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### Konjac Glucomannan Consumption May Enhance Equol Production in Mice

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The effects of konjac glucomannan on isoflavonoid levels in the plasma and cecum were assessed in adult mice. Male 5-week-old mice were fed on a konjac glucomannan-isoflavone (KM) diet or a cellulose-isoflavone (control) diet for three weeks. After this period, plasma equol levels were significantly higher in the KM group, but there was no significant difference in the plasma daidzein concentration. The ratio of plasma equol to plasma daidzein in the KM group was significantly higher than in the control group. The total amount of equol present as aglycone in the cecum was significantly greater in the KM group, but there was no significant difference in the total daidzein present as cecal aglycone. The total amount of glycitein present as aglycone in the cecum was significantly greater in the KM group. We have demonstrated that the ingestion of konjac glucomannan may enhance equol production by affecting the metabolic activity of intestinal microflora.

**Keywords:** [daidzein](#), [equol](#), [mouse](#)

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