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See Jiachao Zhang *et al.*,
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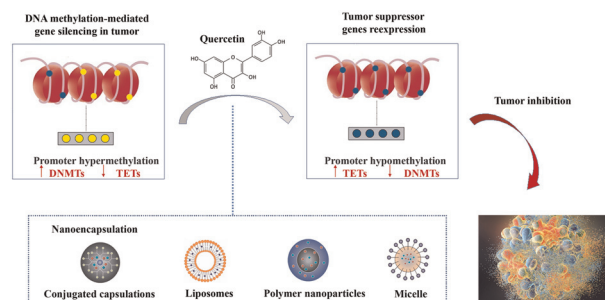
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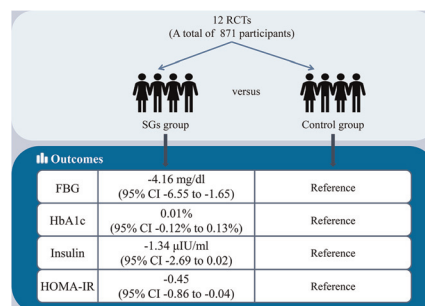
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Elemental answers

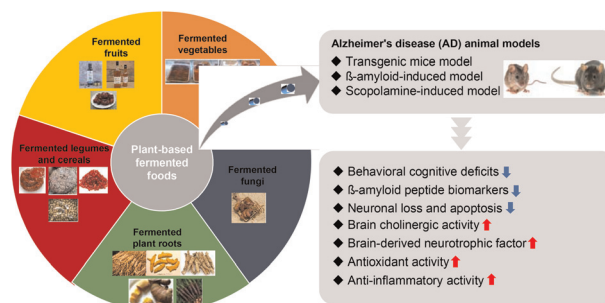


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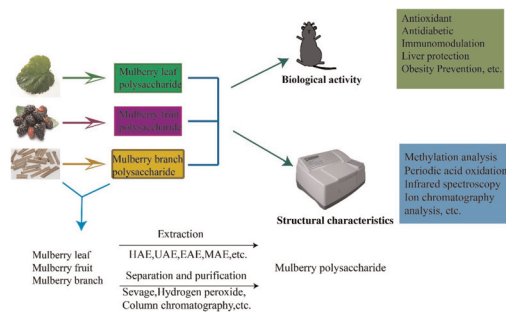
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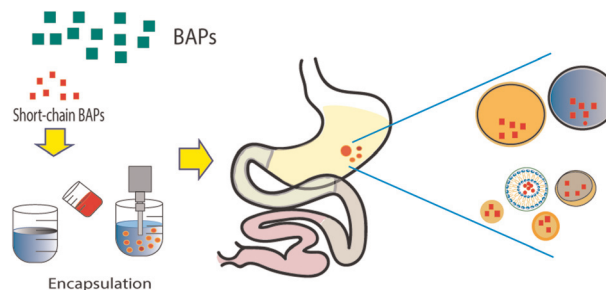
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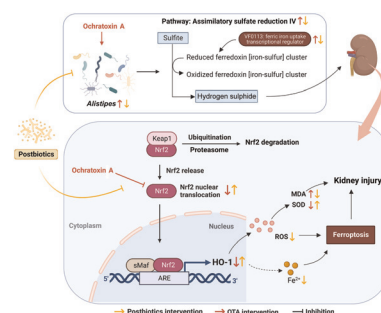


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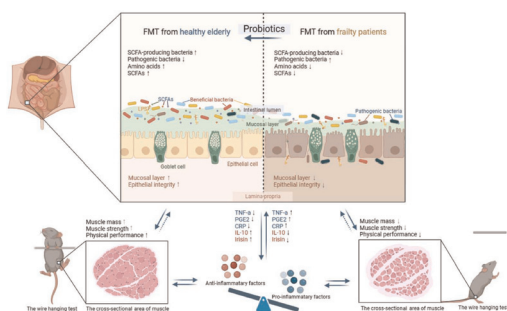
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Tropical postbiotics alleviate the disorders in the gut microbiota and kidney damage induced by ochratoxin A exposure

Shuaiming Jiang, Lingwei Du, Qian Zhao, Shunying Su, Shi Huang* and Jiachao Zhang*



