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Abstract

Saponins exist in many kinds of plant. They consist of both hydrophilic and lipophilic portions. Recent studies have overturned the negative impression on saponins and shown positive effects to human health. The study investigated the effects of saponin on blood lipid, LDL and cholesterol lowering effects through *in vivo* and *in vitro* studies. The results of *in vitro* studies showed that saponin could bind with bile acid and prolonged the lag time of LDL oxidation. However, the effects of saponin on blood lipid *in vivo* were still unclear. More studies on improving the absorption of saponin should be performed.

Key words: soy, saponins, cholesterol, LDL

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† ¿p⁄ "R−N¥HSAS®†n¯Ø ƒ ¡C¯Ø ¥~`»˜ †ƒX⁄O¡BS LDL fi æ˘⁄¸ °"«„Œ ¯ †]›p‹ Complete Randomized Design (CRD)¡A¥H1-way ANOVA ⁄ "R⁄ ƒP ƒ¤ ⁄ „ `»˜ †ƒX⁄O⁄¸¤ ⁄ LDL "⁄"fi æ˘S@ ¥ ¡F¥H2-way ANOVA ⁄ "R⁄ ƒP„ fi˘⁄¸ fi ¶¡„ °"«⁄S.. v̄T¡CƒU† …˘›·¥HMean ± SD " ¥

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