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# FOOD POLITICS



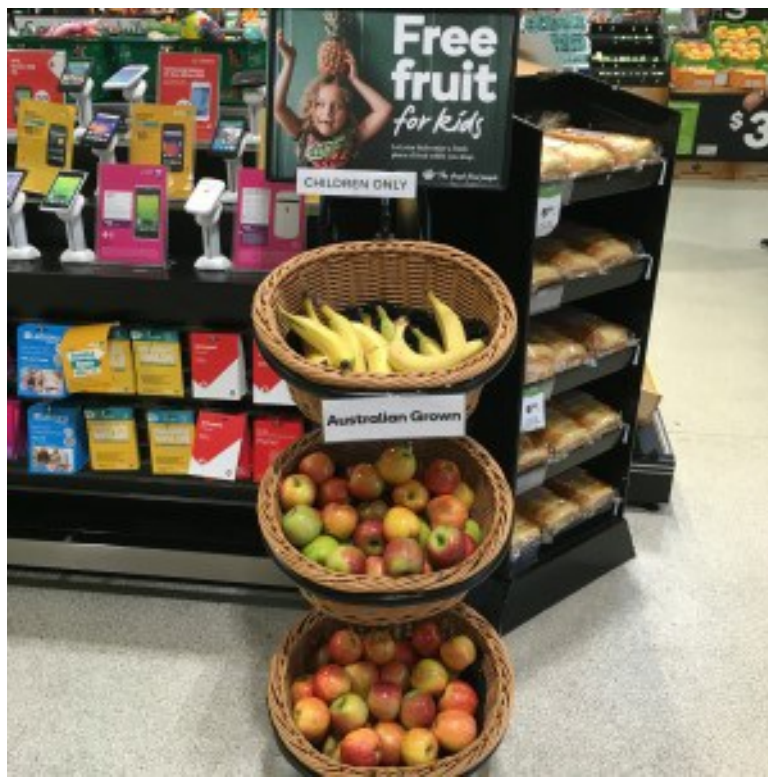
*by* Marion Nestle

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FEB 16 2016

## Encouraging healthy kids' eating, Woolworths Australia

Thanks to Sinead Boylan for sending me this photo about Woolworths' attempt to encourage kids to eat fruit.



Wouldn't you think everyone would be thrilled at the idea of giving free fruit to kids? No such luck.

Sinaed asks: Is W00lies (which is what they call it) trying to pull the wool over our eyes?

The [Australian press worries](#) about foodborne illness.


I think it's a great idea. I hope it works.

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*No comments*

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*Tags: Australia, Fruits-and-vegetables*

FEB 16 2016

## Sponsored research Down Under: alcohol and violence

Thanks to my friend Jocelyn Harris of Dunedin, New Zealand for forwarding [this editorial](#) from the *Otago Daily Times* of January 16.

The editorial notes that a recent report finding no linkage between alcohol consumption and violence among Australians and New Zealanders was sponsored by [Lion, a leading supplier of alcoholic beverages](#).

The report is [Understanding Behavior in the Australian and New Zealand Night-Time Economies: An Anthropological Study](#). Its author, anthropologist Anne Fox, lists these key findings:

- Alcohol-related violence is just one aspect of a culture of violence.
- There is no direct relationship between per capita levels of consumption and rates of violence.
- A drinking culture is both a part of and a reflection of the culture as a whole.
- Efforts at alcohol control will be ineffective if not related to changes in the macho culture of violence.
- Scapegoating alcohol as the sole cause of violence merely diverts attention from violent men and the maladaptive cultural norms that allow their behaviour to develop and proliferate.

Her recommendations focus on the behavior of individuals behavior. They largely dismiss the value of approaches such as limitations on alcohol marketing, the times alcoholic beverages can be sold, or the ways beverage companies create local cultures of drinking.

In a nutshell, the central point of this whitepaper is: it is the wider culture that determines the drinking behaviour, not the drinking. You can't change a culture by simply changing drinking. It is, of course, justifiable to explore the effectiveness of small measures such as advertising restrictions, increases or decreases in price, relaxation or restriction of hours, but such things tinker at the margins of culture and it is doubtful that they will alter the culture of violence and anti-social behaviour in any meaningful way.

The report explains:

We could become totalitarian and try to stop public festive drinking completely, but it would most likely just move into homes. Or we can live with it and try to determine what the worst outcomes are (police overtime, all night transport cost, lost work hours and productivity, accidents and injuries, street clean-up, etc.), and work to minimise and deal with them sensibly. We would do better to work cooperatively with all stakeholders to engineer conditions for festive drinking that are the least conducive to violence and anti-social behaviour.

In other words, societies should fix the problem at the level of “festive” drinking, but should not bother to try to prevent it at an earlier stage in the chain of causation of alcohol abuse.

The *Otago Daily Times* editorial concludes:

It is vital we keep debating the issues, examining the causes and hearing all the voices

in the debate.

But that debate must be fair and honest.

It is a real shame, therefore, that Dr Fox has effectively silenced herself by aligning herself with an alcohol industry giant when her findings could have made a valuable contribution had they been genuinely independent.

