

ROLE OF INULIN AS PREBIOTIC ON NONALCOHOLIC FATTY LIVER DISEASE

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Poster

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A 20-day course of 5 mg inulin twice daily in 93 NAFLD patients was associated with improvements in liver enzymes, lipid profile, inflammatory markers, and gut microbiome composition, including unexpected reduction in Candida presence without antifungal treatment.

KEY POINTS

- After 20 days of inulin treatment, GGTP decreased from 42 to 29 U/L, triglycerides from 2.72 to 1.26 mmol/L, CRP from 9 to 5 mg/L, HOMA index from 3.51 to 3.12, and HDL increased from 1.12 to 1.36 mmol/L.
- Microbiome analysis showed Firmicutes increased from 28% to 39%, Actinobacteria from 6% to 10%, Bacteroidetes decreased from 51% to 45%, and the Firmicutes/Bacteroidetes index changed from 1.62 to 1.29.
- Candida was present in 46 patients before treatment and absent in 37 of them after treatment without antifungal drugs; Actinobacteria growth showed negative correlation with Candida presence.
- The authors conclude inulin could potentially serve as therapy for steatohepatitis prevention through effects on lipids, inflammation, and insulin sensitivity, and as a microbiome-targeted intervention.

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