

Author: [ADVANCED](#) | Volume Page
 Keyword: |



[TOP](#) > [Available Issues](#) > [Table of Contents](#) > [Abstract](#)

ONLINE ISSN : 1881-3984

PRINT ISSN : 1344-6606

Food Science and Technology Research

Vol. 9 (2003) , No. 4 pp.357-360



[\[PDF \(150K\)\]](#) [\[References\]](#)

Effect of Palatinose Administration on $\alpha 1$ Brain Waves in Human Volunteers

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(Received: April 17, 2003)

(Accepted: September 1, 2003)

The effect of palatinose intake on $\alpha 1$ brain wave generation was studied by human volunteer test. Twelve healthy volunteers were administered 40 g of palatinose or sucrose, and electroencephalogram (EEG) was made before and at 150 min after administration. The area of $\alpha 1$ wave generation on topographs increased after administration of either sugar, but there was a significant difference in the intensity between the palatinose and sucrose groups. Ten volunteers were administered 100 mg of theanine, which has a relaxing effect, in combination with 17.5 g of palatinose (T-P group), and EEGs were recorded before, at 60 and 150 min after administration. Though the area of generated $\alpha 1$ brain wave in the topographs increased in both groups (T-P and 17.5 g palatinose groups) after administration, the patterns of their increase differed. Nine volunteers were administered 5 g of palatinose, and EEGs were recorded before and at 150 min after the administration. The area of $\alpha 1$ wave generation increased slightly but less than that in 40 g palatinose group. The above results suggested that palatinose enhances generation of α waves and that its effect might be maintained longer than that of sucrose.

Keywords: [palatinose](#), [brain waves](#), [\$\alpha 1\$ waves](#)



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Effect of Palatinose Administration on $\alpha 1$ Brain Waves in Human Volunteers Yukie NAGAI, Hiroshi SATO, Jun KASHIMURA, Tadashi EBASHI and Yoshio MACHI, *FSTR*. Vol. **9**, 357-360. (2003) .

doi:10.3136/fstr.9.357

JOI JST.JSTAGE/fstr/9.357

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