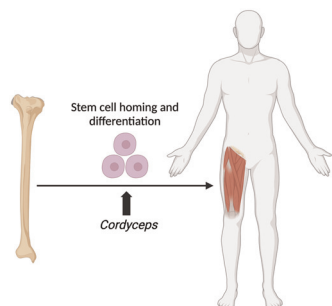
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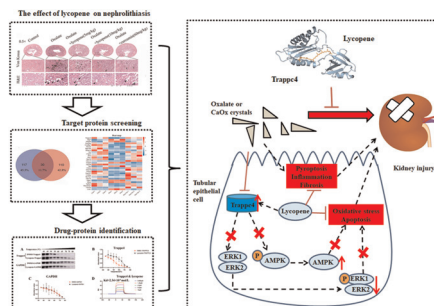
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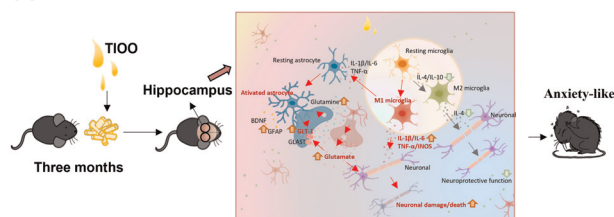
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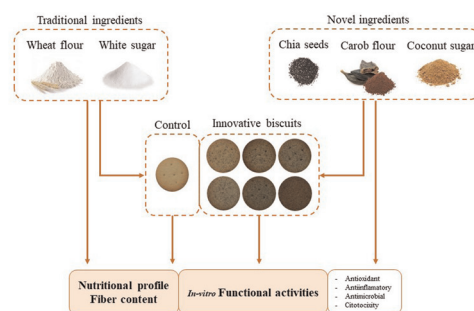


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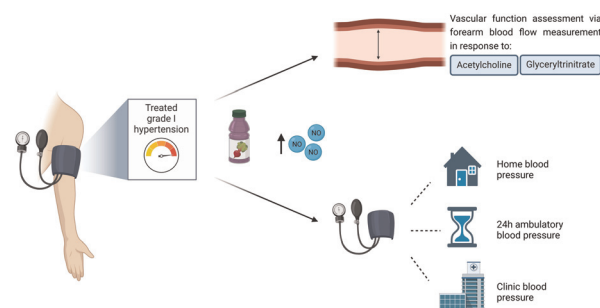
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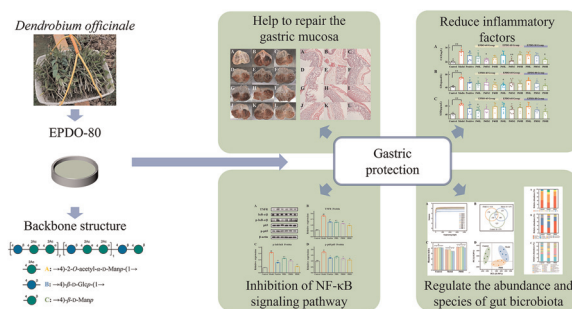
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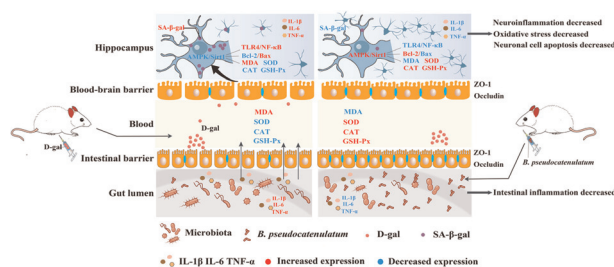
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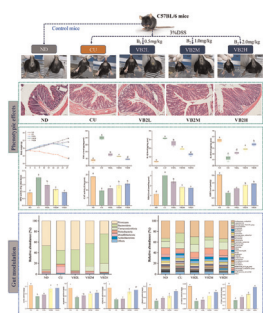
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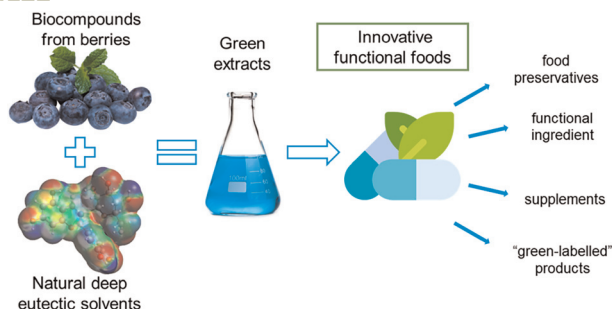
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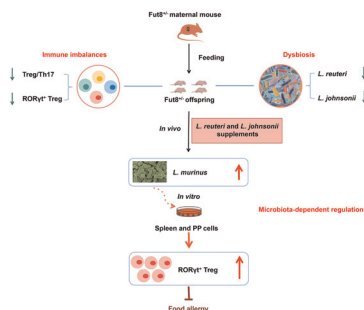
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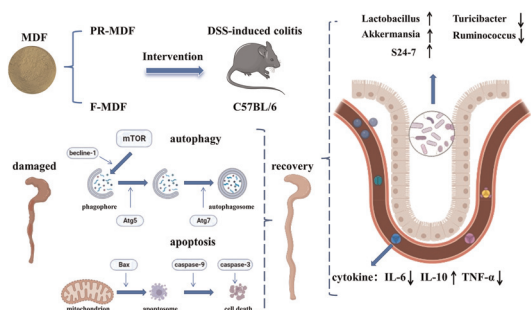
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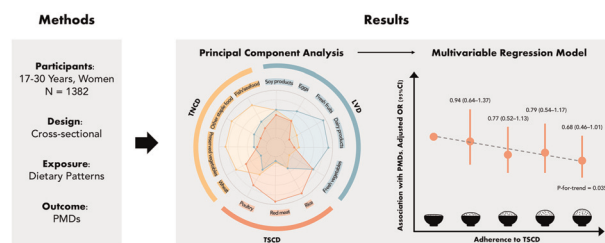


