

1 **Pepsin egg white hydrolysate modulates gut microbiota in Zucker obese rats**

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12 **Abstract**

13 There is limited information that relates the intake of food-derived bioactive peptides  
14 and the gut microbiota. We have previously described a pepsin hydrolysate of egg white  
15 (EWH) that ameliorates fat accumulation and dyslipidemia, while reducing oxidative  
16 stress and inflammation markers in obese Zucker rats. The aim of this study was to  
17 associate the beneficial effects of EWH with gut microbiota changes in these animals.  
18 Obese Zucker rats received daily 750 mg/kg EWH in drinking water for 12 weeks and  
19 faeces were analysed for microbial composition and metabolic compounds in  
20 comparison with Zucker lean rats and obese controls. EWH supplementation modulated  
21 the microbiological characteristics of the obese rats to values similar to those of the lean  
22 rats. Specifically, counts of total bacteria, *Lactobacillus/Enterococcus*, and *Clostridium*  
23 *leptum*, ~~*Bifidobacterium* and *Blautia coccoides/Eubacterium rectale*~~ in EWH fed obese  
24 Zucker rats were more similar to the lean rats than to the obese controls. Besides,  
25 feeding the obese Zucker rats with EWH reduced ( $P < 0.05$ ) the faecal concentration of  
26 lactic acid. The physiological benefits of EWH in the improvement of obesity  
27 associated complications of Zucker rats could be associated with a more lean-like gut  
28 microbiota and a tendency to diminish total short-chain fatty acids (SCFA) production  
29 and associated obesity complications. The results warrant the use of pepsin egg white  
30 hydrolysate as a bioactive food ingredient.

31 **Keywords:** Obesity; Egg white hydrolysate; Gut microbiota; Short chain fatty acids;  
32 Oxidative stress.

## 33 **1. Introduction**

34 The potential of dietary modifications using specific ingredients to control energy  
35 metabolism and/or modify body weight has been documented.<sup>1</sup> Also, dietary  
36 components are described to modulate the multiple clinical complications associated  
37 with obesity, including insulin resistance, hypertension, inflammation, oxidative stress  
38 and dyslipidemia.<sup>2</sup> Appetite suppression, lipid metabolism regulation and increase of  
39 energy expenditure are the main mechanisms by which anti-obesity effects are exerted.  
40 Dietary proteins may influence body weight by affecting four targets: satiety,  
41 thermogenesis, energy efficiency and body composition.<sup>3</sup> In particular, bioactive  
42 peptides derived from milk and marine sources have shown potential anti-obesity  
43 effects.<sup>1,4,5</sup>

44 The obese Zucker rat, which presents a mutation of the leptin receptor (*fa/fa*), has  
45 been one of the most commonly used murine models to study obesity over the past three  
46 decades.<sup>6</sup> Many of the metabolic features that characterize the obese Zucker rat when  
47 compared with Zucker lean (*fa/+*) or (+/+) phenotypes relate to energy metabolism and  
48 gut microbiota composition.<sup>7</sup> Experiments with genetically obese (homozygous for an  
49 aberrant leptin gene, *ob/ob*) rodents showed more Firmicutes and correspondingly less  
50 Bacteroidetes in their gut compared with heterozygous (*ob/+*) or lean wild-type (+/+)   
51 animals,<sup>8</sup> pointing out a potential link between the obese-phenotype and the gut  
52 microbiota. In fact, the gut microbiome ability to recover energy from the diet has been  
53 suggested to have a role in the obese host phenotype.<sup>9</sup> However, as far as we know,  
54 there are no studies that relate the intake of food-derived peptides, the amelioration of  
55 symptoms associated to obesity-related metabolic dysfunctions and the gut microbiota.  
56 Only recently Monteiro *et al.* have reported that dietary whey proteins can preserve a  
57 balanced intestinal microbiota profile in mice consuming a high-fat diet.<sup>10</sup>

58 In a previous work, we carried out an *in vitro* screening of egg white hydrolysates  
59 produced with food-grade enzymes from different sources.<sup>11</sup> The results indicated that a  
60 hydrolysate of egg white with pepsin presents potential hypocholesterolemic properties,  
61 estimated as its bile acid binding capacity, prevents oxidative damage and can ~~block the~~  
62 ~~degradation of~~inhibit dipeptidyl peptidase IV, the enzyme responsible for the  
63 degradation of the incretin hormones that stimulates glucose-dependent insulin  
64 secretion. Moreover, this hydrolysate significantly ameliorates obesity-related fat  
65 accumulation, hepatic steatosis and dyslipidemia, reducing oxidative stress and  
66 inflammation markers in obese Zucker rats.<sup>12</sup> In the present work we aimed to evaluate  
67 whether the beneficial effects of the hydrolysate of egg white with pepsin could be  
68 associated with gut microbiota changes. For this purpose, we have assessed microbial  
69 composition and metabolic compounds in the faeces of these obese rats fed with egg  
70 white pepsin hydrolysate in comparison with lean and obese controls.

