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**Effect of “Coffee Mix Drink” Containing Mannooligosaccharides from Coffee Mannan on Defecation and Fecal Microbiota in Healthy Volunteers**
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A test drink termed a “coffee mix drink” containing mannooligosaccharides (MOS) (0.5 g×2 as an effective component) from coffee mannan was administered to 19 healthy volunteers and its effect on defecating conditions and the fecal microbiota was investigated. Volunteers were divided into two groups for a double-blind crossover design test. Two cups of the coffee mix drink were drunk each day by volunteers for two weeks and two cups of coffee mix containing dextrin instead of MOS as a placebo drink were also drunk for two weeks. A significant increase was observed in the number of day of defecation during the test drink intake compared with the placebo drink intake and interval ( $p < 0.01$ ). In fecal microbiota of 10 volunteers, the ratio of *Bifidobacterium* spp. of the total anaerobic bacteria was significantly increased. ( $p < 0.05$ ) The results suggest that coffee mix containing MOS from coffee mannan improve defecating conditions and human intestinal microbiota.

**Keywords:** [coffee](#), [mannooligosaccharides](#), [Bifidobacterium](#), [intestinal mlcrobiota](#)



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