Presumably, Lion got the report it paid for. But it left itself—and the author’s work—vulnerable to charges of bias, an inevitable hazard of industry-sponsored research.


A shame indeed.

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1 comment

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Tags: *Alcohol, Australia, Sponsored-research*

FEB 15 2016

## The food movement, Australia

My daily walk to the [Charles Perkins Centre](#) at Sydney Uni takes me past Ground Up—the campus community garden.



It has a greenhouse. And vegetables.




It's summer here!

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*No comments*

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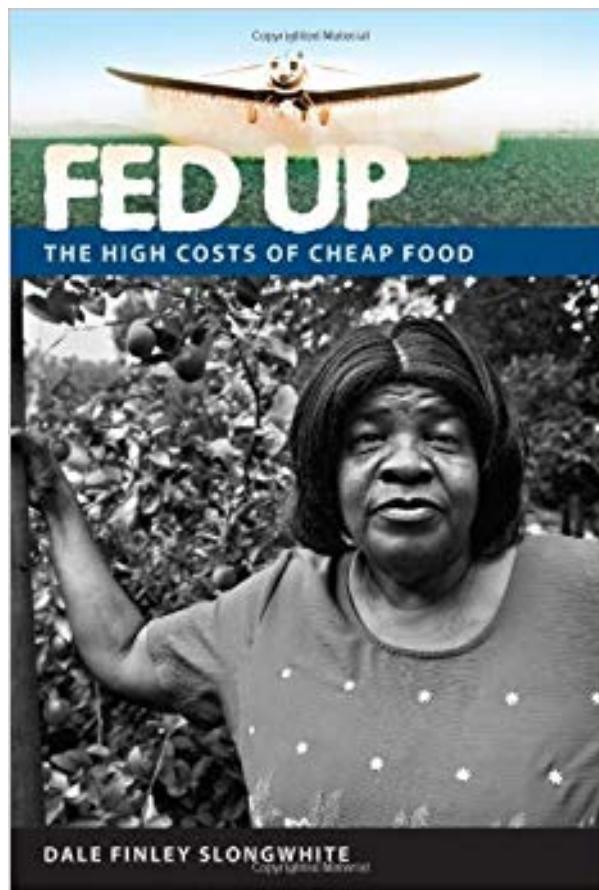
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*Tags: Australia, Food-movement, Gardens*

FEB 13 2016

## Weekend Reading: Fed Up

**Dale Finley Slongwhite. Fed Up: The High Costs of Cheap Food. University Press of Florida, 2014.**




Yes, there's a [movie called Fed Up](#) (in which I make a very brief appearance) but this book covers a quite different topic. It takes a tough look at the impact of widespread pesticide use on farmworkers in the area around Lake Apopka in Central Florida. Slongwhite tells the individual stories of these workers through oral histories, thereby putting a human face on callous disregard for people and the environment.

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6 comments

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Tags: [Agriculture](#), [Books](#)

FEB 12 2016

## Five more studies related to food-industry sponsorship. The score: 124/12

I'm having a hard time keeping up with these, but here are five more industry-funded studies with results favorable to the sponsor, bringing the total of industry-positives to 124 since last March, versus just 12 with unfavorable results. This percentage is lower than that found in more systematic studies. If you know of such studies, please send.

In the meantime, here's the next set.



## A randomized controlled trial to determine the efficacy of a high carbohydrate and high protein

ready-to-eat food product for weight loss. N. R. Fuller, M. Fong, J. Gerofi, L. Leung, C. Leung, G.

Denyer and I. D. Caterson. *Clinical Obesity*. Article first published online: 19 JAN 2016. DOI:

10.1111/cob.12137

- **Conclusion:** There was no significant difference in percentage weight loss from screening to 6 weeks between the two groups...Both diets were nutritionally matched and well-accepted over the 6-week period. This study shows that the inclusion of a ready-to-eat food product can be included as part of a dietary programme to achieve a clinically significant weight loss over a short period.
- **Funding:** This study was supported by a research grant from Arnotts Biscuits Ltd. The funder had no role in the protocol design, the conduct of the study, the analysis of the data, nor the writing of the manuscript.
- **Comment:** The idea of this study was to get participants to include Vita-Weat biscuits in their diets. The control group was simply advised about healthy eating. Both groups lost weight. Arnotts Biscuits makes Vita-Weat.

## Obesity, Fitness, Hypertension, and Prognosis: Is Physical Activity the Common

Denominator? Carl J. Lavie, MD, Parham Parto, MD; Edward Archer, PhD. *JAMA Intern Med*.

2016;176(2):217-218. doi:10.1001/jamainternmed.2015.7571.

