Claims

What is claimed is:

1. An edible composition for reducing a digestive or absorptive rate and ratio of a food or drink, comprising an insoluble dietary fiber and a prebiotic and liquid-absorbable gel wherein the insoluble dietary fiber is encapsulated in the liquid-absorbable prebiotic gel, wherein the insoluble dietary fiber is cellulose, and wherein the prebiotic and liquid-absorbable gel is karaya gum.

2. The composition of Claim 1, wherein the insoluble dietary fiber in the edible composition is in a weight ratio ranging from about 15% to about 85%.

3. The composition of Claim 1, wherein the prebiotic gel in the edible composition is in a weight ratio ranging from about 85% to about 15%.

4. The composition of Claim 1, which is in a form of porous particle or granule.

5. The composition of Claim 1, which is used as food, medical food or food supplement.

6. The composition of Claim 1, which is used to absorb an aqueous medium containing harmful/toxic substances to prevent the harmful/toxic substances existed therein from intake by a subject.

7. The composition of Claim 6, wherein the harmful/toxic substance is sugar, alcohol, acid, caffeine, base or heavy metal.

8. The composition of Claim 6, wherein the aqueous medium is body fluid, alcoholic beverage, beer, coffee or coke.

9. The composition of Claim 1, which is used to absorb alcohol to avoid getting drunk.

10. The composition of Claim 1, which is dehydrated, dried, freezing-dried or granulated.

11. Use of the composition of any one of Claims 1 to 10 in the manufacture of a medicament for reducing a digestive or absorptive rate and ratio of a food or drink.

12. Use of the composition of the composition of any one of Claims 1 to 10 in the manufacture of a preparation for preventing a subject from getting drunk.

13. Use of the composition of the composition of any one of Claims 1 to 10 in the manufacture of a preparation for reducing weight.