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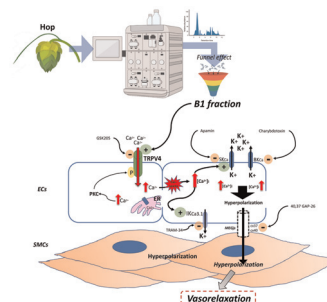
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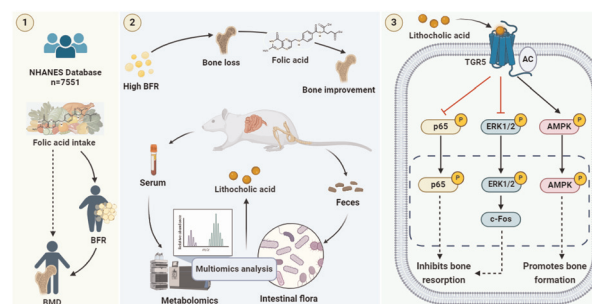
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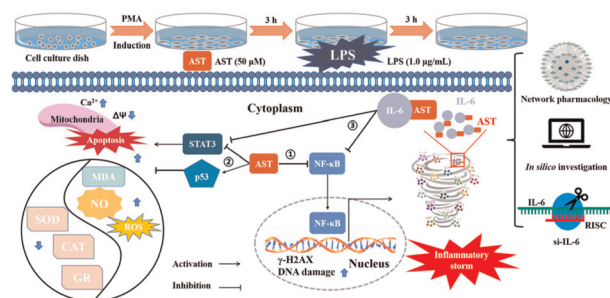
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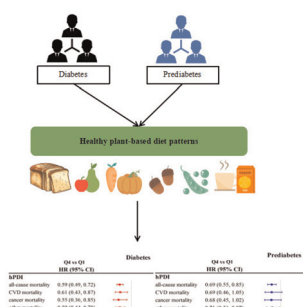
Astaxanthin targets IL-6 and alleviates the LPS-induced adverse inflammatory response of macrophages

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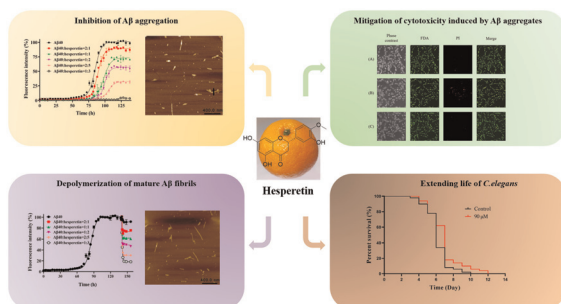
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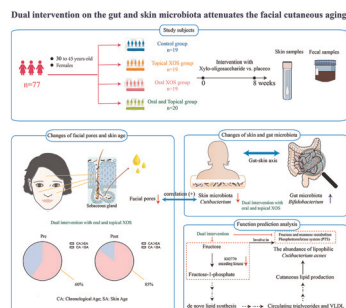
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Natural flavonoid hesperetin blocks amyloid β -protein fibrillogenesis, depolymerizes preformed fibrils and alleviates cytotoxicity caused by amyloids

