



**Showcasing research from Professor Fuguo Liu's laboratory, College of Food Science and Engineering, Northwest A & F University, Shaanxi, China.**

**Effectiveness of probiotic- and fish oil-loaded water-in-oil-in-water ( $W_1/O/W_2$ ) emulsions at alleviating ulcerative colitis**

Mice with ulcerative colitis were improved with  $W_1/O/W_2$  emulsions containing probiotics and fish oil. These emulsions significantly reduced inflammation, increased the secretion of tight junction proteins, suppressed pro-inflammatory factors, and enhanced short-chain fatty acid production. They also exerted a positive influence on gut microbiota balance and reduced anxiety-like behavior in the mice.

**As featured in:**



See Fuguo Liu *et al.*, *Food Funct.*, 2024, 15, 5797.