difference among the two groups. However, the mulberry group showed higher concentrations of K and Fe in their hair than the dextrin group.