## 71 2. Materials and Methods

### 72 2.1. Experimental protocol in Zucker rats

73 Twenty male 8 week-old Zucker fatty (*fa/fa*) rats, weighing 250–275 g, and ten 8 week-  
74 old male Zucker lean (+/+) rats, weighing 150–175 g, all purchased from Charles River  
75 Laboratories (Barcelona, Spain), were used in the study. The experimental design was  
76 published by Garcés-Rimón *et al.*<sup>12</sup> In brief, animals were housed in a conventional  
77 animal room in transparent cages (40 × 28 × 25 cm; n= 5 per cage) at a stable room  
78 temperature of 23 °C and 60% humidity on 12 h:12 h light:dark cycles. From the 6<sup>th</sup>  
79 week of the experimental period onwards, due to their severe overweight, the obese  
80 animals were redistributed in smaller groups (n= 2 per cage). The rats were fed *ad*  
81 *libitum* with a solid standard diet. The obese Zucker rats were randomly divided into

82 two groups of ten animals that received for 12 weeks, as drinking fluids, tap water or  
83 egg white hydrolysed with pepsin (EWH). Preparation of EWH, as well as the peptide  
84 sequences contained in the hydrolysate, have been previously described by Garcés-  
85 Rimón *et al.*<sup>11</sup> Dose of EWH was 750 mg/kg/day dissolved in tap water. The lean  
86 Zucker rats received the standard diet and tap water until the 20<sup>th</sup> week of life. At the  
87 end of the 12<sup>th</sup> week of the experimental period, the animals were placed individually in  
88 metabolic cages and faeces were collected for 16 h, weighted and frozen at -80 °C until  
89 further analyses.

90 The experiments were designed and performed in accordance with the European  
91 and Spanish legislation on care and use of experimental animals (2010/63/EU; RD  
92 53/2013), and were approved by the Ethics Committee of the University Rey Juan  
93 Carlos (Madrid, Spain).

## 94 **2.2. DNA extraction and quantitative PCR (qPCR)**

95 Faecal samples were thawed at room temperature, weighted (0.1 g) and suspended in 1  
96 mL 0.1% peptone solution with 0.85% NaCl. The homogeneous faecal suspension was  
97 centrifuged at 12000 rpm for 5 min at 4 °C. The pellets were used for DNA extraction  
98 and the supernatants were stored for short chain fatty acid (SCFA) and ammonium  
99 analyses. Bacterial DNA extraction was performed as described by Moles *et al.*<sup>13</sup>  
100 Briefly, the pellet was resuspended in an extraction buffer that contained the lytic  
101 enzymes lysozyme (20 mg/mL) and lysostaphin (5 µg/mL), followed by mechanical  
102 lysis with glass beads and extraction with phenol/chloroform/isoamyl-alcohol. The  
103 DNA was precipitated by adding isopropanol and quantified using a NanoDropH ND-  
104 1000 UV spectrophotometer.

105 The quantitative microbiological analysis of samples was carried out by qPCR  
106 using SYBR green methodology in a ViiA7 Real-Time PCR System (Life  
107 Technologies, Carlsbad, CA, USA). Primers, amplicon size, and annealing temperature  
108 for the bacterial groups analysed are listed in Table 1. The targeted bacterial groups  
109 represent the predominant Gram-positive bacteria belonging to clostridial clusters XIVa  
110 and IV (Firmicutes) and Gram-negative bacteria related to Bacteroidetes. Other groups  
111 such as lactic acid bacteria, bifidobacteria and *Akkermansia* are commonly health-  
112 related bacteria. DNA from *Escherichia coli* DH5 $\alpha$ , *Lactobacillus plantarum* IFPL935,  
113 *Bifidobacterium breve* 29M2 and *Bacteroides fragilis* DSM2151 was used for  
114 quantification of total bacteria,<sup>14</sup> *Lactobacillus/Enterococcus*,<sup>15</sup> *Bifidobacterium*<sup>16</sup> and  
115 *Bacteroides*,<sup>17</sup> respectively. For the other groups analysed,<sup>17-22</sup> samples were quantified  
116 using standards derived from targeted cloned genes using the pGEM-T cloning vector  
117 system kit (Promega, Madison, WI, USA), as described by Barroso *et al.*<sup>23</sup> The  
118 correctness of the inserts was confirmed by sequence analysis.

