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## **Casein Phosphopeptides in Dietary Calcium Tofu Enhance Calcium Availability in Ovariectomized Rats: Prevention of Bone Loss**

[Masayoshi YAMAGUCHI](#)<sup>1)</sup>, [Masanori TEZUKA](#)<sup>2)</sup>, [Shigefumi SHIBATA](#)<sup>3)</sup>, [Yoshihiro TUKADA](#)<sup>2)</sup>

*1) Laboratory of Endocrinology and Molecular Metabolism, Graduate School of Nutritional Sciences, University of Shizuoka*

*2) Foods Science Laboratory, Taishi Food Inc.*

*3) Bio Science Laboratories, Meiji Seika Kaisha, Ltd.*

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The effect of experimental diets with calcium tofu containing casein phosphopeptides (CPP) on ovariectomy (OVX)-induced bone loss was investigated. Experimental diets were either calcium tofu (100 mg Ca), calcium tofu containing 28 mg CPP

tofu containing 28 mg dephospho CPP (dephospho CPP tofu) were operated rats or OVX rats for 4 weeks. OVX caused a significant dry weight and mineral density of femur. Calcium content in the femoral epiphysis was significantly decreased by OVX. These decreases were prevented by the feeding of diets with CPP tofu. Such preventive effects were also observed in the feeding of diets with dephospho CPP tofu. These results demonstrate that calcium tofu containing CPP has a preventive effect on OVX-induced bone loss by enhancing calcium availability.

**Keywords:** [calcium tofu](#), [casein phosphopeptide \(CPP\)](#), [bone loss](#), [osteoporosis](#)



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