

植物多酚抗氧化之功能 = Antioxidative properties of polyphenolic compounds of plants

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摘要

多酚為一種植物中的化學物質，其作用在於讓植物及花能呈現多彩的顏色，並分泌一些物質來抵禦外敵，保護植物免遭各種蟲害傳染病及避免植物光合作用過程中受到紫外線傷害。多酚家族種類也很多包含類黃酮、?等。

目前因人們對於健康及抗氧化的注重，因此對於能抗氧化之多酚物質搜集其相關研究。本文綜合介紹多酚在植物界的分佈、在體內的分解代謝、及其結構與其生物活性之關係。其生物活性包括了(1)抗氧化、清除自由基，(2)抑制脂質過氧化、降低血中膽固醇、減少動脈硬化等心血管疾病的發生，(3)抑制癌症作用，(4)某些多酚有類似雌激素的作用。如何從植物中獲得抗氧化物質，來降低癌症、心血管疾病與其他疾病發生是為當今預防醫學重要課題。

關鍵詞：抗氧化、多酚、類黃酮

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