

## COMPOSITION FOR PROMOTING GLUCOLIPID METABOLISM, AND PREPARATION AND APPLICATION THEREOF

### **ABSTRACT**

The present invention provides a composition for promoting glucolipid metabolism, and a preparation and an application thereof, and relates to the technical field of probiotics. The composition of the present invention includes probiotics and inulin; the probiotics include *Bifidobacterium longum*, *Bifidobacterium breve*, *Lactobacillus gasseri*, *Lactobacillus rhamnosus*, *Lactobacillus salivarius*, *Lactobacillus cripatus*, *Lactobacillus plantarum*, *Lactobacillus fermentum*, and *Lactobacillus casei*. In the composition of the present invention, the nine strains synergize with each other, which function as a regulator of glucolipid metabolism, improve sensitivity to insulin receptor in the body, and relieve insulin resistance when reconstituted with inulin. The composition has some effects on improving serum total cholesterol and triglyceride, islet  $\beta$ -cell function, and type 2 diabetes mellitus.

Figure 1 accompanies abstract