中文題目：食用豆以及大豆有關成份之免疫調節活性

英文題目：**Immunomodulatory Activities of Edible Beans and related Constituents from Soybean**

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Background and Purpose: To explore the health-modulating constituents of common edible beans, their immunomodulatory activity on human peripheral blood mononuclear cells (PBMC) was evaluated.

Methods and Results: Studies were conducted on lymphocyte transformation by BrdU immunoassay, secretion of interferon- gamma (IFN- γ) and interleukin 10 (IL-10) and elucidation of the responding cells by flow cytometry. The results at 20 μg/ml showed that genistein, phytic acid and syringic acid induced a Th1-predominant immune response because they significantly suppressed the secretion of IL-10 and augmented the IFN- γ production.

Conclusions: The present study concludes that several non-nutritional ingredients of soybean such as flavonoids, plant acids and plant hormones most likely to be important in modulation of human immunity.