

## NUTRITIONAL VALUES AND BIOLOGICAL ACTIVITIES OF THE EDIBLE BIRD'S NEST

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The edible bird's nest (EBN) is a precious medicine and food, made from the saliva of swiftlets (Apodidae). It contains water-soluble proteins, carbohydrates, inorganic salts, trace elements and other chemical components. There are a variety of biological activities of the edible bird's nest, such as the potentiation of mitogenic response, epidermal growth factor (EGF)-like activity, anti-influenza virus, hemagglutination-inhibitory activity, lectin-binding activity, improvement of bone strength. Sialic acid (N-acetylneuraminic acid) is a natural carbohydrate, the content of which is the most highest in nature; so it's also called the bird's nest acid. Sialic acid has the many functions: improvement of intelligence and memory of infant, anti-dementia, anti-identification, improvement of the intestinal absorption of vitamins and minerals, anti-virus, anti-tumor, improvement of human immunity, inhibition of leukocyte adhesion and anti-inflammatory.

### 燕窝的营养价值和生物活性

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摘要：燕窝是由雨燕科若干种金丝燕用唾液筑成的巢穴，是一种名贵的药材和食品。燕窝含有水溶性蛋白、碳水化合物、无机盐、微量元素等化学成分，具有促有丝分裂、表皮生长因子样活性、抑制流感病毒、抗凝血、外源凝集素活性、改善骨骼强度等生物活性。唾液酸(SA, N-乙酰基神经氨酸)是一种天然存在的碳水化合物。自然界燕窝的唾液酸含量最高，因此，唾液酸又叫燕窝酸。燕窝酸具有提高婴儿智力和记忆力、抗老年痴呆、抗识别、提高肠道维生素及矿物质的吸收、抗菌排毒、抗病毒、抗肿瘤、提高人体免疫力、抑制白细胞粘附和消炎等作用。

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