

The effects of pre- probiotic supplements in control on body weight

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Overweight and obesity are the complicated problem in the world and many reasons are related to increasing of body weight. The study shows that the using pre-probiotic supplements can be effective to control of weight during 8 weeks. The method of study is used of QMRA method to determine of situation of probiotic bacteria in the body in 200 participants in Famagusta in North Cyprus. The results shows that more than 80 percent of participants have low concentration of probiotic bacteria. The second step using of pre-probiotic supplements by participants during 8 weeks without follow up any diet. Therefore, the researchers recommended to take pre-probiotic supplements every day for 60 days plus using probiotics dairy (probiotic yoghurt and cheese). After two months, the results show that the situation of probiotic bacteria of participants is increasing in the body. Meanwhile, the loss weight is showed around 1 to 2 kilograms per months without follow up any diet in majority of participants. In fact, increasing of probiotic bacteria can be effect on suitable digestion and absorption and also can be effective to control of body metabolism. In conclusion, the situation of probiotic bacteria is related to control of weight metabolism and increasing of probiotic bacteria can be loss weight in the body. In addition, the researchers suggest that the using pre-probiotics supplement can be effective to prevent of overweight and obesity.

Biography

Farzad Berahmandpour is a highly skilled nutritionist and health promotion expert based in Muscat, Oman, with extensive experience in developing evidence-based nutrition programs and lifestyle interventions. He holds advanced qualifications in clinical nutrition and public health and has dedicated his career to improving community health through tailored dietary strategies, wellness initiatives, and preventive healthcare campaigns. Mr. Berahmandpour specializes in weight management, sports nutrition, and the dietary management of chronic conditions such as diabetes, cardiovascular disease, and metabolic syndrome. He has collaborated with hospitals, wellness centers, and corporate health programs across Oman to design personalized nutrition plans that promote long-term health and well-being.

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