

学位論文発表会

“Nutritional study on the influence of dietary vitamin B₆ on colon luminal environment and heart”

(食餌ビタミン B6 の腸内環境、及び心臓に及ぼす影響に関する栄養学的研究)

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B₆ has been shown to be involved in the regulation of the gut microbiome and the heart. The present study investigated the effect of dietary B₆ on the gut luminal environment and the heart. The study found that dietary B₆ significantly increased the abundance of beneficial bacteria, such as Lactobacillus, and decreased the abundance of harmful bacteria, such as Clostridium. Additionally, dietary B₆ was found to improve heart function and reduce the risk of cardiovascular disease. The study also found that dietary B₆ was associated with lower levels of homocysteine, a risk factor for heart disease. The study concludes that dietary B₆ may have beneficial effects on the gut microbiome and the heart, and that increasing dietary B₆ intake may be a potential strategy for improving gut health and reducing the risk of cardiovascular disease.