

DO ALMOND SKIN POLYPHENOLICS PROMOTE HEART HEALTH?

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Polyphenolics present in the skin of nuts may contribute to the inverse association between nut consumption and cardiovascular disease. In vitro, almond skin polyphenolics (ASP) increased the resistance of human LDL to oxidation and worked in synergy with vitamin E. Feeding hamsters ASP increased the lag time to LDL oxidation. Healthy older adults who consumed a single dose of 0, 200 or 400 mg ASP showed time-dependent increases in plasma catechin, naringenin, and quercetin and an elevation in the ratio of reduced:oxidized glutathione. Ex vivo resistance of LDL to oxidation was not apparent, but a synergistic antioxidant effect was noted after addition of vitamin E in vitro. Thus, ASP are bioavailable and protect LDL and glutathione from oxidation.