

## STUDY

# Energy increase and anti-inflammatory

**Author:**

David Crowley, M.D

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## Abstract

We investigated the potential of daily supplementation with 4 grams of salmon protein hydrolysate in increasing energy and reducing general inflammation in a healthy population of participants over 128 days.

Significant improvements in perceived total and average energy levels were observed. These improvements in energy levels were supported by increases in hemoglobin levels, RBC counts and a decrease in RDW, indicating overall improvements in red cell indices. Several genes associated with reducing oxidative stress, such as APOE, SOD1 and GPX1 were upregulated and resulted in a significant reduction in ROS/RNS plasma levels. Anti-inflammatory cytokine IL-10 showed a 57 % improvement that was supported by 14 % and 15 % improvements in the levels of the pro-inflammatory cytokines- IL-8, and CRP respectively. This study demonstrates that daily consumption of 4 g salmon protein hydrolysate safely increases everyday energy levels with improved red cell parameters and reduces general oxidative stress and inflammation.

*Source: KGK Science Inc.*