**14 Hasil Uji Klinis pada Manusia**

**dari Tahitian Noni**

Tahitian Noni ™ Bioactive Beverage adalah minuman yang melebihi dari jus buah biasa . Ada ilmu di balik buah noni, dan semuanya telah didedikasikan melalui studi dan penelitian noni dari Tahitian Noni International.

Di bawah ini adalah ringkasan singkat dari 14 studi klinis pada manusia dari Tahitian Noni International. Ini adalah peer-review studi yang telah diterbitkan di jurnal utama makanan medis dan sains. Ada informasi yang sangat kuat di sini, kami mendorong Anda untuk mempelajari artikel ini dan berbagi dengan orang lain.

**1. Safety clinical trial**

* Conducted by: The British Industrial Biological Research Association (BIBRA).
* Published in: Journal of Food Science
* Description: 96 people, double-blind, placebo-controlled, one month trial, high dose of 750 ml/day (¾ bottle)
* Results: TNJ absolutely safe & reduced number of illness related events
* Link: <http://www3.interscience.wiley.com/journal/118601402/abstract?CRETRY=1&SRETRY=0>

**2. Antioxidant activity in heavy smokers**

* Conducted by: The University of Illinois College of Medicine and TNI R&D
* Published in: Chemistry Central Journal
* Description: 285 people, double-blind, placebo-controlled, one month trial
* Results: As little as 1 serving TNJ per day (30 mL or 1 oz) lowered free radicals significantly (fruit juice placebo had no significant effect)
* Link:  <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2765950/?tool=pubmed>

**3. DNA protection- aromatic DNA adducts in heavy smokers**

* Conducted by: The University of Illinois College of Medicine
* Published in: The Journal, Nutrition and Cancer
* Description: 203 people, double-blind, placebo-controlled, one month trial
* Results: As little as 1 serving TNJ per day (30 mL or 1 oz) lowered amount of DNA damage by approximately half
* Link: <http://www.ncbi.nlm.nih.gov/pubmed/19838937?itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum&ordinalpos=2>

**4. Cholesterol & triglyceride lowering- in heavy smokers**

* Conducted by: The University of Illinois College of Medicine
* Published in: Brief report published in the AHA journal, Circulation
* Description: 132 people , double-blind, placebo-controlled, one month trial
* Results: Cholesterol lowered by as much as  22%, triglycerides by as much as  54%, HDL increased by as much as 16%. Placebo had no effect
* Link: <http://circ.ahajournals.org/cgi/reprint/113/8/e301>

**5. Joint health of the neck (cervical spondylosis)**

* Conducted by: The University of Lagos College of Medicine
* Published in: Nigerian Journal of Health and Biomedical Sciences
* Description: 90 people, therapeutic control groups, one month trial
* Results: 1 serving of TNJ alone improved range of movement & pain; combination of TNJ & standard therapy had further increased benefits
* Link: <http://www.ajol.info/viewarticle.php?id=29710>

**6. Energy/Endurance**

* Conducted by: The Moscow Scientific and Practical Center of Sports Medicine
* Published in: Journal of Medicinal Plants Research
* Description: 40 people, placebo-controlled, three week trial
* Results: TNJ increased endurance by 21% and increased antioxidant activity by 25%. Placebo (blackberry juice) had no effect
* Link: <http://www.academicjournals.org/jmpr/PDF/pdf2008/July/Palu%20et%20al.pdf>

**7. Immune boosting & antioxidant**

* Conducted by: Tianjin Medical University
* Published in: The Journal, Chinese Medical Research & Clinical
* Description: 12 people , two month pilot study
* Results: TNJ increased adaptive immune system activity by 32% and innate immune system activity by 30%. TNJ decreased oxidative stress in the body by 19%.
* Link: <http://www.cqvip.com/onlineread/onlineread.asp?ID=27818385>

**8. Drug screen test**

* Conducted by: TNI R&D
* Published in: Journal of Medicinal Plants Research, in same paper as endurance trial
* Description: 6 people, pilot study with urine drug screening tests
* Results: TNJ does not contain illegal drugs or cause false positive results
* Link: <http://www.academicjournals.org/jmpr/PDF/pdf2008/July/Palu%20et%20al.pdf>

**9. Hypertension trial**

* Conducted by: Brigham Young University Hawaii
* Published in: American Chemical Society Symposia Series No. 993, Functional Food and Health
* Description: 10 people, one month open label trial
* Results: 4 oz. TNJ per day significantly decreased blood pressure, especially systolic blood pressure
* Link: <http://pubs.acs.org/doi/abs/10.1021/bk-2008-0993.ch039>

**10. DNA protection- MDA (oxidative stress related) DNA adducts in heavy smokers**

* Conducted by: University of Illinois College of Medicine
* Published in: Brief report published in American Association for Cancer Research Annual Meeting: Proceedings; 2007
* Description: 203 people, double-blind, placebo-controlled, one month trial
* Results: TNJ reduced the amount of MDA caused DNA damage by 53%
* Link: <http://www.abstractsonline.com/viewer/viewAbstract.asp?CKey=%7bC9ADCEF2-C9A3-4D02-922B-1982DDD964AF%7d&MKey=%7bE3F4019C-0A43-4514-8F66-B86DC90CD935%7d&AKey=%7b728BCE9C-121B-46B9-A8EE-DC51FDFC6C15%7d&SKey=%7b2C920D5B-ABFF-48AE-87CD-2A02FF72788B%7d>

**11. Menopause**

* Conducted by: The University of Illinois College of Medicine
* Published in: Journal of Alternative & Complimentary Medicine
* Description: 8 post-menopausal women , placebo-controlled, three month pilot study
* Results: TNJ increased improved mood and energy, attenuated hearing loss, and showed evidence of potential anti-osteoporosis effect
* Link: [http://www.liebertonline.com/doi/abs/10.1089%2Facm.2004.10.737](http://www.liebertonline.com/doi/abs/10.1089/acm.2004.10.737)

**12. Cholesterol—non-smoker**

* Conducted by: Brigham Young University Hawaii
* Published in: Brief report in Proceedings of The 237th American Chemical Society National Meeting; 2009
* Description: 10 people, one month pilot study
* Results: Already healthy cholesterol values remained within healthy normal range
* TNJ has mild cholesterol lowering & HDL raising potential in non-smokers within the high end range of normal. This displays adaptogenic activity.
* Link: <http://oasys2.confex.com/acs/237nm/techprogram/P1214611.HTM>

**13. Osteoarthritis.**

* Conducted by: University of Illinois at Chicago, College of Medicine at Rockford
* Description: Open label three-month intervention trial with 82 osteoarthritis patients. Dose was 3 oz. of TNJ per day
* Results: Significant improvements in symptoms, such as pain and mobility, were observed, as well as improvements in quality of life factors.  Clinical laboratory tests revealed a large margin of safety.
* \*Publication of the full paper is in process

**14. Noni Leaf Serum  (not Tahitian Noni® Bioactive Beverage™, but still a Tahitian Noni-based product)**

* Conducted by: Tahitian Noni Intl. R&D and BioScreen Testing Services, Inc.
* Published in: Journal of Natural Medicines
* Description: 25 people, skin protection study
* Results: Noni leaf extracts in the serum protected the skin against ultraviolet ray (UV) induced redness & swelling (erythema) by approximately 350%.
* Link:  <http://www.ncbi.nlm.nih.gov/pubmed/19283442?itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum&ordinalpos=11>

Impressive list, wouldn’t you agree? And we’re not through yet. We are always studying the incredible noni fruit. Watch for more published human clinical trials in coming months!