
Subject: Vitamin Succinat senkt PGD2 und hebt PGE2 // Litchi steigert PGE2

Posted by [Rezeptleser](#) on Tue, 21 Nov 2017 15:57:53 GMT

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<https://www.ncbi.nlm.nih.gov/pubmed/9223656> (hat jemand die volle Studie?)

Wäre topischer oder auch orale Anwendung wirksam?

<https://bmccomplementalmed.biomedcentral.com/articles/10.1186/1472-6882-12-12>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3156450/>

Litchi steigert pge2 und senk tnf-a. Bioverfügbarkeit scheint grundsätzlich auch gegeben zu sein:

<https://www.naturalmedicinejournal.com/journal/2014-07/effect-lychee-fruit-extract-oligonol-peripheral-circulation-pilot-study>

Hier hat man Litchi-Isolate untersucht, von den drei untersuchten Faktoren Benzylalk am stärksten auf PGE2 zu wirken: <https://www.ncbi.nlm.nih.gov/pubmed/22380404>

"litchi biochemic mechanism: benzyl alcohol caused markedly increase in PGE2 and NO production, compared with lipopolysaccharide (LPS) as positive control, and in a dose-dependent manner. Hydrobenzoin and 5-HMF were found in litchi for the first time, and both of them stimulated PGE2 and NO production moderately in a dose-dependent manner. Besides, regulation of cyclooxygenase-2 (COX-2) and inducible nitric oxide synthase (iNOS) mRNA expression and NF- κ B (p50) activation might be involved in mechanism of the stimulative process."

Irgendwas davon zu gebrauchen?