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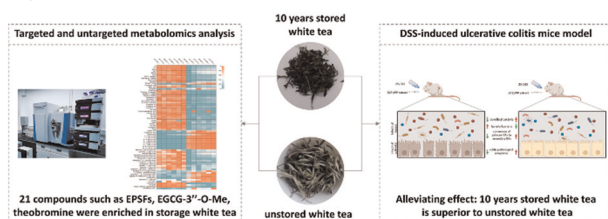
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Stored white tea ameliorates DSS-induced ulcerative colitis in mice by modulating the composition of the gut microbiota and intestinal metabolites

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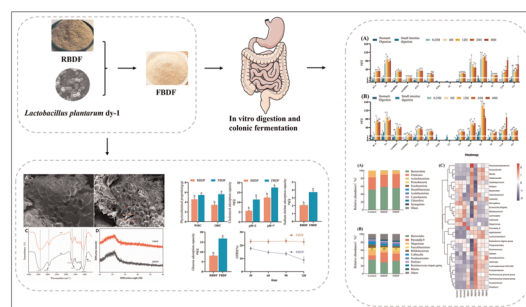


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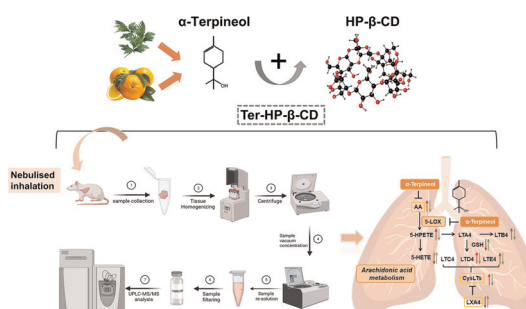
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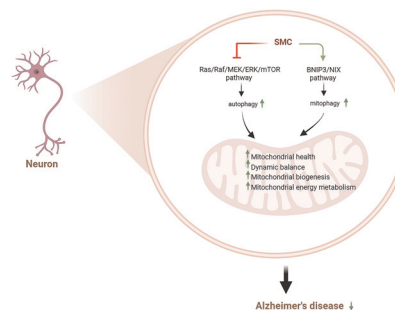
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Se-methylselenocysteine ameliorates mitochondrial function by targeting both mitophagy and autophagy in the mouse model of Alzheimer's disease

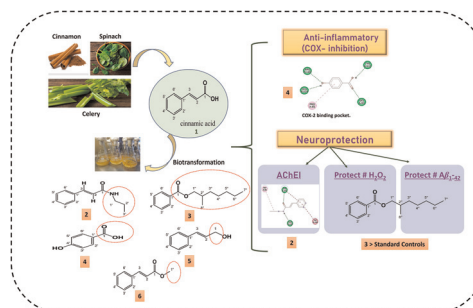
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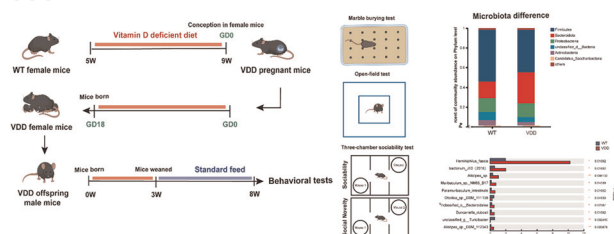
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Hadeer Elkharsawy, Ramadan A. Eldomany, Amira Mira*, Amal F. Soliman, Mohamed Amir and Saleh El-sharkawy



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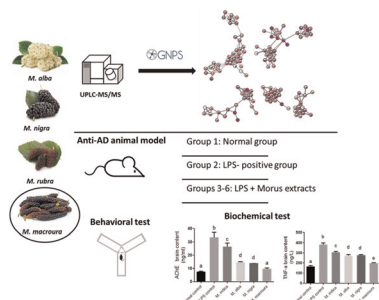
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Induction of autism-related behavior in male mice by early-life vitamin D deficiency: association with disruption of the gut microbial composition and homeostasis

Jingjing Cui, Shumin Wang, Zidan Zhai, Xiaoyue Song, Ting Qiu, Leilei Yu, Qixiao Zhai and Heng Zhang*

