Hypertension affects about 30% of Canadian adults and over 53% for population aged 60-79. Hypertension is the major risk factor for cardiovascular disease, the leading cause of death worldwide.

Consumption of table eggs had experienced a major decline due to the controversial perception about cholesterol and associated cardiovascular disease.

In our previous study we have shown that stimulated gastrointestinal digestion of Fried Whole Egg (FWE) hydrolysate could produce small and potent anti-hypertensive peptides.

**PURPOSE:** The objective of the present study was to evaluate the in-vivo blood pressure lowering or antihypertensive effect of the FWE hydrolysate on adult male spontaneously hypertensive rats (SHR).

**APPROACH AND FINDINGS**

Fried Whole Egg (FWE) → Digested with pepsin and pancreatin → FWE Hydrolysate

**SIGNIFICANCE OF RESULTS**

- Present study demonstrated that fried whole egg (FWE) hydrolysate could significantly decrease the blood pressure in SHR animals.

- Findings from this study might lend support to the use of egg as a functional food with potential therapeutic benefit in the prevention and management of hypertension.

- Results from this study would diversify the use of eggs and facilitate long-term growth of the egg industry.

**ACKNOWLEDGEMENTS**

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