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The beneficial properties of a new synbiotic yogurt “NAR” (HӨP)

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Recent studies have shown that probiotic yogurt consumption may have a positive role in the regulation of body weight as well as act to prevent cardiovascular diseases. Dairy products are a source of high quality protein, and due to the functional properties of live bacteria, yogurt have unique properties. Objective is to test the efficacy of new a synbiotic formulation in adults with metabolic syndrome. This randomized double-blind placebo controlled trial was conducted among 180 participants aged 25 to 75 years. Subjects with and without metabolic syndrome were randomly assigned to receive synbiotic or placebo daily for three months. 134 of 180 participants completed the study. Compared with the placebo group, the synbiotic group had significantly decreased total cholesterol. Our study is the first large clinical trial of probiotics in Kazakhstan and the first study on the new synbiotic yogurt NAR. The uniqueness of this product lies in the fact that it consists of probiotic component strains isolated from a traditional Kazakh koumiss product. Primarily, the product is aimed at people with digestive problems. Therefore, it is rich in easily digestible trace elements and amino acids, essential for the gut microbiota to flourish. We adhered to best practices for clinical trials to ensure that both investigators and patients were blinded to the study and that the data analysis was carried out by independent statisticians. The present findings suggest positive influence of synbiotic on controlling excess weight and treating some metabolic disorders in adults.

Biography

Almagul Kushugulova has completed her PhD from Astana Medical State University and D MSc degree from National Biotechnological Centre. She is the Head of Human Microbiome Lab of National Laboratory Astana Nazarbayev University. She has published more than 100 papers in Kazakhstan journals, 15 in reputed journals and has been serving as an Editorial Board Member of *Journal of Clinical Medicine of Kazakhstan*.

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