- **Conclusions:** Although excess caloric load has been suggested as a major contributor to obesity, we believe that marked declines during the past 5 decades in leisure time and occupational physical activity explain the notable increase in BMI over time... Therefore, substantial efforts are needed, beginning in children and adolescents and extending into adulthood, to increase levels of physical activity across all ages and in both sexes, which would have substantial effects on preventing obesity and improving levels of CRF [cardiorespiratory fitness].
- **Conflict of Interest Disclosures:** Dr Lavie reported being the author of the book *The Obesity Paradox* and serving as a lecturer for the Coca Cola Company (on physical activity, exercise, fitness, and the obesity paradox and not on their products). Dr Archer reported received speaking fees from industry and nonprofit organizations.
- **Comment:** Coca-Cola has been especially active in funding investigators who promote the idea that physical activity is more important than diet in determining health status. This paper is a commentary on a study demonstrating that “high BMI and low aerobic capacity in late adolescence were associated with higher risk of hypertension in adulthood...interventions to prevent hypertension should begin early in life and include not only weight control but aerobic

fitness, even among persons with normal BMI.”

**Dietary anthocyanin intake and age-related decline in lung function: longitudinal findings from the VA Normative Aging Study.** Amar J Mehta,, Aedín Cassidy, Augusto A Litonjua, David Sparrow, Pantel Vokonas, and Joel Schwartz. Am J Clin Nutr February 2016 vol. 103 no. 2 542-550

- **Conclusions:** An attenuation of age-related lung function decline was associated with higher dietary anthocyanin intake in this longitudinal sample of predominantly elderly men. Further prospective studies are needed to confirm these novel associations.
- **Conflicts:** AC has a grant, unrelated to this project, to conduct observational and experimental studies of blueberries and cardiovascular health outcomes from the US Highbush Blueberry Council. None of the other authors had competing interests to declare.
- **Comment:** This paper is about blueberry anthocyanins. The authors report “Blueberry intake was associated with the slowest rate of annual decline in lung function; compared with no or very low intake.”

**The effects of lutein on cardiometabolic health across the life course: a systematic review and meta-analysis.** Elisabeth TM Leermakers, Sirwan KL Darweesh, Cristina P Baena, Eduardo M Moreira, Debora Melo van Lent, Myrte J Tielemans, Taulant Muka, Anna Vitezova, Rajiv Chowdhury, Wichor M Bramer, Jessica C Kiefte-de Jong, Janine F Felix, and Oscar H Franco. Am J Clin Nutr February 2016 vol. 103 no. 2 481-494

- **Conclusions:** Our findings suggest that higher dietary intake and higher blood concentrations of lutein are generally associated with better cardiometabolic health. However, evidence mainly comes from observational studies in adults, whereas large-scale intervention studies and studies of lutein during pregnancy and childhood are scarce.
- **Funding:** ETML, DMvL, MJT, JCK-dJ, and OHF are employees at ErasmusAGE, a center for aging research across the life course funded by Nestlé Nutrition (Nestec Ltd.), Metagenics Inc., and AXA. Nestlé Nutrition (Nestec Ltd.), Metagenics Inc., and AXA had no role in the design or conduct of the study; the collection, management, analysis, or interpretation of the data; or the preparation, review, or approval of the manuscript. None of the authors reported a conflict of interest related to the study.

**Dietary protein intake is associated with body mass index and weight up to 5 y of age in a prospective cohort of twins.** Laura Pimpin, Susan Jebb, Laura Johnson, Jane Wardle, and Gina L Ambrosini. First published December 30, 2015, doi: 10.3945/ajcn.115.118612. Am J Clin Nutr February 2016 vol. 103 no. 2 389-397




- **Conclusion:** A higher proportion of energy from protein during the complementary feeding stage is associated with greater increases in weight and BMI in early childhood in this large cohort of United Kingdom children.
- **Conflicts:** JW: was principal investigator of the Gemini study with responsibility for data collection; and all authors: advised on the analyses or interpretation of data and contributed to manuscript preparation. JW received grants from Cancer Research UK and from Danone Baby Nutrition during the conduct of the study. LJ received institutional consultancy fees from Danone Baby Nutrition during the conduct of the study. All other authors declared no conflicts of interest.

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1 comment

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Tags: *Conflicts-of-interest, Sponsored-research*

FEB 11 2016

## A rare industry-negative study brings the score to 119/12

Short-term studies of DHA ( [docosahexaenoic acid](#), a long-chain omega-3 fatty acid) have suggested that DHA supplements promote the visual acuity of infants born prematurely. This study, for which supplement and formula companies donated products, and in which some of the investigators had connections to those and other companies with a vested interest in the results, could not find measurable benefits of DHA supplementation by the time children reached school age.

This is a rare example of a study supported by food companies with results that must have caused much disappointment.

How rare? Since last March, I've unsystematically collected 119 industry-supported studies with results that favor the sponsor's interest (industry-positive) but have only run across or been sent 12 that do not.

[Long-term effect of high-dose supplementation with DHA on visual function at school age in children born at 33 wk gestational age: results from a follow up of a randomized controlled trial.](#) Carly S Molloy, Sacha Stokes, Maria Makrides, Carmel T Collins, Peter J Anderson, and Lex W Doyle. Am J Clin Nutr 2016; 103:268-275 doi:10.3945/ajcn.115.114710.

- **Conclusion:** Supplementing human milk with DHA at a dose of ~1% of total fatty acids given in


the first months of life to very preterm infants does not appear to confer any long-term benefit for visual processing at school age.

