

ABSTRACT

Provided are a Maillard reaction inhibitor which effectively inhibits the progress of a Maillard reaction in a living body, and can be safely applied without any adverse side effects and be manufactured without requiring any complicated process, and a skin anti-aging agent, an anti-diabetic complication agent and foods and beverages using the same. The Maillard reaction inhibitor of the present invention contains 50 to 90% by mass of polyphenol as an active ingredient. Since the Maillard reaction inhibitor of the present invention has a potent Maillard reaction inhibitory activity to efficiently inhibit the Maillard reaction in a living body and allow for the prevention and improvement of the various dysfunction of protein in a living body. Due to this activity, the Maillard reaction inhibitor of the present invention suppresses aging and is useful for the prevention and treatment of diabetic complications. Furthermore, when the above-described tannin is mixed in foods and beverages containing collagen, it is possible to suppress the Maillard reaction in the foods and beverages to suppress the deterioration of the foods and beverages, and to also suppress the Maillard reaction in a living body.