

ABSTRACT

Electrolyzed hydrogen water has activity for enhancing an intestinal barrier maintenance function by regulating the expression of a responsive gene, and the responsive
5 gene is at least one hub gene selected from the group consisting of CUL5 (Cullin 5), GOLGA7 (Golgin A7), has-miR-429, and has-miR-200c-3p. A method for regulating gene expression using electrolyzed hydrogen water (excluding medical practice to humans) includes: adjusting a dissolved hydrogen concentration to 1,056 ppb or more and 1,080 ppb or less; and increasing the expression of CUL5 (Cullin 5) and GOLGA7 (Golgin A7) and decreasing the expression of
10 has-miR-429 and has-miR-200c-3p by the action of the electrolyzed hydrogen water.

[No suitable figure]