- **Funding:** Treatment and placebo capsules for the original trial were donated by Clover Corporation, and infant formula was donated by Mead Johnson Nutrition and Nutricia Australasia.
- **Authors' disclosures:** CTC and MM have received nonfinancial support from Clover Corporation and Nestlé Nutrition for research outside that of the submitted work. MM serves on scientific advisory boards for Nestlé, Fonterra, and Nutricia. Associated honoraria for MM are paid to her institutions to support conference travel and continuing education for postgraduate students and early-career researchers. MM, through the Women's and Children's Health Research Institute, has a patent pending "Methods and compositions for promoting the neurological development of an infant." None of the other authors declared a conflict of interest.

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No comments

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Tags: [Conflicts-of-interest](#), [Sponsored-research](#)

FEB 10 2016

## The American Society for Nutrition appoints Advisory Committee on Trust in Nutrition Science

I am a long-standing member of the [American Society of Nutrition](#) (ASN), and have been troubled for years by its cozy financial relationships with food companies (see, for example, [this post from 2009](#) and the [response from ASN](#)).

ASN's members are nutrition researchers. The Society publishes the *American Journal of Clinical Nutrition*, the *Journal of Nutrition*, and *Advances in Nutrition*, sources of many of the industry-funded research articles I post regularly on this site.

ASN's financial ties to food companies were the subject of an [investigative report by Michele Simon](#) last year: "*Nutrition Scientists on the Take from Big Food: Has the American Society for Nutrition Lost All Credibility?*"

I am delighted to report that the ASN has now responded to these concerns, and in an especially

constructive way.

The Society has just announced appointment of an Advisory Committee on Trust in Nutrition Science.

The Advisory Committee is charged with identifying best practices to allow effective collaborations while ensuring that ASN's activities are transparent, advance research, and maintain scientific rigor; engendering trust among all nutrition science stakeholders... "Maintaining trust among all constituencies and stakeholders is paramount in ensuring that ASN and its membership are effective in carrying out ASN's mission, to develop and extend the knowledge of nutrition through fundamental, multidisciplinary, and clinical research." said ASN President Dr. Patrick Stover.

I'm even more delighted by the membership of this truly distinguished committee. Whatever this group decides ought to carry a lot of weight.

Here's the committee:

- **Cutberto Garza, MD, PhD**, University Professor, Boston College, (*Chair*)
- **Vinita Bali**, Chair, Board of Directors, Global Alliance for Improved Nutrition
- **Catherine Bertini**, Professor of Public Administration and International Affairs, Syracuse University
- **Eric Campbell, PhD**, Professor of Medicine, Harvard Medical School
- **Edward Cooney, JD**, Former Executive Director, Congressional Hunger Center
- **Michael McGinnis, MD**, Executive Officer, National Academy of Medicine
- **Sylvia Rowe**, President, SR Strategy, LLC
- **Robert Steinbrook, MD**, Professor Adjunct, Internal Medicine, Yale School of Medicine
- **Carol Tucker-Foreman**, Distinguished Fellow, Consumer Federation of America Food Policy Institute
- **Catherine Woteki, PhD**, Under Secretary for Research, Education and Economics, US Department of Agriculture
- **Patrick Stover, PhD**, President, American Society for Nutrition (*ex-officio member*)
- **John Courtney, PhD**, Executive Officer, American Society for Nutrition (*ex-officio member*)


The group is expected to complete its work within a year. I eagerly await its report.

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No comments

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Tags: [ASN\(American Society of Nutrition\)](#), [Conflicts-of-interest](#), [Sponsored-research](#)

FEB 9 2016

## Studies funded by a garlic supplement maker find specific health benefits for garlic. The score: 119/11.

I'm having trouble keeping up with industry-sponsored nutrition research so will use this week's posts to catch up. I'll start with this one.

Nutrition journals often publish supplements on specific themes that are paid for by outside parties, food industry groups among them. The February 2016 issue of the Journal of Nutrition contains [a supplement with the papers from the 2014 International Garlic Symposium](#): "Role of Garlic in Cardiovascular Disease Prevention, Metabolic Syndrome, and Immunology."

To distinguish supplement papers from peer-reviewed journal articles, citations give page numbers with the letter S. The Journal of Nutrition's exceptionally clear [policy on supplement publications](#) explains that organizers are expected to pay page charges of \$75 per article and \$300 per published page plus additional editorial costs as needed. It views supplements as paid advertisements and requires full disclosure of funding sources.

Here's the disclosure for the garlic supplement.

