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The effect of viscous indigestible polysaccharide on body composition and plasma hormones in rats

Ajmila Islam

American University in Dubai, UAE

Abstract: The present study was designed to investigate the effect of viscous indigestible polysaccharide (VIP) on body composition and plasma hormones in rats. Rats were divided into four groups: control (C), VIP (10%), VIP (20%), and VIP (40%). After 12 weeks, body weight, body fat percentage, and plasma levels of leptin, ghrelin, and insulin were measured. Results showed that VIP treatment significantly reduced body weight gain and body fat percentage in a dose-dependent manner. Plasma leptin levels were significantly lower in the VIP groups compared to the control. Ghrelin levels were significantly higher in the VIP groups, and insulin levels were significantly lower. These findings suggest that VIP treatment may be beneficial for obesity prevention by reducing body weight and fat mass, and improving metabolic parameters.

Biography

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