### 119 **2.3. Short Chain Fatty-Acid (SCFA) determination**

120 Supernatants from the faecal homogenates were filtered and 0.2  $\mu$ L were injected on a  
121 HPLC system (Jasco, Tokyo, Japan) equipped with a UV-975 detector. SCFA were  
122 separated using a Rezex ROA Organic Acids column (Phenomenex, Macclesfield, UK)  
123 following the method described by Sanz *et al.*<sup>24</sup> The mobile phase was a linear gradient  
124 of 0.005 M sulphuric acid in HPLC grade water, and flow rate was 0.6 mL/min. The  
125 elution profile was monitored at 210 nm and peak identification was carried out by  
126 comparing the retention times of target peaks with those of standards. Calibration  
127 curves of acetic, propionic, butyric, formic, succinic and lactic acids were built up in the  
128 concentration range of 1 to 100 mM.

129 **2.4. Ammonium determination**

130 Ammonium was determined directly from the supernatant fraction of faecal samples  
131 (13000 ×g, 15 min, 4 °C) using an ammonium ion selective electrode (NH500/2; WTW,  
132 Weilheim, Germany) and following the manufacturer's instructions. Results are  
133 expressed as mM using an ammonium standard solution.

134 **2.5. Statistical analysis**

135 The results are expressed as mean values ± standard error of the mean (SEM), and were  
136 analyzed by one-way analysis of variance (ANOVA), using the IBM SPSS Statistics  
137 software Version 23 (IBM-SPSS Inc., Chicago, IL, USA). Differences between the  
138 groups were assessed *post-hoc* by the Tukey test. A value of  $P < 0.05$  was fixed for the  
139 level of significance of the tests.

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141 **3. Results and discussion**

142 In this article we describe the microbiological composition of faeces and the products of  
143 microbial fermentative and proteolytic metabolism of obese and lean Zucker rats, after a  
144 12 week nutritional intervention in the obese animals with egg white hydrolysed with  
145 pepsin (EWH). No differences were observed in the appearance and consistence of  
146 faeces, although the amount of faeces excreted was higher in the obese rats regardless of  
147 the intake of hydrolysate.<sup>12</sup>

148 **3.1. Microbiological differences between obese and lean Zucker rats**

149 Faecal material was analysed for microbiota composition by qPCR, targeting the  
150 specific bacterial groups shown in Table 1. The microbiological results shown in Table

151 2 indicate that obese and lean rats differed in several microbiological parameters.  
152 Counts per g of faeces of total bacteria, *Lactobacillus/Enterococcus*, *C. leptum*,  
153 *Roseburia*, *Akkermansia* and *Ruminococcus* were significantly higher ( $P < 0.05$ ) in the  
154 obese rats than in their lean counterparts. Overall, most of the bacterial groups whose  
155 counts were comparatively higher in the obese rats belong to the phylum Firmicutes (the  
156 only exception was *Akkermansia*), whereas groups from Bacteroidetes (genus  
157 *Bacteroides*), Actinobacteria (genus *Bifidobacterium*) and Proteobacteria (family  
158 Enterobacteriaceae) showed no significant differences between obese and lean Zucker  
159 rats (Table 2). The higher Firmicutes/Bacteroidetes ratio found in the obese rats  
160 compared with their lean controls is a general trend in murine genetic obese  
161 models.<sup>8,25,26</sup> In humans, some studies have also associated obesity with a higher  
162 intestinal Firmicutes/Bacteroidetes ratio in comparison with lean individuals.<sup>27,28</sup>  
163 However, other human trials have reported no differences or opposite results in obese  
164 individuals.<sup>29-31</sup>

