

Grapefruit Extract

For a long time it has been speculated that the consumption of grapefruits affects weight management positively. Again and again diets are being propagated recommending Grapefruit for weight loss.

Such recommendations, however, had exclusively been based on anecdotal data of individual nutrition advisers and consumers.

These speculations received a scientific blessing for the first time in January 2004: A team around Dr. Ken Fujioka of the American Scripps clinic examined the influence of daily grapefruit consumption on the dieting behaviour of overweight persons.

Carried out with over 100 men and women with an average weight of approx. 100 kg, the study showed that the groups which either ate a grapefruit or drank the equivalent in form of a juice, lost an average of approx. 1.5% of their weight. The control group lost less than a quarter per cent weight (< 0.25%) during the same time period. Some patients even reached values of up to five percent (5%) of weight reduction over a period of twelve weeks.

The results are all the more interesting, as the normal eating habits of the test persons remained unchanged during the study period. It was therefore concluded that only the net effects of the grapefruit consumption could have been responsible for the observations.

Our principal is a manufacturer, who is specialized in the extraction of flavonoids from Citrus fruits for many years.



The producer has managed to develop an extract from grapefruit which is particularly rich in certain bioflavonoids. The peculiarity is that flavonoid extracts either are water insoluble and thus less bioavailable, or have a very little concentration of flavonoids. Our grapefruit extract - produced from the whole fruit and without carrier substances - has a portion of **at least 45 per cent water-soluble bioflavonoids**.

One kg of the extract corresponds to approximately 20 - 25 kg grapefruits. However, weight reduction is only one aspect of the use of flavonoids in nutritional supplements: Since the beginning of the nineties, more and more epidemiological studies have confirmed the close connection between cardiovascular diseases and a low consumption of fresh fruits and green vegetables.

Among others, vitamin C - which is present in its natural form in a matrix of bioflavonoids - seems to play an important role. These flavonoids, e.g. naringine, hesperidine etc. protect and support vitamin C in its essential role, the neutralization of ROS ("reactive oxygen species", so-called free radicals).

We will soon publish a summary of the most important research results on flavonoids of the last ten years.

Please contact us for further information.

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