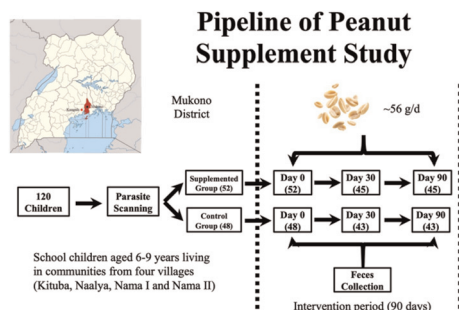
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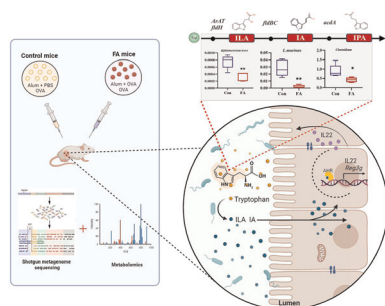
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Peanut supplementation affects compositions and functions of gut microbiome in Ugandan children

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Oral administration of egg ovalbumin allergen induces dysregulation of tryptophan metabolism in sensitized BALB/c mice

Zhongliang Wang, Jie Zhang, Jin Yuan, Fangfang Min, Jinyan Gao, Wenfeng Liu, Meijia Huang, Yong Wu* and Hongbing Chen*

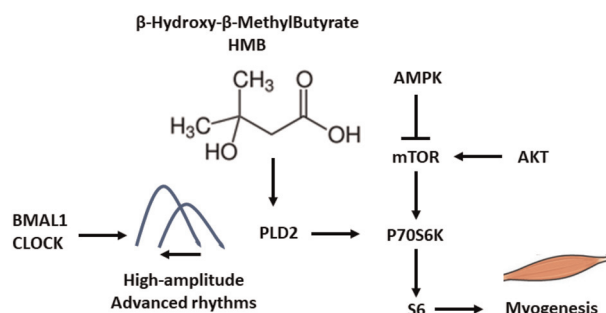


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 β -Hydroxy- β -methylbutyrate (HMB) leads to phospholipase D2 (PLD2) activation and alters circadian rhythms in myotubes

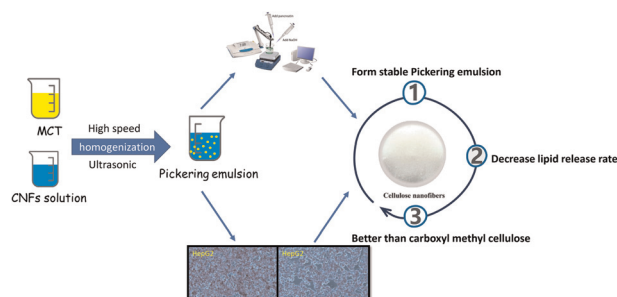
Meytal Cohen-Or, Nava Chapnik and Oren Froy*



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Pickering emulsion emulsified using novel cellulose nanofibers significantly lowers the lipid release rate and cellular absorption

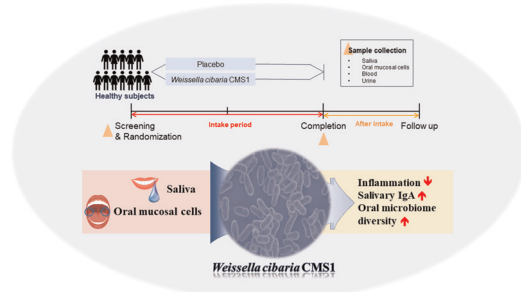
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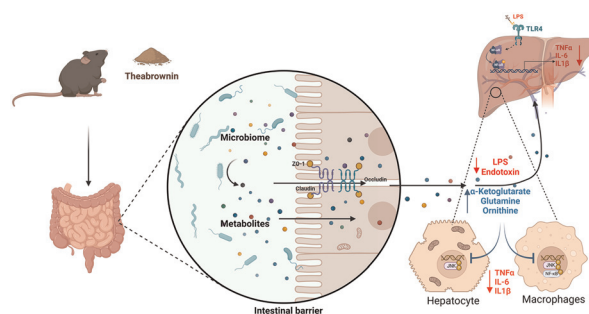
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Theabrownin from Fu Brick tea ameliorates high-fat induced insulin resistance, hepatic steatosis, and inflammation in mice by altering the composition and metabolites of gut microbiota

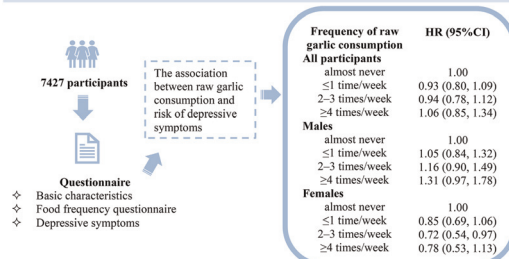
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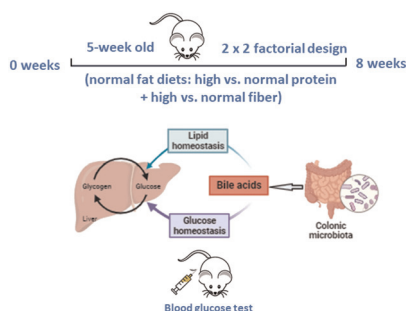
Moderate raw garlic consumption is associated with a reduced risk of depressive symptoms in females, but not in males.



