A randomised crossover study investigating the effects of galacto-oligosaccharides on the faecal microbiota in men and women over 50 years of age

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Abstract
Faecal microbial changes associated with ageing include reduced bifidobacteria numbers. These changes coincide with an increased risk of disease development. Prebiotics have been observed to increase bifidobacteria numbers within humans. The present study aimed to determine if prebiotic galacto-oligosaccharides (GOS) could benefit a population of men and women of 50 years and above, through modulation of faecal microbiota, fermentation characteristics and faecal water genotoxicity. A total of thirty-seven volunteers completed this randomised, double-blind, placebo-controlled crossover trial. The treatments – juice containing 4 g GOS and placebo – were consumed twice daily for 3 weeks, preceded by 3-week washout periods. To study the effect of GOS on different large bowel regions, three-stage continuous culture systems were conducted in parallel using faecal inocula from three volunteers. Faecal samples were microbially enumerated by quantitative PCR.

In vivo, following GOS intervention, bifidobacteria were significantly more compared to post-placebo (P=0.02). Accordingly, GOS supplementation had a bifidogenic effect in all in vitro system vessels. Furthermore, in vessel 1 (similar to the proximal colon), GOS fermentation led to more lactobacilli and increased butyrate. No changes in faecal water genotoxicity were observed. To conclude, GOS supplementation significantly increased bifidobacteria numbers in vivo and in vitro. Increased butyrate production and elevated bifidobacteria numbers may constitute beneficial modulation of the gut microbiota in a maturing population.

Key words: Prebiotics: Bifidobacteria: Galacto-oligosaccharides: Intestine: Microbiotica: Age: Faecal water

The colonic microbiota ferment endogenous and undigested dietary sources of carbohydrates and proteins. In the proximal regions (caecum and ascending colon) carbohydrates are readily digested, more distally carbohydrates are in short supply and protein fermentation predominates1,2. Protein fermentation is associated with negative end products such as ammonia, amines, phenols and indoles2. Such compounds are undesirable due to their potentially toxic nature3. Ammonia, for example, has cytopathic cellular effects4, through increasing cellular turnover and increasing vulnerability to DNA damage5.

Studies of the microbiota of populations over 60 years of age have frequently indicated an altered bacterial composition towards that of a more proteolytic one6,7. The faecal flora changes have been observed to differ between populations within different countries8. Lower levels of Clostridium cluster XIVa and Faecalibacterium prausnitzii, which are known butyrate producers, have been observed in older volunteers8,9. The use of traditional culturing has indicated reduced bifidobacteria numbers and diversity in ageing groups10,11. In more recent studies, with the use of molecular characterisation techniques, Zwielehner et al12 showed reduced bifidobacterial diversity in a cohort of people aged 78–94 years. A study on an Italian population of adults, elderly and centenarians found only the centenarians to have significantly lower bifidobacteria13; however, Italian populations have previously been observed to have higher levels of bifidobacteria than other populations9. A study by Rajilic-Stajonovic did not observe differences in bifidobacteria numbers in the microbiota of young adults and the elderly9; however, the younger group was from five different European countries14, which is likely to make an impact on the microbiota9. Furthermore, different DNA extraction techniques were used for the two groups. Makivuokko observed low levels of bifidobacteria in all volunteers when characterising the microbiota of young adults and the elderly. The authors

Abbreviations: CFU, colony-forming units; GOS, galacto-oligosaccharides.

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attributed these low levels to a mismatch in the bifidobacteria primers used\(^7\). The elderly microbiota does appear to show temporal stability\(^13\); however, the *Actinobacteria* group, which encompasses *Bifidobacterium* spp., has been observed to be temporally unstable\(^9\). Therefore, microbiota in the elderly and young adults have been observed to show alterations that coincide with dietary changes including increased protein intake\(^16\) and activity changes such as reduced exercise levels\(^17,18\). These microbial and fermentation changes and instability may have a role to play in some of the health changes that occur while ageing, as they reportedly often coincide with increased susceptibility to gastrointestinal infection\(^19\), immune function and chronic diseases such as colon cancer\(^16\).

