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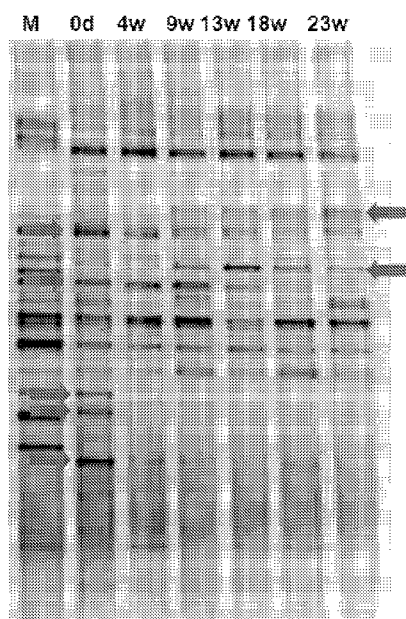


FIGURE 1

(57) Abstract: A composition includes a first composition, a second composition and a third composition. The first composition comprises edible ingredients from fruit, seeds, or other parts of plants; the second composition comprises bitter melon, a first oligosaccharides, a first fermentable dietary fiber, or a combination thereof; and the third composition comprises a second oligosaccharides and a second fermentable dietary fiber. The composition is used for targeting and restoring structural balance of gut microbiota and relieving chronic inflammation.