

The Effect of AHCC in Non-Viral, Chronic, and Abnormal Liver Function Condition: a Randomized, Double-Blind, Placebo-Control Study

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Objective: Active hexose correlated compound (AHCC), a Basidiomycotina extract, has demonstrated potential antitumor activity and immune modulator activity. The purpose of this study was to examine whether AHCC improves liver function in patients with non-viral, chronic, and abnormal liver function condition.

Methods: We conducted a randomized, double-blind, placebo-control study of 30 male subjects with non-viral, chronic, and abnormal liver function condition who received either AHCC (1 g or 3 g daily) or placebo for 12 weeks. The inclusion criteria were one or more abnormal values among three liver function tests, aspartate aminotransferase (AST), alanine aminotransferase (ALT), or γ -glutamyltransferase (γ -GT), at least. Body weight, height, blood pressure (BP), pulse rate (PR) and biochemical tests were measured after 4, 8, and 12 weeks.

Results: After 4, 8, and 12 weeks, 1 g AHCC intake group significantly decreased AST, ALT, and γ -GT values. And 3 g AHCC intake group also significantly decreased AST, ALT, and γ -GT values, except the 4-week value of γ -GT.

Conclusions: It was shown that the consumption of AHCC possessed beneficial effects on non-viral, chronic, and abnormal liver function condition.

Keywords: AHCC; Clinical trial; Non-viral; Chronic; Abnormal liver function; AST; ALT; γ -GT