



ORGANIC YOGURT PLUS

Abstract:

Measuring ATP synthesis is a good indicator for determining an increase in both cellular metabolism and cellular efficiency. A 24-hour *in vitro* assay was used to determine the improvements for intracellular ATP (adenosine Triphosphate) synthesis using NOP Organic Yogurt Plus.

Materials and Methods:

Human fibroblast cells were grown to confluence in Long™ EGF (animal free fibroblast medium). Cells were removed and washed 3 times before placing in starvation medium supplemented with 2% NOP Organic Yogurt Plus, fibroblasts were also cultured in starvation medium without additional supplementation as a negative control. Cells were also cultured in Dulbecco's Modified Eagle's Medium (DMEM) with Long™ EGF as a positive control. After 24 hours with 5% CO₂ at 38°C, cells were assayed using a luminescence kit to determine intracellular levels of ATP.

Results:

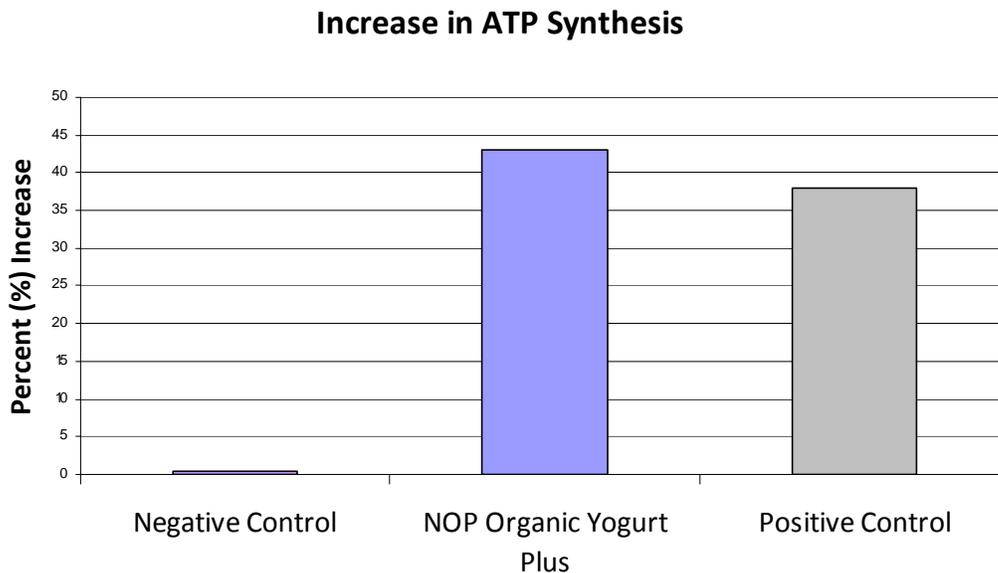


Figure 1. Comparison for changes in ATP synthesis.

Discussion:

Intracellular levels of ATP are indicative of the metabolic state of cells, as ATP is produced during glycolysis and is used as the main source of energy. Cells with increased metabolic rates also tend to have improved efficiency. The results indicate that after 24 hours of incubation, cells treated with 2% NOP Organic Yogurt Plus had a 43% increase in ATP when compared to the negative control and a 5% increase when compared to the positive control.