The symposium was sponsored by the University of California, Los Angeles School of Medicine and the University of Florida and co-sponsored by the American Botanical Council; the American Herbal Products Association; the ASN [American Society for Nutrition]; the Japanese Society for Food Factors; the Japan Society for Bioscience, Biotechnology, and Agrochemistry; the Japan Society of Nutrition and Food Science; and the Natural Products Association. The symposium was supported by Agencias Motta S.A.; Bionam; Eco-Nutraceuticos; Healthy U 2000 Ltd.; Magna; Mannavita Bvba; MaxiPharma; Medica Nord A.S.; Nature's Farm Pte. Ltd.; Nature Valley W.L.L.; Organic Health Ltd.; Oy Valioravinto Ab; Purity Life Health Products L.P.; PT Nutriprima Jayasakti; Vitaco Health Ltd.; Vitae Natural Nutrition; Sanofi Consumer Health Care; [Wakunaga Pharmaceutical Co., Ltd.](#); and [Wakunaga of America Co., Ltd.](#) The Chair of

the conference and Scientific Program Coordinator for the supplement publication was Matthew J Budoff, Harbor-UCLA Medical Center, Torrance, CA. Scientific Program Coordinator disclosures: MJ Budoff has been awarded research grants from [Wakunaga of America Co., Ltd.](#), and received an honorarium for serving as Chair of the conference. Vice-Chair and Supplement Coordinator for the supplement publication was Susan S Percival, University of Florida, Gainesville, FL. Supplement Coordinator disclosures: SS Percival has been awarded research grants from [Wakunaga of America Co., Ltd.](#), and received an honorarium for serving as Vice-Chair of the conference. Publication costs for this supplement were defrayed in part by the payment of page charges. **This publication must therefore be hereby marked “advertisement”** in accordance with 18 USC section 1734 solely to indicate this fact. The opinions expressed in this publication are those of the authors and are not attributable to the sponsors or the publisher, Editor, or Editorial Board of The Journal of Nutrition [my emphasis].

**Comment on scoring:** Because they were presented at a symposium sponsored by food and supplement companies, all papers raise questions about industry sponsorship. That is why the Journal requires every paper in the supplement to repeat this funding disclosure in its entirety.

But for this particular symposium, some of the papers report additional funding by [Wakunaga of America](#), a company that, no surprise, manufactures garlic supplements.

All of the papers produced results useful to the sponsor. Some of them, however, were independently funded and the authors report no links to the sponsor other than having given a talk at the meeting. They did not disclose who paid for travel and hotels and without any way to check, I must assume that they paid their own expenses to the meeting in San Diego. For the purposes of scoring, I’m not counting them as industry-funded, even though their presence at the symposium made it seem more scientifically credible.

**Garlic Lowers Blood Pressure in Hypertensive Individuals, Regulates Serum Cholesterol, and Stimulates Immunity: An Updated Meta-analysis and Review.** Karin Ried. J Nutr. 2016; 146:389S-396S doi:10.3945/jn.114.202192.

- **Conclusions:** Our review suggests that garlic supplements have the potential to lower blood pressure in hypertensive individuals, to regulate slightly elevated cholesterol concentrations, and to stimulate the immune system. Garlic supplements are highly tolerated and may be considered as a complementary treatment option for hypertension, slightly elevated cholesterol, and stimulation of immunity.
- **Author disclosures:** K Ried, no conflicts of interest. K Ried received travel sponsorship from [Wakunaga of America Co. Ltd.](#) to attend the 2014 International Garlic Symposium.

- **Score:** industry-positive

**Chemical Assignment of Structural Isomers of Sulfur-Containing Metabolites in Garlic by Liquid Chromatography–Fourier Transform Ion Cyclotron Resonance–Mass Spectrometry.** Ryo Nakabayashi, Yuji Sawada, Morihiro Aoyagi, Yutaka Yamada, Masami Yokota Hirai, Tetsuya Sakurai, Takahiro Kamoi, Daryl D Rowan, and Kazuki Saito. J. Nutr. 2016; 146:397S-402S doi:10.3945/jn.114.202317.

- **Conclusion:** The ability to discriminate between such geometric isomers will be extremely useful for the chemical assignment of unknown metabolites in MS-based metabolomics.
- **Supported,** in part, by a Grant-in-Aid for Scientific Research from the Ministry of Education, Culture, Sports, Science, and Technology of Japan; Japan Advanced Plant Science Network; Japan Science Technology Agency (JST), Strategic International Collaborative Research Program (SICORP); and JST, Strategic International Research Cooperative Program (SICP).
- **Score:** industry-neutral

**Garlic-Derived Organic Polysulfides and Myocardial Protection.** Jessica M Bradley, Chelsea L Organ, and David J Lefer. J. Nutr. 2016; 146:403S-409S doi:10.3945/jn.114.208066.

- **Conclusion:** The beneficial health effects of garlic on cardiovascular health are dependent on multiple mechanisms. Furthermore, the mechanisms of action may be mediated by the active components in garlic.
- **Supported by** grants from the National Heart, Lung, and Blood Institute (1R01 HL092141, 1R01 HL093579, 1U24 HL 094373, and 1P20 HL113452; to DJL) and by the Louisiana State University Health Foundation in New Orleans.
- **Score:** Industry-neutral

**Aged Garlic Extract Inhibits Human Platelet Aggregation by Altering Intracellular Signaling and Platelet Shape Change.** Khalid Rahman, Gordon M Lowe, and Sarah Smith. J. Nutr. 2016; 146:410S-415S doi:10.3945/jn.114.202408

- **Conclusion:** These results indicate that AGE [Aged Garlic Extract] inhibits platelet aggregation by increasing cyclic nucleotides and inhibiting fibrinogen binding and platelet shape change.
- **Funding:** Supported by a grant from **Wakunaga of America Co. Ltd.** K Rahman and GM Lowe were in receipt of a grant from **Wakunaga of America Co., Ltd.** S Smith, no conflicts of interest.
- **Score:** industry-positive



