

Experimental study on polyphenol anti-plaque effect in human

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OBJECTIVE: To evaluate anti-caries effect of Chinese green tea's polyphenol.

METHODS: 150 volunteers are randomly divided into 3 groups: A, B test group and contrast group, 50 persons in each. People in test groups were given polyphenol's tablet, placebo was given in contrast group, a tablet three times a day. After 3 weeks, group A was given placebo and group B continued polyphenol for 6 weeks. **RESULTS:** After using polyphenol's tablet for 2 weeks, the plaque index of test groups were evidently lower than the contrast group ($P < 0.01$). After stopping use of polyphenol tablet, the effect was still kept for 3 weeks.

CONCLUSION: It can be concluded that polyphenol tablet from Chinese green tea has evident anti-plaque effect.

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