

# Obesity

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)UXFWRROLJRVDFFKDLUGH )RV FDQ PRGXODWH JXW VDWLHWR  
in obese adults

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In India, the era of health transition has brought the dual burden of under and over-nutrition. Recent researches focuses on identifying unconventional mechanisms of obesity involving gut - brain axis, prevention and treatment of obesity. Hence this study was conducted with an objective to examine the effects of Fructooligosaccharide (FOS) supplementation on gut satietogenic hormones (GLP-1, GIP, PYY, Leptin, Ghrelin and Insulin), gut-ora (Bifidobacterium, Lactobacillus, Clostridium and Bacteroides), and anthropometric measurements. A randomized, double-blind, placebo controlled trial with 120 young obese grade –I subjects

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