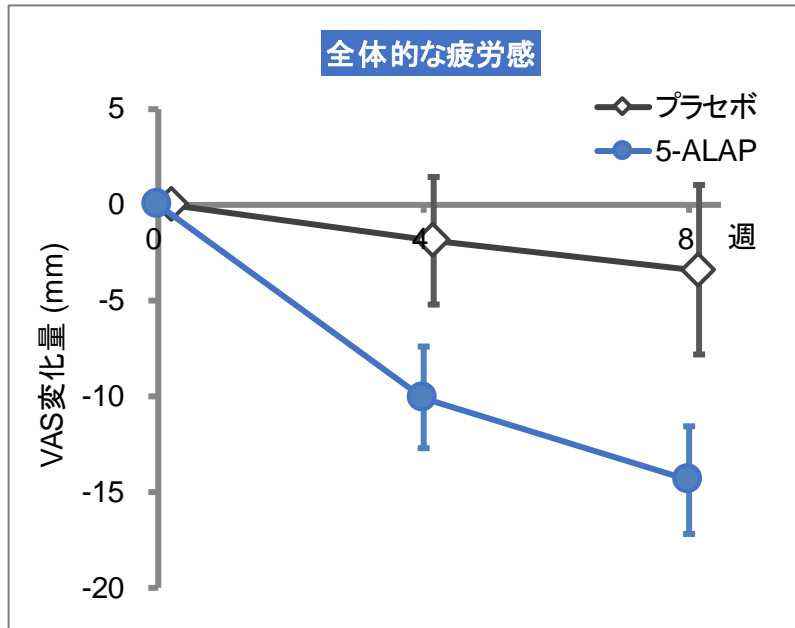


		5-		5-ALAP	1
8					
2					
	5-	(5-ALA)	3		
			VAS (Visual Analogue Scale)		4
POMS2 (Profile of Mood Status 2nd Edition)			5		
			6		
VAS		5-ALAP	8		
POMS2					
		5-ALAP			

5-ALAP

5-ALAP



9 29 Nature Publishing Group Scientific Reports
(Impact Factor = 4.12)

5-ALA

(precursor)

5-ALA

(5-ALAP)

5-ALAP

5-ALAP 8

5-ALAP
 VAS (Visual Analogue Scale) POMS2 (Profile of Mood Status 2nd Edition)

			100	(VAS)	5-ALAP
8			73.0	58.6	
	75.2	61.9			
	5-ALAP				
POMS2		65		POMS2	
		—			
	—				
5-ALAP				5-ALAP	
	—			5-ALAP	
			1		5-ALAP

Fumiko Higashikawa¹, Keishi Kanno², Akiko Ogata³, and Masanori Sugiyama¹
 Reduction of fatigue and anger-hostility by the oral administration of 5-aminolevulinic acid phosphate: a randomized, double-blind, placebo-controlled, parallel study

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