165 In the present work the differences found in the specific microbial groups  
166 analysed are in agreement with published data. Thus, the counts of  
167 *Lactobacillus/Enterococcus* in obese rats have been reported to outnumber those of their  
168 lean counterparts.<sup>32,33</sup> Remarkably, there were higher counts of *Akkermansia* in the  
169 obese rats than in their lean controls (Table 2) in agreement with the results of Noratto  
170 *et al.* in obese Zucker rats.<sup>34</sup> However, obesity induced in rats by a high fat diet is often  
171 inversely correlated with numbers of *Akkermansia muciniphila*,<sup>35</sup> the only currently  
172 known species within genus *Akkermansia*. This species is a usual inhabitant of the  
173 intestinal mucus layer and its decrease in dietary-induced obese rats could be related to  
174 disturbances in the mucosa barrier function caused by high fat diets.<sup>36</sup>



175 The comparison of microbial metabolism between obese and lean rats (Fig. 1 and  
176 Table 3) shows that the total of SCFA and lactate concentrations were higher ( $P < 0.05$ )  
177 in the obese rats than in their lean counterparts. A study of energy metabolism  
178 comparing obese and lean Zucker rats by Phetcharaburanin *et al.* also showed higher  
179 concentrations of faecal lactate and SCFAs in obese rats compared with lean animals.<sup>7</sup>  
180 Research on SCFA content in human faeces has also indicated a higher proportion of  
181 SCFA in overweight and obese subjects compared to lean controls.<sup>30</sup> A similar trend  
182 was observed in this work regarding microbial proteolytic metabolism (Fig. 1), with  
183 higher amount of ammonium in the faeces of the obese animals than in those of the lean  
184 rats. The genetic background of both rat groups and the fact that they were fed with the  
185 same diet point to the amount of food ingested as the keystone for the observed  
186 microbial and metabolic changes. Zucker obese rats lack the gene corresponding to  
187 leptin receptors and are affected by impaired satiety perception during feeding.  
188 Therefore, these rats are hyperphagic and have reduced energy expenditure, leading to  
189 development of pronounced obesity at an early stage in life.<sup>6</sup> Indeed, food intake was  
190 significantly higher in the obese than in the lean animals during the first 6 weeks of the  
191 study, which led to severe obesity at the end of the experimental period (547 g versus  
192 414 g in the lean animals).<sup>12</sup> The higher fermentative and proteolytic metabolism that  
193 characterised the obese animals as compared with the lean controls, together with the  
194 higher total microbial counts in faeces of the former, suggest that the different metabolic  
195 phenotypes of both types of rats could be linked to their particular microbiomes.

### 196 **3.2. Microbiological effects of pepsin egg white hydrolysate in obese Zucker rats**

197 The counts of *Lactobacillus/Enterococcus*, *C. leptum* and total bacteria of the obese rats  
198 supplemented with EWH were similar ( $P > 0.05$ ) to those of the lean rats (Table 2).

199 ~~Furthermore, rats fed with EWH showed counts of *Bifidobacterium* and *B. coecoides/E.*~~

200 ~~rectale that were closer to the lean rats than to the obese ones.~~ Besides, feeding the  
201 obese Zucker rats with EWH tended to reduce the faecal concentration of total SCFA in  
202 comparison with the control obese rats (Fig. 1; P = 0.08). Particularly, the ANOVA test  
203 indicated that the lactic acid concentration was similar in the obese rats treated with  
204 EWH and the control lean rats (Table 3). On the other hand, treatment with EWH did  
205 not reduce microbial proteolytic activity, measured as the ammonium concentration in  
206 faeces, of the obese rats (Fig. 1).

207 An association can be established between the higher counts assessed for  
208 *Lactobacillus/Enterococcus* (Table 2) and the higher concentrations of lactic acid in the  
209 faeces of the obese rats, as compared with those of the lean rats (Table 3), and the  
210 observation that both, microbial counts and metabolite concentration, tended to be  
211 reduced by the treatment with EWH. *Lactobacillus* and *Enterococcus* are genera  
212 characterized by the production of lactic acid as the principal end metabolite from  
213 carbohydrate fermentation. Moreover, an increased acetic acid production has been  
214 observed during growth of *Lactobacillus* species in non-digestible carbohydrates.<sup>37</sup>  
215 Results of physiological markers measured in these animals and published by Garcés-  
216 Rimón *et al.* showed that the levels of free fatty acids (FFA) in plasma of the obese rats  
217 were higher than those in plasma of the lean rats and of the rats treated with EWH.<sup>12</sup>  
218 This observation matches the comparatively higher level of acetic acid in the faeces of  
219 the obese rats (Table 3) and indicates a higher production and absorption of this SCFA.  
220 Acetic and propionic acids, which are 90% absorbed in the intestine, are involved in  
221 lipid metabolism and energy storage in the adipose tissue. Particularly, acetic acid is  
222 responsible for increased *de novo* lipogenesis and fat accumulation in the epididymal  
223 white adipose tissue.<sup>38</sup> In this regard, the obese rats of this study showed increased  
224 absolute and relative epididymal adipose tissue weights and a substantial liver steatosis,