**Garlic and Heart Disease.** Ravi Varshney and Matthew J Budoff. J. Nutr. 2016; 146:416S-421S  
doi:10.3945/jn.114.202333

- **Conclusion:** We conclude that garlic supplementation has the potential for cardiovascular protection based on risk factor reduction (hypertension and total cholesterol) and surrogate markers (CRP, PWV, and CAC) of atherosclerosis.
- **Disclosures:** The authors report no funding received for this study. R Varshney, no conflicts of interest. MJ Budoff receives funding from **Wakunaga of America Co., Ltd.**
- **Score:** industry-positive

**The Role of Adiponectin in Cardiometabolic Diseases: Effects of Nutritional Interventions.**

Patricio Lopez-Jaramillo. J. Nutr. 2016; 146:422S-426S doi:10.3945/jn.114.202432

- **Conclusions:** Recently, it was reported that the administration of aged garlic extract and a single food intervention with pistachios can increase adiponectin concentrations in individuals with metabolic syndrome. Moreover, the Mediterranean diet is associated with higher adiponectin concentrations. Additional studies are needed to evaluate the potential benefits of increasing adiponectin by nutritional interventions in the treatment and prevention of cardiometabolic diseases.
- **Funding:** The author reports no funding received for this study.
- **Score:** Industry-neutral

**Aged Garlic Extract Reduces Low Attenuation Plaque in Coronary Arteries of Patients with Metabolic Syndrome in a Prospective Randomized Double-Blind Study.**

Suguru Matsumoto, Rine Nakanishi, Dong Li, Anas Alani, Panteha Rezaeian, Sach Prabhu, Jeby Abraham, Michael A Fahmy, Christopher Dailing, Ferdinand Flores, Sajad Hamal, Alexander Broersen, Pieter H Kitslaar, and Matthew J Budoff. J. Nutr. 2016; 146:427S-432S doi:10.3945/jn.114.202424

- **Conclusions:** This study indicates that the %LAP [Low Attenuation Plaque] change was significantly greater in the AGE group than in the placebo group. Further studies are needed to evaluate whether AGE has the ability to stabilize vulnerable plaque and decrease adverse cardiovascular events.
- **Disclosures:** While the study was funded by **Wakunaga of America Co., Ltd.**, the authors are solely responsible for the design, all study analyses, the drafting and editing of the paper and its final contents...S Matsumoto, R Nakanishi, D Li, A Alani, P Rezaeian, S Prabhu, J Abraham,

MA Fahmy, C Dailing, F Flores, S Hamal, and A Broersen, no conflicts of interest. PH Kitslaar is employed by Medis Medical Imaging Systems and has a research appointment at the Leiden University Medical Center. MJ Budoff receives funding from **Wakunaga of America Co., Ltd.**

- **Score:** industry-positive

**Aged Garlic Extract Modifies Human Immunity.** Susan S Percival. J. Nutr. 2016; 146:433S-436S doi:10.3945/jn.115.210427

- **Conclusions:** These results suggest that AGE supplementation may enhance immune cell function and may be partly responsible for the reduced severity of colds and flu reported. The results also suggest that the immune system functions well with AGE supplementation, perhaps with less accompanying inflammation.
- **Funding:** Support for this research was provided by **Wakunaga of America Co., Ltd.** Author disclosures: SS Percival received travel expenses to the conference where this work was presented.
- **Score:** industry-positive

**Bioavailability of Alfrutamide and Caffedymine and Their P-Selectin Suppression and Platelet-Leukocyte Aggregation Mechanisms in Mice.** Jae B Park. J. Nutr. 2016; 146:437S-443S doi:10.3945/jn.114.202473

- **Conclusions:** These data show the adequate bioavailability of alfrutamide and caffedymine and their different mechanisms of suppressing PSE and PLA: alfrutamide exerts its effects only via COX inhibition, whereas caffedymine works through both COX inhibition and cAMP amplification.
- **Funding:** Supported by the USDA (project 8040-51000-057-00).
- **Score:** Industry-neutral

**Garlic Influences Gene Expression In Vivo and In Vitro.** Craig S Charron, Harry D Dawson, and Janet A Novotny. J. Nutr. 2016; 146:444S-449S doi:10.3945/jn.114.202481

- **Conclusion:** Measuring mRNA gene expression in whole blood may provide a unique window to understanding how garlic intake affects human health.
- **Support:** CSC, HDD, and JAN were supported by the USDA.
- **Score:** Industry-neutral.

