

기능성 식품의 연구 설계

-성기능 개선 관련 기능성 평가체계를 주축으로-

Establishment of a System to Evaluate the Efficacy of Functional Foods

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Abstract

There are many functional foods available nowadays. Functional foods are believed to promote health, physical activities, and satisfaction. However, their efficacy should be proved through both laboratory and clinical trials. To evaluate the efficacy, in vitro effects of specific animal model can be used as an objective laboratory screening test. In vivo function tests can be used as a preclinical animal study with or without administration of functional foods. In clinical trials, validated questionnaires and objective function tests can be used according to various study models. Therefore to validate the efficacy of any nutritional supplement, one or more laboratory results and validated clinical study are necessary. In conclusion, the safety and efficacy of functional foods should be decided based on a functional testing guideline, which can substantially decrease the incidence of drug overuse and protect the public health, accordingly.

Keywords : Functional food; Effectiveness; Safety

핵심 용어: ; ;

가

가

가

가

1.

(Yohimbin)

:

가 가 가
가

가

가
5 가가 1

(2)

가 가

1.

(1~3),

1)

2.

,가 가 , , , , , 가

2)

가

(1)

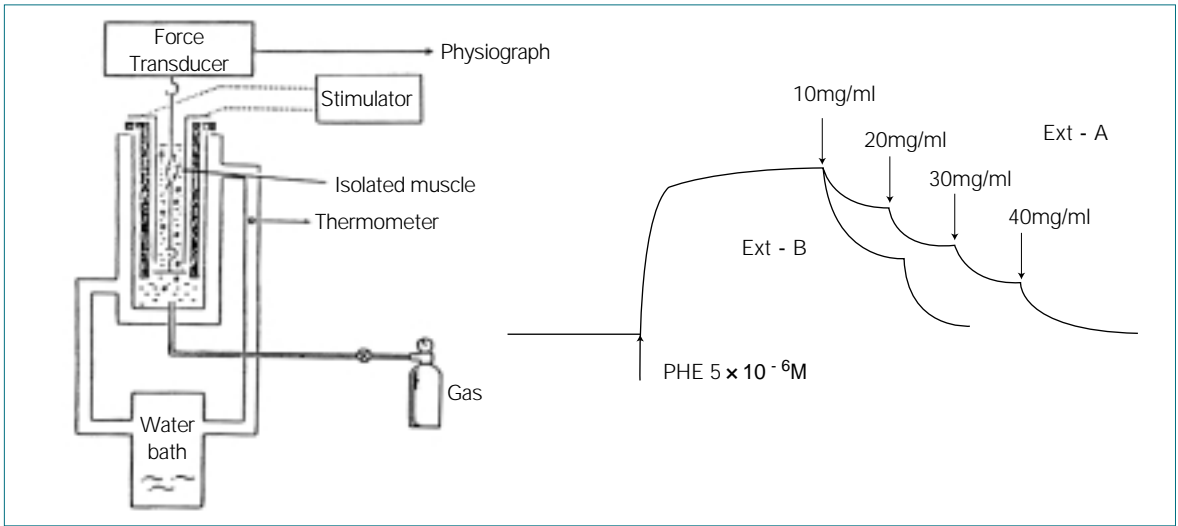
3.

1)

가

“sexual wellness”, “sexual health”

가



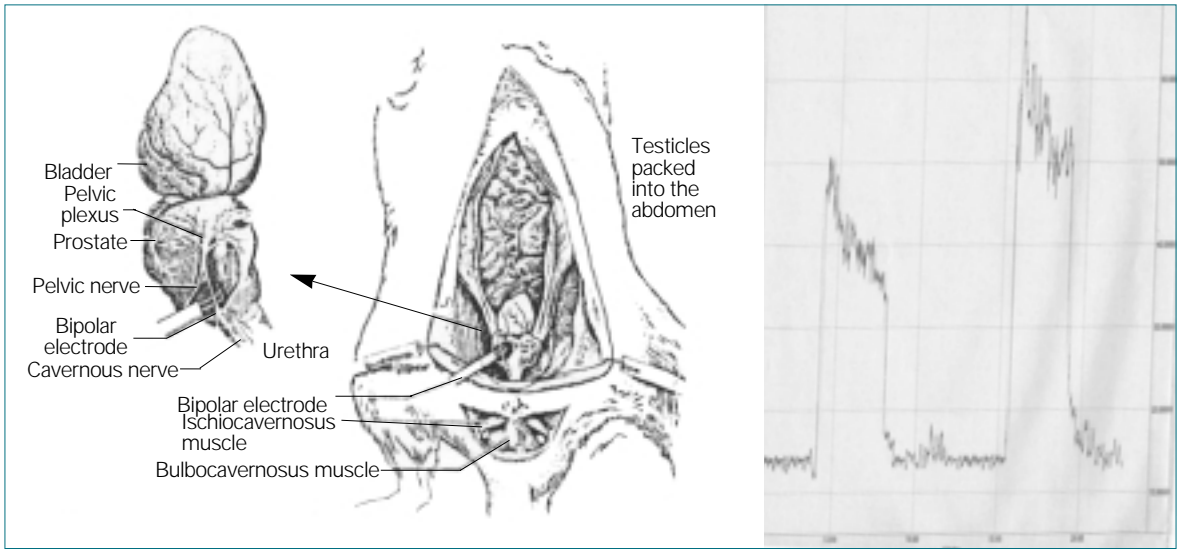
:
 : (phenylephrine; PHE, 5×10^{-6} M) , 40mg/ml 95% (Ext - 1) 1mg/ml
 1.