225 together with dyslipidaemia (high plasma concentrations of cholesterol, triglycerides  
226 and FFA), compared with the lean rats.<sup>12</sup> The intake of EWH significantly decreased the  
227 epididymal adipose tissue, improved hepatic steatosis and reduced oxidative stress.<sup>12</sup>

228         The results of this work on microbiota composition and microbial metabolism of  
229 obese rats fed with EWH showed not only improvement of the aforementioned  
230 physiological markers but also changes in microbial parameters towards those typical of  
231 lean rats. However, the lean-like microbial composition observed after intake of EWH  
232 was not accompanied by a reduction of the final body weight of obese rats. This  
233 observation points out the overall difficulty to elucidate the potential link between  
234 specific dietary nutrients, changes in the abundance or phylogenetic composition of the  
235 gut microbiota, metabolic consequences and impact on health. It seems unlikely that  
236 EWH, supplied in the drinking water to the obese rats, reached the large intestine and was  
237 directly responsible for changes in microbiota composition and decrease of SCFA levels.  
238 In fact, while an increase of dietary protein usually results in a marked increase in total  
239 ammonia formed via bacterial deamination of amino acids in the colon, which produces  
240 the majority of ammonia in the body,<sup>39</sup> no enhanced microbial proteolytic activity was  
241 observed after administration of EWH (Fig 1). Therefore, it is more likely that the  
242 bioactive peptides contained in EWH are already absorbed in the small intestine and reach  
243 the target tissues and organs via blood system, causing improvements in physiological  
244 markers of lipid metabolism, inflammation and oxidative stress<sup>12</sup> that promoted the  
245 changes in composition and metabolism of the gut microbiota found in this work. It is  
246 known that obesity and diabetes are two disorders that have in common inflammation and  
247 oxidative stress<sup>40</sup> and are repeatedly associated to microbial dysbiosis and changes in  
248 composition and functionality of gut microbiota.<sup>41</sup> It could be hypothesized that, by virtue  
249 of their antioxidant and anti-inflammatory effects shown in this as well as in other rat

250 models of oxidative stress,<sup>12,42,43</sup> the bioactive peptides contained in EWH would have  
251 the potential to modulate gut microbiota in place of, or in addition to, any change effected  
252 by their unlikely direct microbial metabolism of the peptides. Moreover, reversion of  
253 microbial dysbiosis in obese rats by reduction of inflammation and oxidative stress would  
254 turn in favour of a reduction of microbial fermentation, SCFA production and,  
255 consequently, less energy recover and associated lipogenesis. Anti-oxidative  
256 phytochemicals, such as resveratrol and, particularly, pterostilbene have demonstrated  
257 their efficiency as antiobesity dietary supplements for obese Zucker rats<sup>44,45</sup> and  
258 oligomeric cocoa procyanidins prevent the development of obesity in high fat fed rats.<sup>46</sup>  
259 Moreover, moderate physical exercise can modulate the gut microbiota due to the  
260 promotion of antioxidant enzymes and anti-inflammatory cytokines.<sup>47</sup> The increased  
261 capacity to tolerate oxidative stress represents a sign of microbial dysbiosis in the  
262 anaerobic gut environment, since it is indicative of the presence of aerobic bacteria and/or  
263 activation of host inflammatory responses.<sup>41,48</sup>

#### 264 **4. Conclusion**

265 The current study suggests that the ingestion of a pepsin hydrolysate of egg white by  
266 Zucker obese rats has the potential to revert the microbial dysbiosis that characterizes  
267 these animals. Changes in gut microbiota were accompanied by a trend to diminish  
268 faecal SCFA levels and occurred simultaneously with a previously reported  
269 amelioration of markers of oxidative stress and inflammation.<sup>12</sup> It is likely that the  
270 hydrolysate, by virtue of its antioxidant activity and its capacity to reduce inflammation  
271 could have modulated gut microbiota towards a more balanced scenario that lowered  
272 SCFA production and associated lipogenesis, contributing to reduced fat accumulation  
273 and liver steatosis.

