

عنوان مقاله:

HN-1530087_Effects of Pro-/Synbiotic Supplementation on Anthropometric and Metabolic Indices in Overweight or Obese Children and Adolescents: A Systematic Review and Meta-Analysis

محل انتشار:

سومین همایش بین المللی تغذیه بالینی ایران (سال: 1398)

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خلاصه مقاله:

Introduction: Existing evidence on the possible effects of pro-/synbiotics on overweight or obese children and adolescents has not been fully established. Therefore, the present review was undertaken to evaluate the overall effects of pro-/synbiotics supplementation on anthropometric indices and metabolic indices in overweight or obese children and adolescents. **Methods:** A systematic computerized literature search of PubMed, Scopus, ISI Web of science and Google Scholar databases was conducted up to November 2018. All RCTs using pro-/synbiotics supplements in overweight or obese children and adolescents included in this systematic review and meta-analysis. **Results:** Overall 9 randomized trials including 410 subjects were identified for the present meta-analysis. Pooled analysis did not illustrate any significant changes in BMI z-score, waist circumference, weight, body fat, fasting blood sugar and lipid profiles (triglyceride, total cholesterol, high-density lipoprotein cholesterol, and lowdensity lipoprotein cholesterol) after supplementation with pro-/synbiotics for 4–16 weeks. However, subgroup analysis by intervention type revealed a significant reduction of BMI z-score in synbiotic subgroups. **Conclusion:** Based on our findings, modulation of gut microbiota composition through pro-/ synbiotic supplements did not have favorable effects to manage overweight or obese children and adolescents. Further largescale studies are warranted to confirm present findings.

کلمات کلیدی:

Synbiotic, Probiotic, Obesity, Children, Meta-analysis

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