

## Fructooligosaccharide (Fos) can modulate gut satietogenic hormones, gut flora and induce weight loss in obese adults

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In India, the time of health transition has brought the twin burden of below and over-nutrition. Recent researches focus on distinctive unconventional mechanisms of avoirdupois involving gut - brain axis, hindrance and treatment of avoirdupois. therefore this study was conducted with AN objective to look at the results of Fructooligosaccharide (FOS) supplementation on gut satietogenic hormones (GLP-1, GIP, PYY, Leptin, endocrine and Insulin), gut-flora (Bifidobacterium, eubacterium, eubacterium and Bacteroides), and measure measurements. A irregular, double-blind, placebo controlled trial with one hundred twenty young weighty grade – I subjects (25-35 yrs) was designed. They were every which way appointed to teams that received either 20g FOS/d or 20g dextrose/d for ninety days. measure measurements, fast plasma and feculent samples were collected at baseline and post intervention. Plasma samples for gut hormones were analyzed mistreatment Luminex x-MAP technology in sub sample of sixty subjects. ends up in experimental cluster discovered vital reduction in weight, BMI, WC, WHR and body fat by a pair of.55%, 2.45%, 2.51%, 3.11%, and 5.93% severally as compared to placebo cluster. constitution of (8.13%) and eubacterium (10.77%) was considerably multiplied, but vital reduction in constitution of eubacterium (1.87%) and bacteria genus (13.07%) was ascertained. vital increase in plasma level of gut satietogenic internal secretion GLP-1 (1.53%) and endocrine (17.33%) along-with reduction in Leptin (5.78%) and endocrine (5.83%) was additionally ascertained. Weight negatively correlative ( $p < 0.001$ ) with GLP-1 ( $r = -0.729$ ) and GIP ( $r = -0.603$ ) and completely with eubacterium ( $r = \text{zero.09}$ , NS) and bacteria genus ( $r = \text{zero.09}$ , NS). Stepwise regression toward the mean portrayed GLP-1 as a robust predictor of avoirdupois (58.6%). Hence, FOS proves to be a promising supplement in causation weight loss by modulating gut satietogenic hormones and gutflora.

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