Blue lupin consumption

Water binding

Improved stool consistency; ↑ Faecal mass

↓ Oro-faecal transit time

Promotion of bacterial growth

↑ SCFA formation (e.g. n-butyrate)

↓ pH value

↓ Concentration of secondary bile acids

↓ Exposure of colonocytes to potential carcinogens

↓ Risk of colon cancer

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