

" 1MBDFCP \$POUSPMMFE 3BOEPNJ[FE 4UVEZ F  
1SPUFJO )ZESPMZTBUF 4VQQMFNF OUBUJPO PC  
)VNBO 4VCKFDUT

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Abstract

In the article, we show that a daily dietary intake of 16 g of salmon protein hydrolysate powder for 42 days  
VWDWLWLFDOO\ VLJQL ÷ FDQWO\ UHGXFHG %RG\ ODVV ,QGH[ E\ LQ RYHUZHLJKW  
RI ZKH\ SURWHLQ LVRODWH )RXU PHWDEROLVP UHOHYDQW VHUXP ELRPDUNHUV  
OLSDVH PDVV DQG DGLSRQHFWLQ ZHUH DOVR SRVLWLYHO\ LPSDFWHG XVLQJ RQ  
WR WKH SURSRVHG PHWDEROLVP HOHYDWLQJ PRGH RI DFWLRQ ([HUFLVH OHYHOV  
QRUPDO OHYHOV )XUWKHU UHVHDFK ZLOO VHN WR LGHQWLI\ WKH DFWLYH LQG  
K\GURO\VDWH ZLWK VSHFL ÷ F ELRORJLFDQ DFWLYLW\ IRU REHLW\ FRQWURO 6DQ  
GRVHV PD\ EH D XVHIXO WRRO LQ WKH ORQJ WHUP PDQDJHPHQW RI REHLW\

\*Corresponding author: %RPL )UDPUR]H 5 ' 'HSDUWPHQW +RIV  
0RORYHJHQ \$OHVXQG 1RUZD\ 7HEO#KRIVHWKELR IPDU

Received 'HFHPEHU Accepted -DQXDU\ Published -DQXDU\

Citation: )UDPUR]H % 9HNDUL\D 6 6ZD LBRDFH ER &RQW  
5DQGRPLJHG 6WXG\ RQ WKH ,PSDFW RI 'LHWDU\ 6  
6XSSOHPHQWDWLRQ RQ %RG\ ODVV ,QGH[ LQ 2YHUZHLJKW  
:HLJKW /RVV 7KHU GRL

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remains diet and exercise, but doctors are increasingly depending on either invasive surgery or drugs which have a myriad of side-effects [36] and often result in a relapse of weight-gain. Multiple studies have shown that both treatments may not result in long-term improved BMI and weight loss for a significant number of patients [37]. The use of functional foods to decrease BMI has seen increased research attention [38] and specific modes of action for these foods have focused on insulin regulation [39], gut microbiota rebalance [40] and modulating the metabolic syndrome [41]. One aspect of our results shows that after 8 weeks of daily, supplemental-dose administration of salmon protein hydrolysate powder in overweight subjects, it may be concluded that salmon protein hydrolysate significantly lowered BMI in overweight subjects. Our results further showed that metabolism related, circulatory biomarkers - bile acid, adiponectin, Pr-LPL Mass and Interleukin-6 - showed positive improvements, indicating that