A prebiotic is 'a selectively fermented ingredient that results in specific changes, in the composition and/or activity of the gastrointestinal microbiota, thus conferring benefit(s) upon host health'\(^20\). Galacto-oligosaccharides (GOS) are prebiotics that have been shown in human feeding studies to selectively stimulate the growth of bifidobacteria\(^21–23\) and lactobacilli\(^24,25\). Indeed, human studies on infants have shown GOS to offer benefits in terms of stool consistency, while increasing bifidobacterial numbers\(^27\); in adults, GOS have also been seen to alleviate symptoms of irritable bowel syndrome\(^21\).

The aim of the present study was to evaluate whether GOS lead to a beneficial shift in the faecal microbiota in a population of men and women over 50 years of age, while beneficially affecting fermentation characteristics. This was assessed *in vitro* and *in vivo*.

**Experimental methods**

A total of thirty-nine volunteers aged 50–81 years (58·9 (sd 5·9) years), with a BMI of 19·7–38·4 kg/m\(^2\) (26·05 (sd 3·63) kg/m\(^2\)), were recruited for the study. None of their first-degree relatives had bowel cancer while under 50 years of age. Volunteers were recruited for the study. None of their first-degree relatives had bowel cancer while under 50 years of age. Volunteers were randomly assigned to one of two groups; one starting with the placebo juice preparation, the other with the GOS-containing juice. Volunteers were provided with plastic containers in which to collect faecal samples and to complete detailed food diaries during any 3 consecutive study days. These diaries were analysed using Foodbase 3.1 (Institute of Brain Chemistry and Human Nutrition, University of North London, London, UK). Daily diaries with general questions concerning bowel habit and mood were also given to volunteers to complete.

Volunteers were asked to maintain a normal diet throughout the study and to complete detailed food diaries during any 3 consecutive study days. These diaries were analysed using Foodbase 3.1 (Institute of Brain Chemistry and Human Nutrition, University of North London, London, UK). Daily diaries with general questions concerning bowel habit and mood were also given to volunteers to complete.

**Collection of faecal samples**

Volunteers were provided with plastic containers in which to provide a fresh faecal sample on site at the Department of Food and Nutritional Sciences. Samples were placed into an anaerobic cabinet (H\(_2\):CO\(_2\):N\(_2\), 10:10:80 by volume at 37°C) and processed within 30 min of voiding. In the event that a volunteer was unable to provide a sample, a further day's supplement was issued and the volunteer returned a day later.

**Faecal water isolation**

A 50 % (w/v) faecal slurry in ice-cold PBS (0·1 mol/l, pH 7) was homogenised for 3 min. The slurry was immediately frozen at −70°C where it was stored for up to 2 weeks. The sample was ultra-centrifuged at 65 000

\(g\) for 2 h at 4°C. The remaining supernatant was filtered initially through a 0·2 µm PVDF filter (Whatman, Kent, UK). Samples were stored at −70°C until commencement of the comet assay.

**Bacteriology**

A 10 % (w/v) faecal slurry in anaerobic PBS (0·1 mol/l, pH 7) was made for assessment of bacteriology. The slurry was homogenised for 2 min. Faecal slurry (1 ml) was centrifuged for 5 min at 13 400

\(g\). The pellet was frozen and used for DNA extraction, for quantitative PCR analysis. For fluorescence *in situ* hybridisation, the samples were processed...
Bacterial DNA extraction

Bacterial DNA was isolated from the frozen pellet using a Qiagen (West Sussex, UK) stool kit according to the manufacturer's instructions. Initially, the pellet was incubated at 37°C for 40 min in enzyme solution (3 mg lysozyme, 100 units mutanolysin in 100 μl Tris–EDTA buffer (10 mM-Tris, 1 mM-EDTA)) to aid breakdown of the cell walls. Then, the solution was mixed with 1·4 ml stool lysis buffer and the Qiagen protocol followed.

Quantitative PCR

The quantitative PCR was conducted from an adapted method of Ritalahiti et al. Briefly, 5 μl of DNA samples/standards were applied to each well. To this, 20 μl mastermix solution (Applied Biosystems, Foster City, CA, USA) including relevant primer sets and probes with 6-carboxyfluorescein (6-FAM) as a reporter fluorophore on the 5' end, with dihydrocyclopyrrolindo tripeptide minor groove binder quencher on the 3' end (Table 1). For total bacteria, SYBR Green mix was used. The plate was covered with an optical adhesive cover (Applied Biosystems) and placed into the AB 7700 sequence detector (Applied Biosystems), which was used in conjunction with Sequence Detector System software (Applied Biosystems). Temperatures used for starting, denaturing, annealing and final temperatures were 50°C, 95°C, 60°C and 50°C, respectively. However, total bacteria had an annealing temperature of 58°C and lactobacilli an annealing temperature of 64°C. The denaturing and annealing sequence was repeated forty times. Primers used in the present study were designed by Nauta et al. (31,32), based on the 16s ribosomal RNA sequences derived from the ribosomal project database.