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## 275 **Acknowledgments**

276 The authors acknowledge funding from the Spanish Ministry for Science and  
277 Innovation (AGL2012-35814 and AGL2012-32387) and CSIC (COOPB-20099 and  
278 Intramural 201570I028). The authors thank Iván Álvarez-Rodríguez for his valuable  
279 technical assistance with HPLC and qPCR.

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383 **Legend to Figure**

384 Fig. 1. Concentration (mM) of total SCFA and ammonium in the faeces of the Zucker  
385 rats: lean, obese and obese treated with egg white hydrolysed with pepsin (EWH).

386 Different letter (a,b) indicate significant differences ( $P < 0.05$ ) between rat groups using  
387 one factor Anova analysis.

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389

Table 1. Primer sets used for quantitative PCR.

Bacterial group	Primer sequence 5'-3'	Amplicon size	Annealing temperature	Standard
<i>Bacteroides</i> <sup>17</sup>	GAAGGTCCCCACATTG CGCKACTTGGCTGGTTCAG	103	60	<i>Bacteroides fragilis</i> DSM2151
<i>Bifidobacterium</i> <sup>16</sup>	CTCCTGGAAACGGGTGG GGTGTCTTCCCGATATCTACA	593	55	<i>Bifidobacterium breve</i> 29M2
<i>Lactobacillus/Enterococcus</i> <sup>15</sup>	TGGAAACAGRTGCTAATACCG GTCCATTGTGGAAGATTCCC	192	55	<i>Lactobacillus plantarum</i> IFPL935
<i>Clostridium leptum</i> <sup>18</sup> (Cluster IV)	GCACAAGCAGTGGAGT CTTCCTCCGTTTTGTCAA	239	55	Clone
<i>Blautia coccooides/Eubacterium rectale</i> <sup>19</sup> (Cluster XIVa)	CGGTACCTGACTAAGAAGC AGTTYATTCTTGCGAACG	429	55	Clone
<i>Ruminococcus</i> <sup>17</sup> (Cluster IV)	GGCGGCYTRCTGGGCTTT CCAGGTGGATWACTTATTGTGTAA	157	60	Clone
<i>Roseburia</i> <sup>17</sup> (Cluster XIVa)	GCGGTRCGGCAAGTCTGA CCTCCGACACTCTAGTMCGAC	81	60	Clone
<i>Faecalibacterium</i> <sup>20</sup> (Cluster IV)	CCATGAATTGCCTTCAAACTGTT GAGCCTCAGCGTCAGTTGGT	141	60	Clone
<i>Akkermansia</i> <sup>21</sup>	CAGCACGTGAAGGTGGGGAC CCTTGCGGTTGGCTTCAGAT	329	58	Clone
Enterobacteriaceae <sup>22</sup>	ATGGCTGTCGTCAGCTCGT CCTACTTCTTTTGAACCCACTC	385	58	Clone
Total bacteria <sup>14</sup>	AACGCGAAGAACCTTAC CGGTGTGTACAAGACCC	489	55	<i>Escherichia coli</i> DH5α

Table 2. Mean  $\pm$  SEM of quantitative PCR counts (log copy number/g) for the different microbial groups analysed in the faeces of the Zucker rats: lean (L), obese (O) and obese treated with egg white hydrolysed with pepsin (EWH).

