

Research highlights

- ◆ Stachyose enhanced the absorption of soy isoflavones in mice
- ◆ The content of isoflavones in urine and feces was analyzed by UPLC-q/TOF-MS
- ◆ Stachyose increased the regulatory effect of isoflavones on metabolic disorders
- ◆ Co-ingestion of stachyose and isoflavones is more beneficial to prevent liver damage