

PQQ pirroloquinolina quinona : concentrações em vários alimentos . Natto é onde pqq mais concentrado 30 a 90 ng/g

Concentrations of PQQ In foods

The amount of [U-13]PQQ as an internal standard added to each sample was 50 ng.

Mean+ S.D. are given. The number of samples is given in parentheses.

Sample P00 (ng/g wet weight or ng/ml)

Broad bean 17.8+6.78 (4)

Green soybeans 9.26 + 3.82 (4)

Potato 16.6+ 7.34 (5)

Sweet potato 13.3 +3.72 (5)

Parsley 34.2+ 11.6 (3)

Cabbage 6.3 + 3.96 (4)

Carrot 16.8+ 2.81 (4)

Celery 6.33 + 2.41 (4)

Green pepper 28.2 +13.7 (4)

Spinach 21.9 + 6.19 (4)

Tomato 9.24+ 1.82 (4)

Apple 6.09 +1.36 (4)

Banana 12.6+3.81 (4)

Kiwi fruit 27.4 + 2.64 (4)

Orange 6.83 + 2.20 (4)

Papaya 26.7 + 8.57 (6)

Green tea 29.6+12.9 (3)

Oolong (tea) 27.7 + 1.92 (3)

Coke 20.1 +3.17 (3)

Whiskey 7.93 + 1.84 (3)

Wine 5.79+ 2.73 (3)

Sake 3.65 +1.39 (3)

Bread 9.14 +3.64 (4)

Fermented soybeans (natto) 61.0+ 31.3 (4)

Miso (bean paste) 16.7 + 3.30 (3)

Tofu (bean curd) 24.4+12.5 (5)