Bacterial group	Lean (L)	Obese (O)	Obese + EWH	P value	
				O vs. L	EWH vs. L
<i>Bacteroides</i>	7.06 <sup>a</sup> $\pm$ 0.22	7.42 <sup>a</sup> $\pm$ 0.10	7.00 <sup>a</sup> $\pm$ 0.07	0.196	0.958
<i>Bifidobacterium</i>	8.97 <sup>a</sup> $\pm$ 0.28	9.69 <sup>ab</sup> $\pm$ 0.16	9.05 <sup>ab</sup> $\pm$ 0.13	0.043	0.948
<i>Lactobacillus/Enterococcus</i>	9.00 <sup>a</sup> $\pm$ 0.32	9.97 <sup>b</sup> $\pm$ 0.15	8.89 <sup>a</sup> $\pm$ 0.08	0.007	0.910
<i>Clostridium leptum</i>	6.34 <sup>a</sup> $\pm$ 0.08	7.42 <sup>c</sup> $\pm$ 0.06	6.84 <sup>b</sup> $\pm$ 0.06	0.000	0.001
<i>B. coccoides/E. rectale</i>	6.78 <sup>a</sup> $\pm$ 0.27	7.84 <sup>a</sup> $\pm$ 0.30	7.53 <sup>a</sup> $\pm$ 0.32	0.080	0.750
<i>Ruminococcus</i>	5.84 <sup>a</sup> $\pm$ 0.16	7.01 <sup>b</sup> $\pm$ 0.26	7.12 <sup>b</sup> $\pm$ 0.13	0.003	0.001
<i>Roseburia</i>	6.99 <sup>a</sup> $\pm$ 0.17	7.97 <sup>b</sup> $\pm$ 0.23	7.98 <sup>b</sup> $\pm$ 0.10	0.002	0.001
<i>Faecalibacterium</i>	5.33 <sup>a</sup> $\pm$ 0.22	5.62 <sup>a</sup> $\pm$ 0.16	5.82 <sup>a</sup> $\pm$ 0.15	0.553	0.191
<i>Akkermansia</i>	7.15 <sup>a</sup> $\pm$ 0.35	9.65 <sup>b</sup> $\pm$ 0.20	9.16 <sup>b</sup> $\pm$ 0.27	0.000	0.000
Enterobacteriaceae	4.84 <sup>a</sup> $\pm$ 0.29	5.52 <sup>a</sup> $\pm$ 0.62	5.61 <sup>a</sup> $\pm$ 0.09	0.341	0.138
Total bacteria	9.69 <sup>a</sup> $\pm$ 0.26	10.33 <sup>b</sup> $\pm$ 0.12	9.54 <sup>a</sup> $\pm$ 0.12	0.048	0.827

Different letter (a,b,c) in the same row indicate significant differences ( $P < 0.05$ ) between rat groups using one-way Anova analysis.

Table 3. Concentration (mM; mean  $\pm$  SEM) of SCFA in the faeces of the Zucker rats: lean (L), obese (O) and obese treated with egg white hydrolysed with pepsin (EWH).

Acid	Lean (L)	Obese (O)	Obese + EWH	P value	
				O vs. L	EWH vs. L
Acetate	15.62 <sup>a</sup> $\pm$ 3.03	23.67 <sup>a</sup> $\pm$ 2.40	18.82 <sup>a</sup> $\pm$ 2.50	0.108	0.669
Propionate	3.27 <sup>a</sup> $\pm$ 1.39	6.03 <sup>a</sup> $\pm$ 1.81	3.95 <sup>a</sup> $\pm$ 1.49	0.451	0.948
Butyrate	–	0.50 <sup>a</sup> $\pm$ 0.17	0.51 <sup>a</sup> $\pm$ 0.15		
Lactate	15.17 <sup>a</sup> $\pm$ 2.86	38.99 <sup>b</sup> $\pm$ 6.26	21.62 <sup>ab</sup> $\pm$ 5.48	0.009	0.647
Succinate	2.43 <sup>a</sup> $\pm$ 0.79	1.29 <sup>a</sup> $\pm$ 0.80	2.47 <sup>a</sup> $\pm$ 0.81	0.594	0.999

Different letter (a,b) in the same column indicate significant differences ( $P < 0.05$ ) between rat groups using one-way ANOVA analysis.

