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Another Look at a Probiotic for Weight Loss

Today we're continuing our look at whether a specific probiotic, *Akkermansia muciniphila*, can help weight loss. Another paper was published soon after the paper I reviewed on [Tuesday](#). I use that term "review" loosely because as I said, these are two of the most complex papers I've read. They used so many different tests and measurements, and then presented them in ways far removed from the standard tables, it will take weeks to thoroughly review them. I'm sticking just to the probiotic in this case.

In the second study, researchers wanted to establish a metabolic profile of 800 subjects before analyzing their glycemic response to various foods. In doing so, they also tested the microbiome from stool samples. They found that our good bug *Akkermansia muciniphila* was significantly associated with HbA1C levels and non-fasting cholesterol level, but not associated with BMI. This good bug did not seem to change with the various types of test meals subjects were fed nor by the diet recommended based on their blood sugar response from their diet.



Where does this leave us? Is this probiotic part of an answer to help us lose weight? There are already a couple of products on the market that claim to have this good bug in them, but don't run out to the health food store just yet. I'll wrap this up on Saturday.

What are you prepared to do today?

Dr. Chet

Reference: <http://dx.doi.org/10.1016/j.cell.2015.11.001>.

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