**Development of an Analytic Method for Sulfur Compounds in Aged Garlic Extract with the Use of a Postcolumn High Performance Liquid Chromatography Method with Sulfur-Specific Detection.**

Toshiaki Matsutomo and Yukihiro Kodera. J. Nutr. 2016; 146:450S-455S doi:10.3945/jn.114.208520

- **Conclusion:** We developed a rapid postcolumn HPLC method for both qualitative and quantitative analyses of sulfur compounds, and this method helped elucidate a potential mechanism of *cis*-S1PC and SAMC action in AGE.
- **Acknowledgment:** The authors thank Takami Oka of **Wakunaga Pharmaceutical Co., Ltd.** for his kind guidance for this study and critical review of the manuscript.
- **Score:** Industry-positive

**Pharmacokinetics of S-Allyl-L-cysteine in Rats Is Characterized by High Oral Absorption and**

**Extensive Renal Reabsorption.** Hirotaka Amano, Daichi Kazamori, and Kenji Itoh. J. Nutr. 2016;

146:456S-459S doi:10.3945/jn.114.201749

- **Conclusion:** The pharmacokinetics of SAC in rats were characterized by high oral absorption, limited metabolism, and extensive renal reabsorption, all of which potentially contribute to its high and relatively long-lasting plasma concentrations.
- **Acknowledgment:** We thank Takami Oka of **Wakunaga Pharmaceutical Co.** for his valuable advice, critical reading of the manuscript, and helpful suggestions.
- **Score:** Industry-positive

**Aged Garlic Extract Suppresses the Development of Atherosclerosis in Apolipoprotein E–**

**Knockout Mice.** Naoaki Morihara, Atsuko Hino, Takako Yamaguchi, and Jun-ichiro Suzuki. J. Nutr.

2016; 146:460S-463S doi:10.3945/jn.114.206953

- **Conclusion:** These data suggest that the antiatherosclerotic activity of AGE is at least partly due to the suppression of inflammation and lipid deposition in the vessels during the early stage of atherosclerotic development in ApoE-KO mice.
- **Acknowledgment:** We thank Takami Oka of **Wakunaga Pharmaceutical Co., Ltd.**, for his helpful advice, encouragement, and critical reading of this manuscript; Yukihiro Kodera of **Wakunaga Pharmaceutical Co., Ltd.**, for the preparation of AGE; and Tadimitsu Tsuneyoshi of **Wakunaga Pharmaceutical Co., Ltd.**, for his technical advice.
- **Score:** Industry-positive

This makes 8 industry-positives from this journal supplement.

But let me add one more on this topic, sent by a reader:

**The effect of aged garlic extract on blood pressure and other cardiovascular risk factors in uncontrolled hypertensives: the AGE at Heart trial.** Karin Ried Nikolaj Travica, Avni Sali.

Integrated Blood Pressure Control, 27 January 2016.

- **Conclusion:** Our trial suggests that aged garlic extract is effective in reducing peripheral and central blood pressure in a large proportion of patients with uncontrolled hypertension, and has the potential to improve arterial stiffness, inflammation, and other cardiovascular markers in patients with elevated levels. Aged garlic extract was highly tolerable with a high safety profile as a stand-alone or adjunctive antihypertensive treatment.
- **Funding:** This trial was supported by a grant from **Wakunaga of America Co Ltd**, who supplied trial capsules and provided funding for costs of tests and research assistance. Wakunaga of America was not involved in study design, data collection, analysis, or preparation of the manuscript...The authors report no conflicts of interest in this work.
- **Score:** industry-positive, of course.

This brings the score since last March to 119 industry-positives/11 industry-negatives.


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6 comments



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Tags: *Conflicts-of-interest, Sponsored-research*



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## NEXT PUBLIC APPEARANCE

SEP 12 2018

### Concord, NH: Concord Hospital

This will be a noon Grand Rounds and an evening lecture with details to follow.

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**Animals** Antibiotics Antioxidants Arsenic **Artificial-sweeteners**  
ASN(American Society of Nutrition) Asthma **Australia** Açai **Beef** Bees **Bill-**  
**Marler** Biofuel Blogs **Books** Bottled-water BPA **BPA(Bisphenol-A)**  
Brazil **Bread** **Breakfast** **Breast-feeding** **Brian-Wansink** Bribery **Burger-King**  
**Caffeine** CAFOs(Concentrated Animal Feeding Operations) calcium  
**Calorie-labeling** **Calories** Campbell **Canada** **Cancer** **Candy**  
Cantaloupe Carcinogens Cargill **CCF(Center for Consumer Freedom)**  
CDC(Centers for Disease Control) cereal **Cereals** Charlie-Rose Checkoff Cheerios  
**Cheese** **Chicken** **Chickens** Children **China** Chinese-infant-formula  
**Chocolate** Cholesterol climate **Climate change** Cloned-animals **Coca-**  
**Cola** Coffee **Colbert** Comments composition ConAgra Concentration **Conflicts-**  
**of-interest** Congress Consolidation Consumer Reports **Cookie-dough** **Cooking**  
Cooking-measurements **COOL(Country of Origin Labeling)** **Corn** CSPI  
**CSPI(Center for Science in the Public Interest)** **CSR(Corporate**  
**Social Responsibility)** **Cuba** **Dairy** DelMonte Denmark **Dental-disease** **Diabetes**  
**Diet-and-dieting** **Diet-and-energy-drinks** **Diet-drugs** **Dietary-**  
**Guidelines** **Diets** **Disney** **E.coli** **Eat-Drink-Vote** **Eat-less-and-**  
**move-more** **Eating Liberally** **EFSA(European Food Safety**  
**Authority)** **Eggs** **Energy drinks** **EPA** **Eric-Schlosser** **Ethanol** **Ethics** **FAO** **FAQ**  
**Farm-bill** **Farm-policy** **Farm-workers** **farmers markets** **Farms** **Fast**  
**food** **Fats-and-oils** **FDA** **feed efficiency** **Fiber** **films** **First Amendment**  
**Fish** Flaxseed **FMI(Food Marketing Institute)** **Food** **Food-access** **Food-and-Water-Watch**  
**Food-art** **Food-assistance** **Food-availability** **Food-choice** **Food-colors** **Food-**  
**composition** **Food-crisis** **Food-culture** **Food-deserts** **Food-guide** **Food-**  
**history** **Food-Inc** **Food-industry** **Food-industry-regulation** **Food-magazines**  
**Food-marketing** **Food-miles** **Food-movement** **Food-policy**