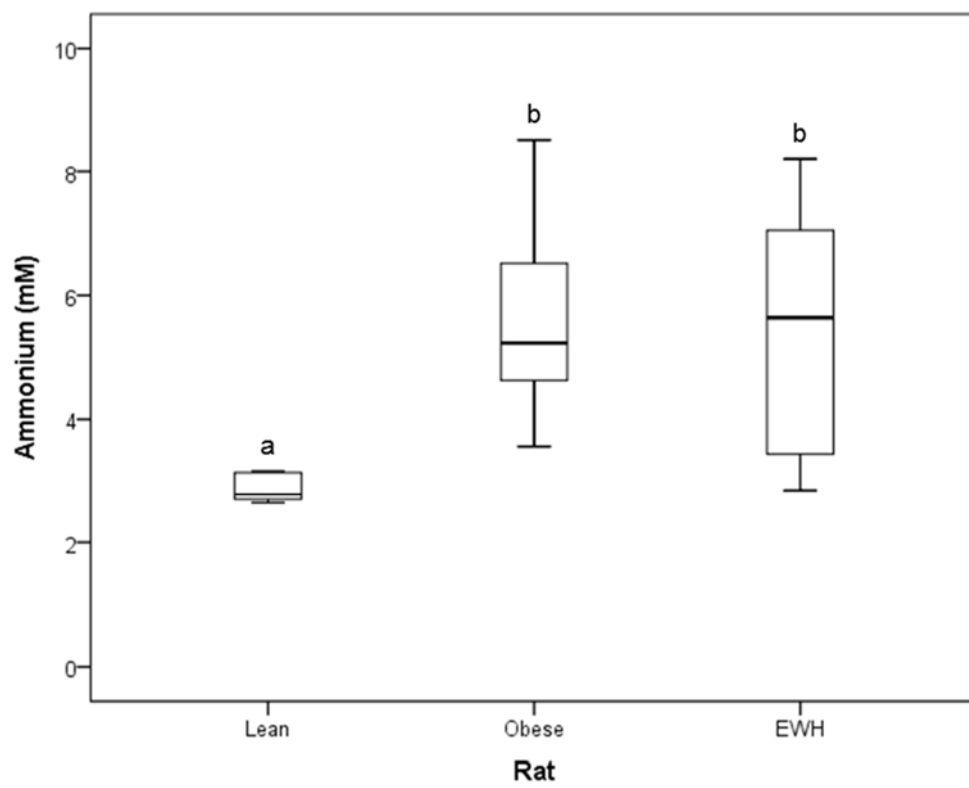
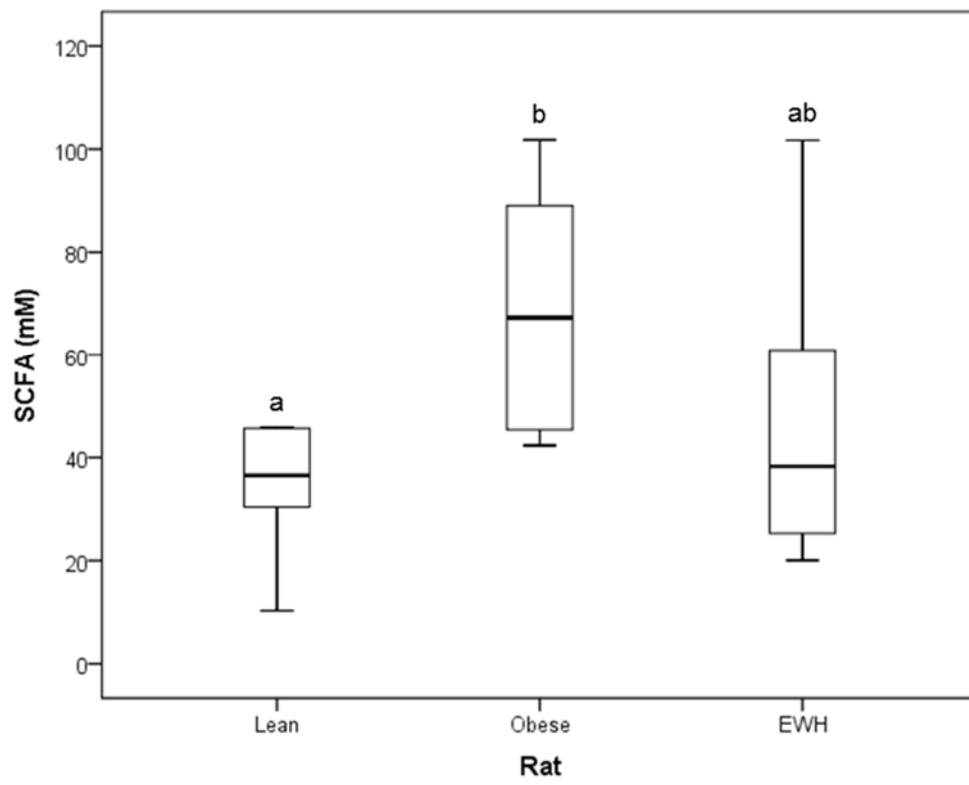


Fig. 1