The association between raw garlic consumption and the risk of depressive symptoms: the TCLSIH cohort study

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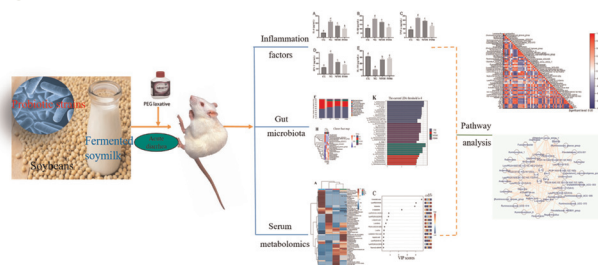
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High-protein high-konjac glucomannan diets changed glucose and lipid metabolism by modulating colonic microflora and bile acid profiles in healthy mouse models

Yetong Xu,* Chengyu Zhou, Minyue Zong, Junwei Zhu, Xutong Guo and Zhihong Sun*

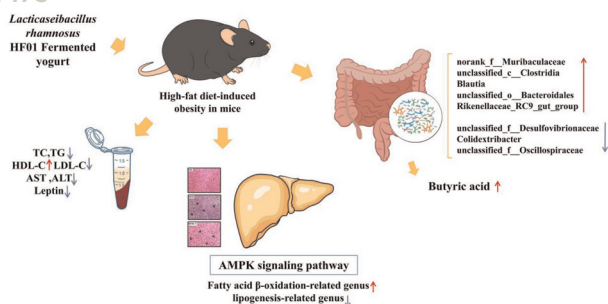
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Promising probiotic-fermented soymilk for alleviating acute diarrhea: insights into the microbiome and metabolomics

Philippe Madjirebaye, Zhen Peng, Abdul Mueed, Tao Huang, Fei Peng, Yammadjita Allasra, Mbaigebada Etienne Benar, Zhengchen Hu, Mingyong Xie and Tao Xiong*

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Lactobacillus rhamnosus HF01 fermented yogurt alleviated high-fat diet-induced obesity and hepatic steatosis via the gut microbiota–butyric acid–hepatic lipid metabolism axis

Yue Sun, Xiaolin Liu, Rongchun Wang, Rongmei Liu, Xuepeng Lv, Ying Ma* and Qiming Li*

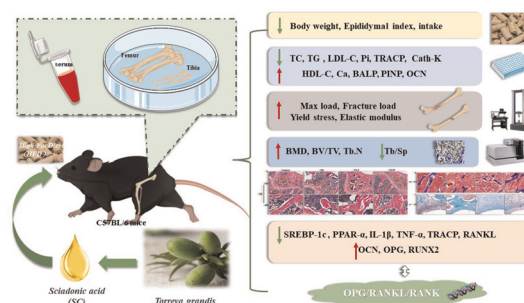


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Sciadonic acid attenuates high-fat diet-induced bone metabolism disorders in mice

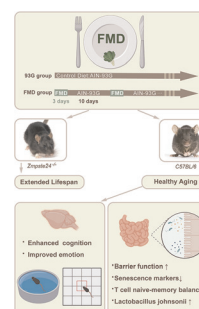
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Fasting mimicking diet extends lifespan and improves intestinal and cognitive health

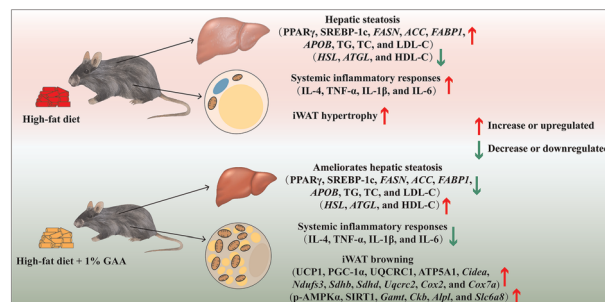
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Guanidinoacetic acid ameliorates hepatic steatosis and inflammation and promotes white adipose tissue browning in middle-aged mice with high-fat-diet-induced obesity

