JOURNAL OF NUTRITIONAL SCIENCE AND VITAMINOLOGY

Vol 72, No 4, August 2026

CONTENTS

Regular Paper

FURUKAWA T, OGIWARA M and OHINATA K: Orally Administered Vitamin D Ameliorates Cognitive Decline in Early Stage of Vitamin D Deficiency 265–271

LO Y-P, YOSHIDA E, UCHIDA K, SHIBATA S and TAHARA Y: Association between the Timing of Seafood, EPA, DHA Consumption and Sleep Pattern: A Cross-Sectional Study..... 272–283

TODOROVIC N, NEDELJKOVIC D, KOROVLJEV D, STAJER V, PRÉMUSZ V, ÁCS P and OSTOJIC SM: Comparative Effects of Guanidinoacetic Acid and Creatine on Body Composition, Muscle Strength, and Protein Metabolism Biomarkers in Older Adults: A Randomized Exploratory Pilot Trial..... 284–290

MITA A, TAKACHI R, YAMAJI T, YAMAGISHI M, ISHIHARA J, ISHII Y, NAKAMURA K, TANAKA J, ISO H, IWASAKI M, TSUGANE S, SAWADA N, on behalf of the JPHC-NEXT Protocol Validation Study Group: High Adherence to a Food Guide May Be Associated with Lower Serum C-Peptide Concentrations 291–298

TSUTSUI A, ISHIGAMI K, SAKAUE T, TOGO S, BOLLER E-M, TAKEDA T and NAKAJIMA K: Relationship between Masticatory Behaviors and Body Mass Index in Healthy Adults Using a Wearable Mastication Counter 299–306

MOCHIDA N, KAYANO S, KITABATAKE M, ITO T, OGURA Y, KIKUZAKI H and MATSUMURA Y: Persimmon-Derived Tannins Ameliorated Cholesterol Levels in Liver Tissues Induced by a High-Fat Diet and Concurrently Increased the Diversity of the Gut Microbiota of Rats 307–318

MIZUNO-NAGATA N and TODA T: Effect of Bile Acids on Daidzin Metabolism to Equol during In Vitro Incubation of Human Feces 319–329

FANG L, HIRONAO K, ASHIDA H and YAMASHITA Y: Bio-Guided Fractionation of Cardamom Ethyl Acetate Fraction Promotes Glucose Uptake via GLUT4 Translocation through Insulin Signaling Pathway in the Skeletal Muscle 330–342

KURAMITSU K, KITAURA Y, KARASAWA K, HOSHIBA N, FUJII T, TAKAHASHI H, OHNO E, FUNASAKA K, HIROOKA Y and TOCHIO T: Agaro-Oligosaccharides Modulate Gut Microbiota to Improve Lipid Metabolism in Obesity Model Rats 343–351

Note

NOMOTO M, MITSUDA K, UCHIDA S and KIDA S: Dysfunction of the RAR/RXR Signaling Pathway in the Mouse Forebrain Reduces GluA1, PSD-95, and ARP3 Expression in the Hippocampus 352–355

CHEN S, WATANABE R, AISYAH R and YANAKA N: Altered Hepatic Gene Expression under Choline-Deficient Conditions 356–360