

Egg shell powder has health benefits

19 June 2017 | News

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During the *in vitro* experiments, the egg shell membrane (ESM) lessened inflammation and promoted colon cell proliferation. On the other hand, in the *in vivo* experiment, ESM significantly suppressed the disease activity index (DAI) and colon shortening colitis- induced mice.

The researchers found that ESM not only regulated cell proliferation and restitution but also ameliorated energy metabolism as well as intestinal microbiota dysbiosis. These effects might be attributed due to altered host defense and decreased susceptibility of the host to intestinal inflammation.

ESM is a source of non- digestible protein which may have a physiological function similar to that of dietary fibre that helps to stimulate intestinal fermentation and alter the intestinal bacterial composition.

Taking into consideration the minimal side effects of ESM as a by-product in the manufacturing of egg products, the use of this natural, low priced waste products appears to be a promising candidate for the prevention and treatment of inflammatory bowel disease.