Faecal water genotoxicity

The single-cell gel electrophoresis assay was conducted on the baseline faecal water sample for all volunteers. The five volunteers whose baseline samples caused the most DNA damage to the HT29 cells were investigated for the remaining time points. Briefly, HT29 cells were harvested at a concentration of 2·5 × 10^7 cells/l. From this, 350 μl of cell suspension were mixed with 150 μl faecal water (i.e. 50% as determined by calibration) or with controls. PBS solution was used as a negative control and H2O2 (75 μmol/l) as the positive damaging control. The comet assay was conducted according to the in vitro method of Gill et al. Within 48 h of completion of the assay, the cells were viewed using an epi-fluorescence microscope (Nikon epifluorescence; Nikon, Surrey, UK) at 400 × magnification and 100 cells scored for DNA intensity in head and tail area using Komet 5 software.
Galacto-oligosaccharides in the over-fifties

(Andor Technologies, Nottingham, UK). Results are expressed in terms of tail DNA intensity, which is the percentage of DNA that is able to migrate outside the general cell mass. The more the migration occurs, the greater the DNA tail intensity and the greater the DNA damage.

**Three-stage continuous culture fermentation**

A second baseline sample of freshly voided faeces from three randomly selected volunteers was taken and used in three parallel three-stage continuous culture systems (adapted from Macfarlane & Gibson (34)). The samples were diluted to a concentration of 20% (w/v) in pre-reduced 0·1 mmol/l, pH 7·4, PBS solution, homogenised for 3 min, and then 100 ml of this faecal slurry added to each of three vessels of the three in vitro systems. The vessels were held at operating volumes of 280, 300 and 300 ml and pH values of 5·5, 6·2 and 6·8, respectively, representing the proximal, transverse and distal regions of the colon in terms of pH, transit time and nutrient availability. Anaerobic conditions were established by the pumping of oxygen-free nitrogen gas (15 ml/min) through each vessel of the continuous culture system. The bacteria were allowed to establish in each of the vessels for 24 h before the medium feed pump was started.

The medium used was as described by Macfarlane & Gibson (34). Continuous culture systems were conducted at a retention time of 36 h. Samples were taken from the models after 13 d, and SCFA profiles monitored; steady state was determined through stabilising of the SCFA and branched chain fatty acid concentrations over 3 consecutive days. Steady state was reached following a minimum of ten turnovers (15 d) and the model was dosed with 4 g GOS, twice daily.

**SCFA analysis**

SCFA profiles were determined by GC as done previously by Pereira & Gibson (35). Results are reported as means with standard deviations. Statistically significant differences were assessed by paired-sample t tests to compare the outcomes following consumption of the treatment and placebo preparations. Additionally, a general linear model was performed on the human subjects trial bacteriology data, using a post hoc Tukey test to determine changes following consumption of the placebo and treatment preparations.

For assessing the influence of different factors, such as carbohydrate intake or BMI, volunteers were grouped accordingly, and the groups were split based on their medians. On these smaller groups, a paired t test was conducted to assess the significance of changes post-placebo to post-treatment. When using these smaller groups (n 19), it was determined that at a significance level of 5% (two-sided), a log change of 0·44 bacterial numbers could be detected, at a power of 90%.

Results are reported as means with standard deviations. When the P-value was <0·05, results were considered to be statistically significant. Minitab 14 (Lead Technologies Inc., Charlotte, NC, USA) was used for the statistical analysis.

**Results**

A dosage of 4 g GOS twice daily was very well tolerated, as there were no significant differences in stool consistency, genotoxicity or SCFA data were analysed using paired-sample t tests to compare the outcomes following consumption of the treatment and placebo preparations.