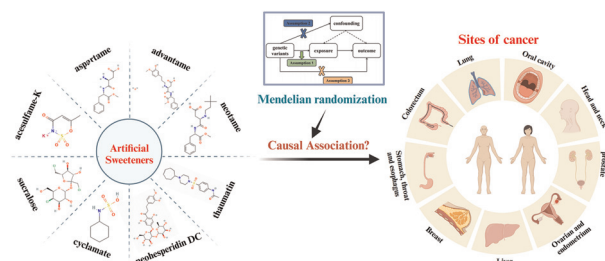
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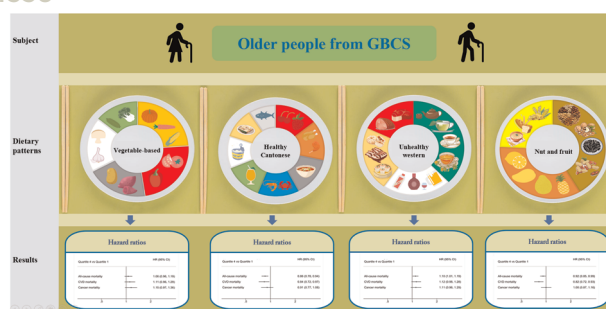
The causal association between artificial sweeteners and the risk of cancer: a Mendelian randomization study

Haotian Pan, Chenchen Feng, Ziting Zhou, Jiamin Huang, Jiasi Deng, Yuanyuan Zhou, Yuxuan Wang, Xinru Mu, Qian Wang, Ke Wang* and Zhigang Lu*



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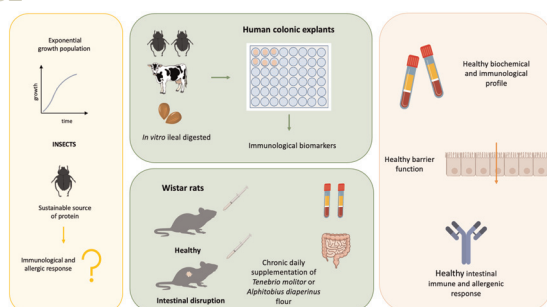
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Association of Cantonese dietary patterns with mortality risk in older Chinese: a 16-year follow-up of a Guangzhou Biobank cohort study

Ce Sun, Wei Sen Zhang, Chao Qiang Jiang, Ya Li Jin, Shiu Lun Au Yeung, Jean Woo, Kar Keung Cheng, Tai Hing Lam and Lin Xu*

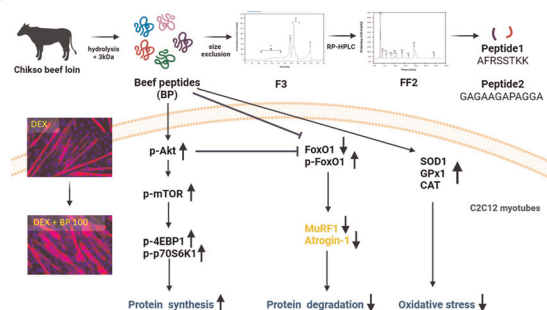
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Assessing the impact of insect protein sources on intestinal health and disease: insights from human *ex vivo* and rat *in vivo* models

Helena Segú, Florijan Jalševac, Marta Sierra-Cruz, Francesc Feliu, Jamileh Movassat, Esther Rodríguez-Gallego, Ximena Terra, Montserrat Pinent, Anna Ardévol* and M. Teresa Blay

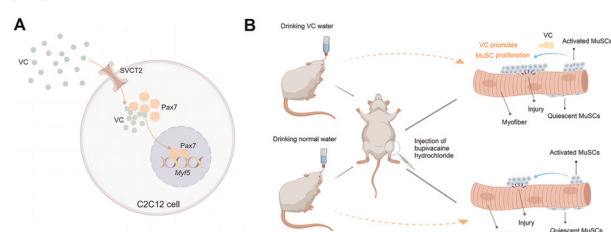
4564



Beef peptides mitigate skeletal muscle atrophy in C2C12 myotubes through protein degradation, protein synthesis, and the oxidative stress pathway

Hyeonjin Hur, Hye-Jin Kim, Dongheon Lee and Cheorun Jo*

4575



Vitamin C regulates skeletal muscle post-injury regeneration by promoting myoblast proliferation through its direct interaction with the Pax7 protein

