

## Rapeseed and Human Health – New Insights concerning Inflammation, Coagulation and Rapeseed Protein

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Chronic diseases like overweight-metabolic syndrome-diabetes are accompanied and promoted by a chronic inflammatory state. Cardiovascular disease like atherosclerosis causing myocardial infarction and stroke are promoted by an enhanced blood coagulation.

Recent data show that rapeseed oil intake mitigates inflammation[1] and inhibits an enhanced blood coagulation via a reduction of fibrinogen levels[2] and via lower platelet aggregation [3].

In accordance with these data epidemiological studies suggest a risk reduction for diabetes by intake of  $\alpha$ -Linolenic Acid, the predominant n-3 fatty acid of rapeseed oil[4].

In this connection it is of note that rapeseed protein besides its considerable high biological value as demonstrated in human volunteers retarded the development of insulin resistance in animal experiments[5].

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