2) 가
 (1, 3, 4).
 (1).

3) 가 (2) 가

4)

(1)



:
:

가

2.

(2)(1).

4.

1)

(5).

가

(1)

0.7~0.8mm , 가 25~30cm/sec
가 3~5cm/sec

가 10%

가 가

15

IIEF(International Index of erectile function)가

5가 2)
IIEF 5 가 IIEF - 5

(6).

IIEF - 5 5~7 , 8~11 ,
12~16 , 17~21

가

1

가 1

가 ,

5

가,

가

가

, RIGI scan,

Rigi scan

가

3cm, 2cm

가 70%

3)

가

10%

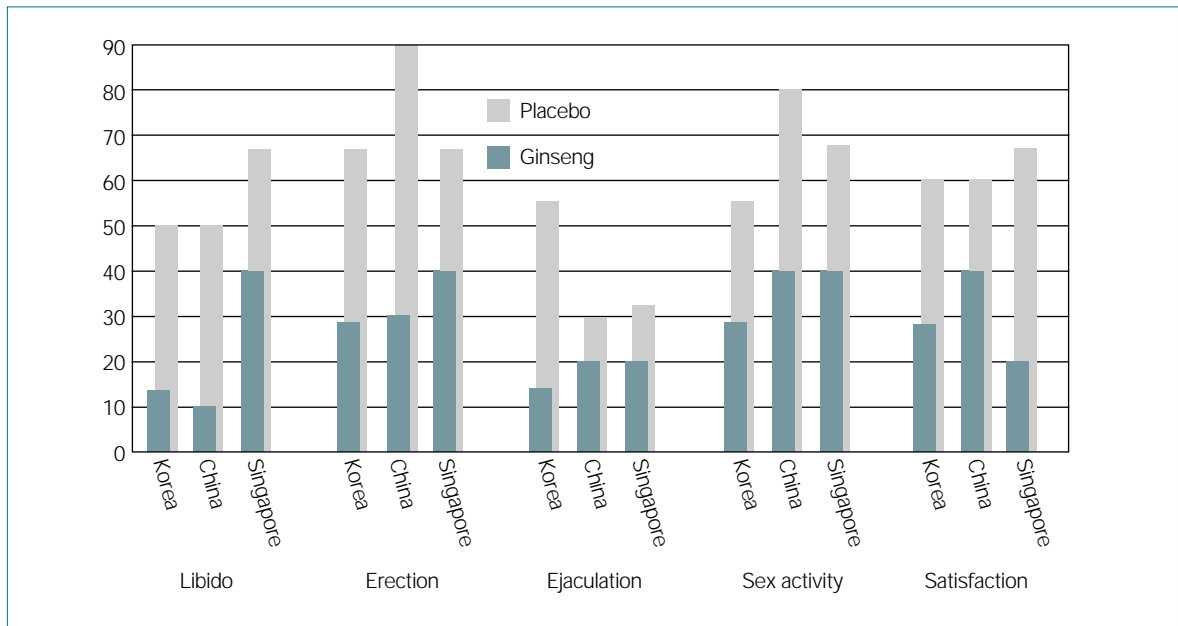
가

가

가

60~70%

가



3. (%)

1

가

A

, B

Group	n	Drug	Methods
A	n	Ext - A	Medication

- 1

(3)

Group	n	Drug	Methods
A	n	Ext - A	Medications
B	n	Placebo	Same methods
C	n	Known drugs	Same/Dugs methods

Group	n	Drug	Methods
A	n	Ext - A	Medication
B	n	Placebo	same methods

3

A

, B

, C

Nitric oxide가 (4, 7).

6.

가

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Peer Reviewer Commentary

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