Xiaoyu Zhang, Bo Tian, Hong Yu, Shuang Li, Shufeng Li, Jingyan Su and Huili Tong*

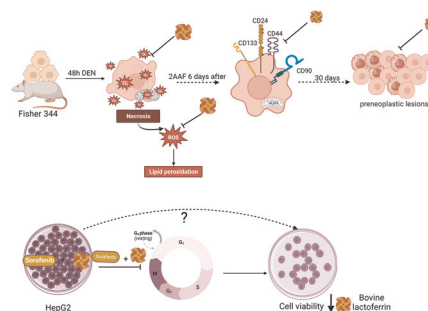


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4586

Iron-saturated bovine lactoferrin: a promising chemopreventive agent for hepatocellular carcinoma

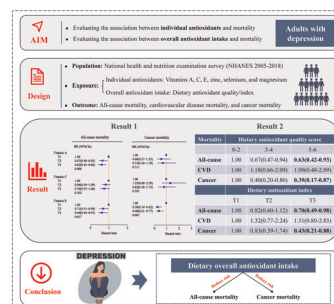
Hury Viridiana Hernández-Galdámez, Samia Fattel-Fazenda, Teresita N. J. Flores-Téllez, Mario Alejandro Aguilar-Chaparro, Jonathan Mendoza-García, Lidia C. Díaz-Fernández, Eunice Romo-Medina, Yesennia Sánchez-Pérez, Jaime Arellanes-Robledo, Mireya De la Garza, Saúl Villa-Treviño* and Carolina Piña-Vázquez*



4603

Association of dietary overall antioxidant intake with all-cause and cause-specific mortality among adults with depression: evidence from NHANES 2005–2018

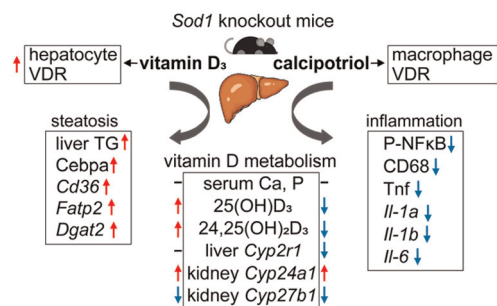
Wenjie Wang, Yuwei Shi, Jiakai Zhang, Yifeng Wang, Therese Martin Chetew Wabo, Yang Yang, Wei He* and Shankuan Zhu*



4614

Vitamin D₃ exacerbates steatosis while calcipotriol inhibits inflammation in non-alcoholic fatty liver disease in *Sod1* knockout mice: a comparative study of two forms of vitamin D

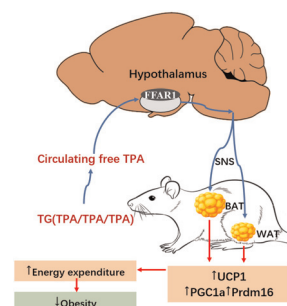
Aolin Yang, Yanmei Chen, Yizhen Gao, Qingqing Lv, Yao Li, Fengna Li, Ruirui Yu, Ziyu Han, Shimiao Dai, Junying Zhu, Chenggang Yang, Shi Zhan, Litao Sun and Ji-Chang Zhou*

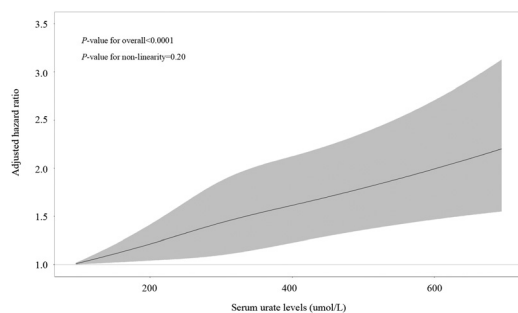


4627

trans-Palmitoleic acid promotes adipose thermogenesis to reduce obesity via hypothalamic FFAR1 signaling

Huidong Zhan, Wanjing Wang, Yueping Ge, Yixiao Liang, Jing Wang, Yang Xu, Shanshan Wu, Li Peng and Zhao He*





Joint association of serum urate and healthy diet with chronic obstructive pulmonary disease incidence: results from the UK Biobank study

Tingjing Zhang, Rui Ye, Zhenfei Shen, Qing Chang, Yuhong Zhao, Liangkai Chen, Li Zhao* and Yang Xia*