### Table 2. Changes in faecal bacteriology in volunteers over 50 years undergoing 3-week placebo and 3-week galacto-oligosaccharides (GOS) intervention (4 g twice daily)*

<table>
<thead>
<tr>
<th></th>
<th>Placebo treatment</th>
<th>GOS treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Pre-placebo</td>
<td>Post-placebo</td>
</tr>
<tr>
<td></td>
<td>Mean (SD)</td>
<td>Mean (SD)</td>
</tr>
<tr>
<td>Log10 CFU/g faeces</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total bacteria</td>
<td>11·70 (0·30)</td>
<td>11·80 (0·27)</td>
</tr>
<tr>
<td>Bifidobacterium</td>
<td>8·87 (0·95)</td>
<td>8·82 (0·83)</td>
</tr>
<tr>
<td>Lactobacillus</td>
<td>5·89 (0·70)</td>
<td>5·89 (0·70)</td>
</tr>
<tr>
<td>Escherichia coli</td>
<td>6·51 (1·35)</td>
<td>6·51 (1·35)</td>
</tr>
<tr>
<td>Bacteroides</td>
<td>10·20 (0·51)</td>
<td>10·30 (0·51)</td>
</tr>
<tr>
<td>Eubacterium rectales</td>
<td>9·55 (1·06)</td>
<td></td>
</tr>
<tr>
<td>Clostridium histolyticum group</td>
<td>5·59 (1·48)</td>
<td>5·47 (1·55)</td>
</tr>
</tbody>
</table>

CFU, colony-forming units.

*Mean values with unlike superscript letters within a row were significantly different for each treatment (P<0·05).

* Analysed by one-way ANOVA with Tukey’s post hoc test.
intestinal bloating, abdominal discomfort, flatulence severity and frequency during GOS and control treatments (data not shown). Markers of mood remained the same throughout the study. A decline was seen before the treatment period coincided with GOS treatment; however, with volunteers A, C and E, it did. A decline was seen before the treatment period.
D remained high throughout. The genotoxicity results showed no significant changes.

**Multiple-stage continuous culture systems**

Following GOS intervention within the continuous culture systems (Table 5), significant increases in bifidobacteria were identified in the three vessels ($P = 0.033; 0.033; 0.004$, respectively, $t$ test). In vessel 1, *Lactobacillus* significantly increased following the addition of GOS to the system ($P = 0.001$). Within vessel 2, the number of *Escherichia coli* significantly declined ($P = 0.026$).

There was significantly more butyrate in all three vessels of the continuous culture system following dosing with GOS (Table 6). In vessel 3, significant reductions in propionate ($P = 0.008$) and in the branched chain fatty acid iso-valerate ($P = 0.008$) were observed following GOS dosing.

**Discussion**

Intervention with prebiotics and synbiotics in a maturing population has previously been observed to offer potential benefits\(^{(22,37–39)}\). The present study used *in vitro* models alongside a prebiotic intervention human subjects trial. This study has utilised modern molecular techniques for microbial enumeration\(^{(40)}\), to provide a more quantifiably accurate approach to plating\(^{(41)}\).

A significant bifidogenic effect was observed following consumption of 4 g GOS twice daily, for this cohort of men and women over 50 years of age. Moreover, the increase was highest in subjects with the lowest basal levels of bifidobacteria, which corresponds well with previous studies\(^{(21–24)}\). A difference of $0.5 \log$ was observed between the placebo and the prebiotic; such a change is considered a major shift in the gut microbiota towards a potentially healthier composition\(^{(42)}\).

Unexpectedly, the bifidobacteria increase in the faecal microbiota of men was not significant ($P = 0.31$); however, a $0.3 \log_{10} \text{CFU/g}$ increase was observed.

The placebo product contained about 4 g less simple sugars, as compared to the GOS juice preparation/250 ml. This, however, is unlikely to make an impact on the results of the present study, as these sugars are likely to be digested in the upper gastrointestinal tract.

The lower-than-guideline daily amounts intake of energy and carbohydrate of the volunteers could be a reflection of inaccurate recording, or dietary modification over the days of diary entries. Volunteers were asked to maintain their normal diets throughout the study and to keep the diary recordings over 3 consecutive days, as this could help combat dietary alterations (as an individual is less likely to modify their diet for 3 consecutive days). There was a higher-than-guideline daily amounts intake of protein. A high protein intake is generally associated with a negative impact on the gut microbiota\(^{(3,43)}\).

