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By Dr. Donald K. Layman

Metabolic Transformation Guide

**Wasim Akram, Navneet Garud, Tanmay
Sarkar**



Metabolic Transformation Guide:

Comprehensive Guide to Inulin Wasim Akram, Navneet Garud, Tanmay Sarkar, 2025-11-10 Comprehensive Guide to Inulin Applications in Health Nutrition and Consumer Products delves into the versatile functions of inulin a prebiotic soluble fiber gaining recognition for its health benefits Drawing on the latest research this book outlines how inulin supports improved dietary habits advances therapeutic approaches and encourages sustainable ingredient choices for food and pharmaceutical industries With insights from leading experts presented across 18 chapters readers discover the comparative advantages of inulin over other soluble fibers its emerging role in disease management and its potential to shape personalized nutrition strategies Beyond gut health the guide highlights inulin s influence on mental wellness and behavioral health underscoring its holistic value in modern nutrition Real world case studies demonstrate inulin s integration into functional foods nutraceuticals and pharmaceutical innovations equipping both food science and medical professionals with practical applications The book ultimately presents inulin as a pivotal ingredient bridging scientific research with consumer product development and disease prevention Examines the benefits of inulin consumption and its practical applications for enhancing diet and nutrition Provides scientific examples of how inulin can successfully improve gut health enhance immune function and benefit cardiovascular and neurological health Explores the physiological effects of inulin with other soluble dietary fibers such as pectin beta glucan and psyllium Examines how inulin is used as an ingredient in functional foods including its benefits applications and effective daily consumption amounts Discusses how inulin influences taste texture and mouthfeel the sensory attributes affecting consumer acceptance [Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center](#) ,1975

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