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# El té mejora la actividad de la insulina

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## Resumen

la actividad de la insulina. El objetivo de este estudio fue determinar las propiedades potenciadoras de la insulina del té y sus componentes. Se demostró que el té, como se consume normalmente, aumenta la actividad de la insulina  $> 15$  veces *in vitro* en un ensayo de células grasas del epidídimos. Tés negro, verde y oolong, pero no tés de hierbas, que no son tés en el sentido tradicional porque no contienen hojas de *Camellia senensis*, se demostró que todos aumentan la actividad de la insulina. El fraccionamiento por cromatografía líquida de alto rendimiento de extractos de té utilizando una columna Waters SymmetryPrep C18 mostró que la mayor parte de la actividad potenciadora de la insulina para los tés verde y oolong se debía al galato de epigalocatequina. Para el té negro, la actividad estuvo presente en varias regiones del cromatograma correspondientes, además del galato de epigalocatequina, taninos, teaflavinas y otros compuestos indefinidos. Se demostró que varios compuestos conocidos que se encuentran en el té mejoran la insulina con la mayor actividad debido al galato de epigalocatequina seguido del galato de epicatequina, taninos y teaflavinas. La cafeína, la catequina y la epicatequina mostraron actividades insignificantes para mejorar la insulina. La adición de limón al té no afectó la actividad potenciadora de la insulina. La adición de 5 g de leche al 2% por taza disminuyó la actividad potenciadora de la insulina en un tercio, y la adición de 50 g de leche por taza redujo la actividad potenciadora de la insulina en un 90%. Las cremas no lácteas y la leche de soja también disminuyeron la actividad potenciadora de la insulina. Estos datos demuestran que el té contiene actividad potenciadora de la insulina *in vitro* y el ingrediente activo predominante es el galato de epigalocatequina.

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