



## Value addition through Postbiotics & Dietary fibers

Mr Akshay Telang, Manager - Regulatory, ADM Agro Industries India Pvt. Ltd.

Mr Akshay highlighted on the growing importance of gut health in overall wellbeing and explored the role of postbiotics and dietary fibers in supporting health through functional food applications.

He explained that postbiotics, defined as inanimate microorganisms or their components that provide health benefits, offer advantages such as improved safety, stability, ease of processing, and broader application potential compared to live probiotics. He spoke about multiple human intervention studies showing benefits of heat-treated postbiotics in improving IBS symptoms, allergic rhinitis, gut microbiota balance, cholesterol levels, and metabolic markers. And also discussed the regulatory rationale for faster acceptance of postbiotics due to their similarity to existing probiotic preparations.

In addition, his talk highlighted the significant health benefits of dietary fibers, including support for metabolic, cardiovascular, digestive, immune, and gut health, while also speaking about their technological advantages in food and beverage formulations such as sugar reduction, improved mouthfeel, flavor masking, and formulation stability.