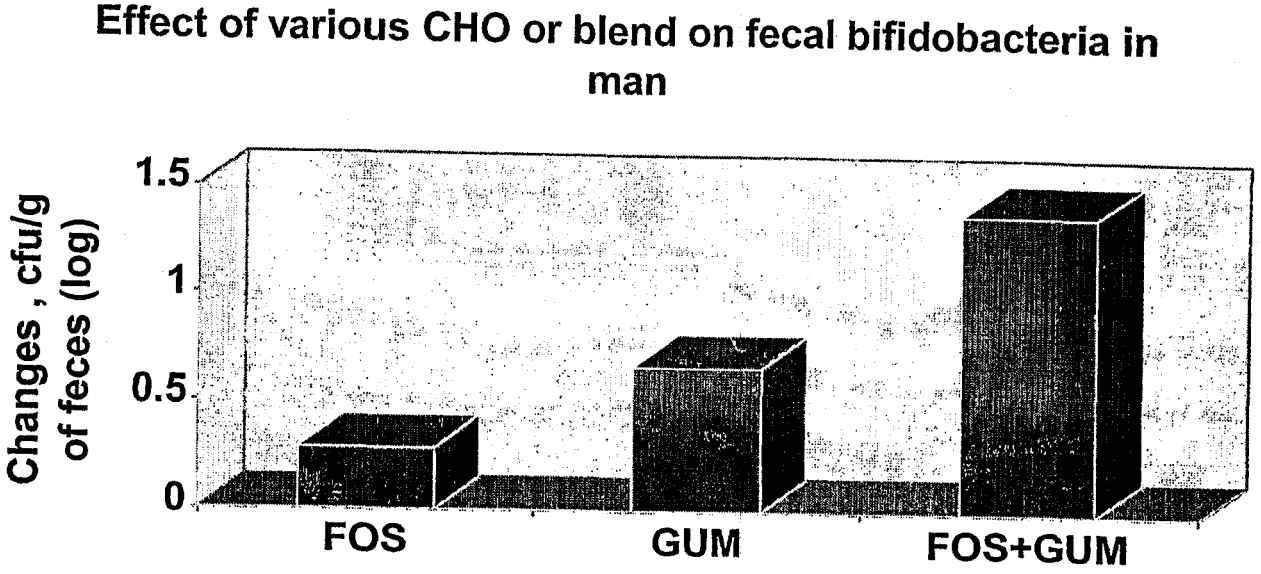
Figure 1


Effect of various CHO or blend on fecal bifidobacteria in man
Changes , cfu/g of feces (log)
1.5
1
0.5
0
FOS
GUM
FOS+GUM