

Red pepper: Hot stuff for fighting fat?

March 5 2007

Food scientists in Taiwan are reporting new evidence from laboratory experiments that capsaicin — the natural compound that gives red pepper that spicy hot kick — can reduce the growth of fat cells. The study is scheduled for the March 21 issue of the ACS' *Journal of Agricultural and Food Chemistry*.

In the report, Gow-Chin Yen and Chin-Lin Hsu cite previous research suggesting that obesity can be reduced by preventing immature fat cells (adipocytes) from developing into mature cells. Past research also linked capsaicin to a decrease in the amount of fat tissue and decreased blood-fat levels. With that knowledge, the researchers tested capsaicin's effects on pre-adipocytes and adipocytes growing in laboratory cultures.

They found that capsaicin prevented pre-adipocytes from filling with fat and becoming full-fledged fat cells. The effects occurred at levels just slightly greater than those found in the stomach fluid of an individual eating a typical Indian or Thai diet, the researchers noted. Capsaicin worked by providing a biochemical signal that made fat cells undergo apoptosis, a mechanism in which cells self-destruct.

Source: American Chemical Society

Citation: Red pepper: Hot stuff for fighting fat? (2007, March 5) retrieved 20 April 2024 from <https://medicalxpress.com/news/2007-03-red-pepper-hot-fat.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.