It has previously been observed that increased carbohydrate consumption leads to more carbohydrate reaching the colon\(^{(44)}\). In the present study, those consuming more carbohydrate were also consuming more fibre ($P = 0.015$; $n = 19$, $P = 0.033$; $n = 19$, $P = 0.004$; $n = 19$).

### Table 5. Bacterial populations as determined by quantitative PCR and fluorescence in situ hybridisation in *in vitro* continuous culture systems using galacto-oligosaccharides (GOS) as a substrate at 4 g twice daily (Mean values and standard deviations, $n = 3$ from three continuous culture systems; three different baseline volunteer faecal samples provided the bacterial inoculum)

<table>
<thead>
<tr>
<th>Vessel</th>
<th>Steady state 1†</th>
<th>Steady state 2‡</th>
<th>Mean</th>
<th>SD</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Log$_{10}$ CFU/g in vessel</td>
<td>Log$_{10}$ CFU/g in vessel</td>
<td>Log$_{10}$ CFU/g in vessel</td>
<td>Log$_{10}$ CFU/g in vessel</td>
</tr>
<tr>
<td></td>
<td>Total bacteria</td>
<td>Bifidobacterium</td>
<td><em>Lactobacillus</em></td>
<td><em>Escherichia coli</em></td>
</tr>
<tr>
<td>1</td>
<td>10.67 0.06</td>
<td>7.37 0.69</td>
<td>6.32 0.04</td>
<td>5.68 0.08</td>
</tr>
<tr>
<td>2</td>
<td>10.40 0.27</td>
<td>8.46 0.76</td>
<td>7.35 0.06</td>
<td>6.78 0.09</td>
</tr>
<tr>
<td>3</td>
<td>10.33 0.24</td>
<td>8.00 0.96</td>
<td>6.39 0.03</td>
<td>5.78 0.05</td>
</tr>
</tbody>
</table>

\(^{†}\) Steady state before treatment.

\(^{‡}\) Steady state following GOS treatment.

\(\ast\) Mean values were significantly different from steady state 1 (pre-treatment; $P < 0.05$).

\(\#\) Mean values were significantly different from steady state 2 (post-treatment; $P < 0.05$).

\(\text{CFU}, \text{ colony-forming units.}\)

\(\text{Log}^{10} \text{CFU/g}, \text{ log}_{10} \text{ colony-forming units per gram.}\)
twelve females and seven males). The bifidogenic effect in those eating <200 g of carbohydrate daily, while not in those eating more, was therefore possibly a consequence of greater carbohydrate yields reaching the colon in the latter group. Previous studies on overweight and obese individuals have shown a reduced intake of carbohydrate to be accompanied by a decrease in bifidobacterial numbers45,46. Lower bifidobacteria levels were not observed in the present study; however, it seems plausible that carbohydrate persisting within; and subsequently exerted a greater impact has had a greater impact on the nature of fermentation as in those consuming less. 

It was observed that a significant bifidogenic effect occurred with greater protein consumption (>70 g/d; P = 0.026), while the effect was not significant when less protein was consumed. Therefore, it is likely that more protein was reaching the distal colonic regions of these individuals48, and was available for fermentation by proteolytic organisms. An increase in carbohydrate through prebiotic intake may therefore have had a greater impact on the nature of fermentation occurring within; and subsequently exerted a greater impact on the gut microbiota. As GOS acts in a selective way, these effects may be particularly on beneficial groups such as bifidobacteria. It therefore seems that GOS consumption led to an altered fermentation profile, particularly when higher protein bacteria. It therefore seems that GOS consumption led to an altered fermentation profile, particularly when higher protein 