Food-quality **Food-safety** Food-security Food-stamps Food-  
studies Food-supply **Food-systems** Food-trade Food-trends Food-waste Food  
aid Foodie FOP(Front-of-Package) **FOP(Front-of-Package)Labels** Fortification  
Framingham-Heart-Study Fructose **Fruits-and-vegetables** **FTC (Federal**  
**Trade Commission)** **Functional-foods** Futures-markets  
**GAO(Government Accountability Office)** Gardens Gary-Taubes General-  
Mills Gluten **GM(Genetically Modified)** **GMA(Grocery**  
**Manufacturers Association)** GMOs Grains GRAS Grassfed Green-food  
**HACCP(Hazard Analysis and Critical Control Point)** Hannaford Health-aura  
**Health-claims** Health-statistics **Heart-disease** **HFCS (High**  
**Fructose Corn Syrup)** HHS(Department of Health and Human Services)  
Hormones Horsemeat Hugo drinks **Hunger** Hydroponics hyperactivity IASO Immigration  
India **Infant-formula** Ingredients **International** Interviews **IOM**  
**(Institute of Medicine)** iraq Irradiation **IWG(Interagency Working**  
**Group)** Jamie-Oliver Japan Job-Ads Joy-of-Cooking Juice-drinks juices **Junk food**  
**Kellogg** Kelly-Brownell KFC **Kids' diets** King-Corn Korea Kosher Kraft Lab-  
grown **Label-scoring-systems** **Labels** Labor **Lawsuits** Legislation  
**Let's Ask Marion** **Let's Move!** Letters-From-Food-Companies Listeria  
**Lobbies** Local-food Lévi-Strauss **Mad-cow-disease** **Malnutrition** Manure maps  
Margarines Marijuana marketing **Marketing to kids** Mark Hegsted Mars  
**McDonald's** meal frequency **Meat** **Meat safety** Meat substitutes media  
**Melamine** Mercury Mexico **Michael-Pollan** Michael-Taylor Microbiome  
**Milan Food Expo** military Milk **Monsanto** **Movies** MSG Museum exhibits  
Myanmar MyPlate **Nanotechnology** Native Americans **Natural** **Nestlé** New-York-City  
New-Zealand Niman Noncommunicable diseases Nutrient-availability **Nutrition-education**  
**Nutrition-standards** Nutritionism Nuts **Obama** **Obesity**  
**Obesity-in-kids** **Obesity-policy** Obituaries Occupy **Omega-3-fats**  
Organic-fish **Organic-standards** **Organics** Oxfam Oysters Pakistan  
**Partnerships** Passover Patents Paula Deen Paul Ryan **Peanut-butter** Peanuts  
**PepsiCo** Personal-responsibility **Pesticides** Peter Jennings **Pet food** Phil Lempert  
Photos Phthalates **Pink-slime** Pistachios Pizza Policy Pork **Portion sizes**

Potatoes pregnancy Pric Price-fixing **Price-of-food** Probiotics Processing  
Protein Public-health Pyramid Radioactivity Raw-foods Raw-milk rBGH recipes Red-  
Bull Reformulation Regulation **Research** Restaurants Revolving-door Rice Right-to-  
food Rosa DeLauro RWJ Foundation Salmonella Salt **San-Francisco-**  
**Chronicle** School-food Seeds shrek Sidney Mintz Single-food-agency  
Slow Food Smart Choices Snack foods Snacks SNAP Socioeconomic-factors Soda  
Politics Sodium **Soft drinks** soy Spinach Splenda Sponso **Sponsored-**  
**research** Sprouts Starvation Stevia Sugars Sugars Supermarkets  
Supplements Supreme court Surveys Sustainability Sweeteners Swine  
flu Taste **Taxes** Tea Techno-foods **Television** Thomas Friedan Tim Lang Tobacco  
Tofu Tomatoes Toxins Trade Trans-fat Trends Tufts Twitter Tyson-foods United  
Nations Urban-farming **USDA** Vegetables Vegetarian-and-vegan  
Vending-machines **Videos** Vitamin-water Vitamin D Vitamins Wall-Street  
Walmart Washington-Square-News Water WHO(World Health  
Organization) Whole Foods Whole grains Why-Calories-Count WIC World  
hunger Yearly Kos Yogurt

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