Influence of Dietary Spirulina platensis on IgA Level in Human Saliva.

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**Abstract:** We investigated the effects of ingestion of Spirulina platensis (SP) as health food on salivary S-IgA level in 127 human subjects, 91 men and 36 women. Results were as follows: 1. Total S-IgA level of the group ingesting SP continuously (Continuous group) in men was significantly higher \((p<0.05)\) than that of the group ingesting SP discontinuously (Discontinuous group). The S-IgA level of the Continuous group, however, was not significantly different in comparison to that of the group ingesting no SP (Non group). 2. Total S-IgA level of the group ingesting SP for over one year (.GEQ. 1 year group) in men was also significantly increased \((p<0.01)\) in comparison to the group ingesting SP for less than half a year (<0.5 year group). In women, however, S-IgA level was conversely decreased in the .GEQ. 1 year group. 3. Total S-IgA level in the saliva was correlated to the total amount of Spirulina ingested \((p<0.05)\). 4. All subjects were then divided into 3 different age groups of 20-39 year-olds, 40-59 year-olds, and over 60 years. The subjects in each group were further divided into three subgroups, that is, <0.5 year, <1 year, and .GEQ. 1 year groups as described above. In the 40-59 year-old group, total S-IgA level of the .GEQ. 1 year group was significantly increased \((p<0.05)\) in comparison to that of the <0.5 year group. (author abst.)

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