<table>
<thead>
<tr>
<th>Vessel 1</th>
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<th>Vessel 3</th>
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<td><strong>Steady state 1†</strong></td>
<td><strong>Steady state 2‡</strong></td>
<td><strong>Steady state 1†</strong></td>
</tr>
<tr>
<td><strong>Mean</strong></td>
<td><strong>Mean</strong></td>
<td><strong>Mean</strong></td>
</tr>
<tr>
<td><strong>SD</strong></td>
<td><strong>SD</strong></td>
<td><strong>Mean</strong></td>
</tr>
<tr>
<td>Acetate (mmol/l)</td>
<td>32.9</td>
<td>4.4</td>
</tr>
<tr>
<td>Propionate (mmol/l)</td>
<td>20.7</td>
<td>2.7</td>
</tr>
<tr>
<td>Butyrate (mmol/l)</td>
<td>3.2</td>
<td>2.3</td>
</tr>
<tr>
<td>Iso-valerate (mmol/l)</td>
<td>26.6</td>
<td>3.0</td>
</tr>
<tr>
<td>Valerate (mmol/l)</td>
<td>4.5</td>
<td>2.2</td>
</tr>
<tr>
<td>Caproate (mmol/l)</td>
<td>3.6</td>
<td>3.9</td>
</tr>
</tbody>
</table>

* Mean values were significantly different from steady state 1 (pre-treatment; P<0.05).
† Steady state before treatment.
‡ Steady state following GOS treatment.

as to whether a higher dose is required for those of a greater BMI may be of benefit.

Faecal water genotoxicity provides information on the carcinogenic potential within the distal colonic content50,51. This provides an indication of how diet may affect carcinogenesis risk52. Cigarette smokers were not monitored throughout the study due to differences in the way they may respond to treatments53. The faecal water data were inconclusive, as no significant changes were determined; this may be partially due to the variability of genotoxicity results obtained, and it seems likely that other lifestyle factors could be responsible for such changes53. Indeed, the work of Pearson et al52 has shown that many studies indicate such variations. The present study allowed volunteers to continue their normal dietary and alcohol habits, although such levels of faecal water variation have also been observed in volunteers with controlled diets54. Further work on a greater number of individuals with higher baseline genotoxicity levels may better enable changes to be determined.

The use of an in vitro model provides a tool for looking at potential changes in other colonic areas, where bacterial growth at different pH, transit times and nutrient availability can be assessed. SCFA, which would normally be absorbed, can also be assessed, thus giving more of an indication of the effects of dietary intervention on SCFA levels. The in vitro data show significant bifidogenic effects in all three vessels of the continuous culture system, re-emphasising the ability of GOS to stimulate this potentially beneficial group of bacteria. The increase of lactobacilli observed in vessel 1 of the model is a potentially positive change, as this group is largely associated with positive health outcomes. Enhanced lactobacilli numbers following GOS consumption have previously been observed in adult volunteers55,20. The group E. coli includes some opportunistic pathogens, and subsequently the decrease in this bacterial group in vessel 2 is also considered to be potentially positive. A decrease in E. coli in the presence of prebiotics has also been observed by Sharp et al55; such changes could be potentially caused by the inhibitory properties of bifidobacteria56.
A significant increase in the amount of butyrate in all three vessels of the continuous culture system provides further evidence of persistence. Bifidobacteria do not produce butyrate; however, Belenguer et al. observed that certain known butyrate producers (Eubacterium hallii and Anaerostipes caccae) utilise lactate from Bifidobacterium adolescentis during butyrate production, indicating the existence of a cross-feeding pathway. In addition, this observed butyrate stimulation could potentially result from an increase in acetate production, as acetate is utilised by some key butyrate-producing bacteria, such as F. prausnitzii and Roseburia spp.

Butyrate is the preferred energy source for colonocytes and is central to anti-cancer activities and inducing of apoptosis in damaged cells. Similar increased concentrations of butyrate has been seen to lead to enhanced activities of butyrate as an inhibitor of histone deacetylation, hence assisting the regulation of the cell-cycle event. Therefore, such an increase is potentially beneficial to the host.

Branched chain fatty acids are indicative of protein fermentation, and thus their decline indicates that less proteolysis is occurring. Overall, it could be seen that the SCFA concentrations increased following GOS treatment, and that branched chain fatty acid concentrations decreased; thus a more saccarolytic environment was achieved. Therefore it seems, in vitro, GOS caused a distal shift in fermentation, to an environment considered more beneficial to the host.

Overall, the combined in vitro and in vivo results of the present study show bifidogenic and saccharolytic effects and the potential to act within more distal regions of the gastrointestinal tract. This indicates that GOS can be used as a selective ingredient to beneficially affect gut bacterial composition and to reduce the risk factors associated with shifts in the colonic microbiota and fermentation resultant of ageing. Consequently, GOS could promote well-being in a more mature population.

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