

**AN EDIBLE COMPOSITION FOR REDUCING THE DIGESTION OR
ABSORPTION OF THE HARMFUL/TOXIC SUBSTANCE**

Abstract of the Disclosure

5 The invention relates to compositions and methods for adjusting digestive or absorptive rates and ratio of foods or drinks or reducing a digestive solution. Particularly, the invention provides a composition comprising an insoluble dietary fiber and a prebiotic gel and its application in reducing digestive or absorptive rates and ratio of foods or drinks.

10 [No drawing]