

するためには、tHcy 値を 10 μ mol/L 未満に下げることが推奨されている。今回の対象者の中で葉酸、B6、B12、いずれの所要量も充足していたにもかかわらず tHcy 値が 10 μ mol/L 以上の者は 66 名中 20 名みられた。MTHFR の TT 型の頻度は 10 μ mol/L 未満群より高く、TT 型では 3 つのビタミンを充足していても、CC 型や CT 型に比べて tHcy 値が有意に高かった ($P < 0.05$)。今後は、対象者数を増やして遺伝子相互間の影響を詳細に検討し、個人に対応した最適栄養の提言が必要である。

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Table 1. Distribution of serum tHcy, folate, B6, B12 concentrations according to polymorphism in Japanese young women¹

Genotype		%	Serum tHcy ($\mu\text{mol/L}$)	Serum folate (nmol/L)	Serum B6 ($\mu\text{mol/L}$)	Serum B12 (pmol/L)
All subjects		100.0	9.1 \pm 2.7	18.1 \pm 7.5	74.5 \pm 65.8	450 \pm 154
MTHFR C677T	CC	32.8	8.8 \pm 2.0	20.3 \pm 9.3*	66.1 \pm 47.5	450 \pm 138
	CT	51.6	8.9 \pm 2.0	17.3 \pm 6.3	69.4 \pm 46.7	448 \pm 162
	TT	15.6	10.9 \pm 4.7*	16.1 \pm 5.7	107.3 \pm 119.8	474 \pm 156
MTHFR A1298C	AA	68.8	9.4 \pm 3.0	17.6 \pm 6.1	78.0 \pm 70.5	452 \pm 157
	AC	29.6	8.6 \pm 1.8	19.4 \pm 10.1	68.0 \pm 55.8	444 \pm 151
	CC	1.6	8.2 \pm 1.4	17.3 \pm 3.8	49.6 \pm 11.9	442 \pm 24
MS A2756G	AA	67.2	9.2 \pm 2.2	17.9 \pm 7.6	75.4 \pm 66.5	459 \pm 154
	AG	29.2	9.3 \pm 3.6	18.4 \pm 6.9	69.0 \pm 60.8	421 \pm 139
	GG	3.6	7.8 \pm 2.1	19.4 \pm 11.1	113.5 \pm 100.2	513 \pm 220
MTRR A66G	AA	55.6	9.2 \pm 3.1	18.2 \pm 6.5	72.3 \pm 51.1	454 \pm 163
	AG	35.9	9.2 \pm 2.1	17.9 \pm 6.6	84.6 \pm 93.0	440 \pm 142
	GG	3.6	8.8 \pm 2.1	19.2 \pm 14.9	52.2 \pm 17.3	455 \pm 147
RFC-1 G80A	GG	20.4	9.1 \pm 2.2	17.4 \pm 6.1	78.0 \pm 80.0	415 \pm 148
	GA	46.0	9.2 \pm 2.9	18.9 \pm 8.9	67.0 \pm 52.2	473 \pm 164
	AA	33.6	9.1 \pm 2.6	17.4 \pm 5.9	81.5 \pm 71.5	438 \pm 137
CBS 844ins68	DD	99.6	9.2 \pm 2.7	18.1 \pm 7.5	74.5 \pm 66.0	450 \pm 154
	ID	0.4	7.7	15.1	69.2	351
GPC II	CC	100.0				

¹ Values are mean \pm SD. * $p < 0.001$: Significantly different from other genotypes.

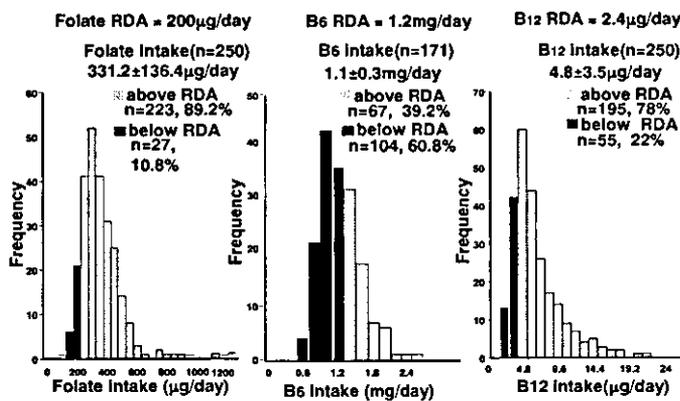


Fig.1 Histogram of dietary folate, B6, B12 intakes in female students

研究成果の刊行

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