



Human and animal studies have shown that the gut microbiome plays an important role in modulating insulin sensitivity and, in animals, body weight. Antibiotics may impair blood glucose control and potentially lead to weight gain. This study tested whether a next-generation synbiotic supplement, combining probiotics and prebiotics, could counteract these effects. Participants took the supplement or placebo for 12 weeks after a 3-day antibiotic intervention. Body weight and blood markers were measured. Results showed the synbiotic did not improve blood markers and was associated with a slight weight gain. Future studies will explore influence of baseline sex.

