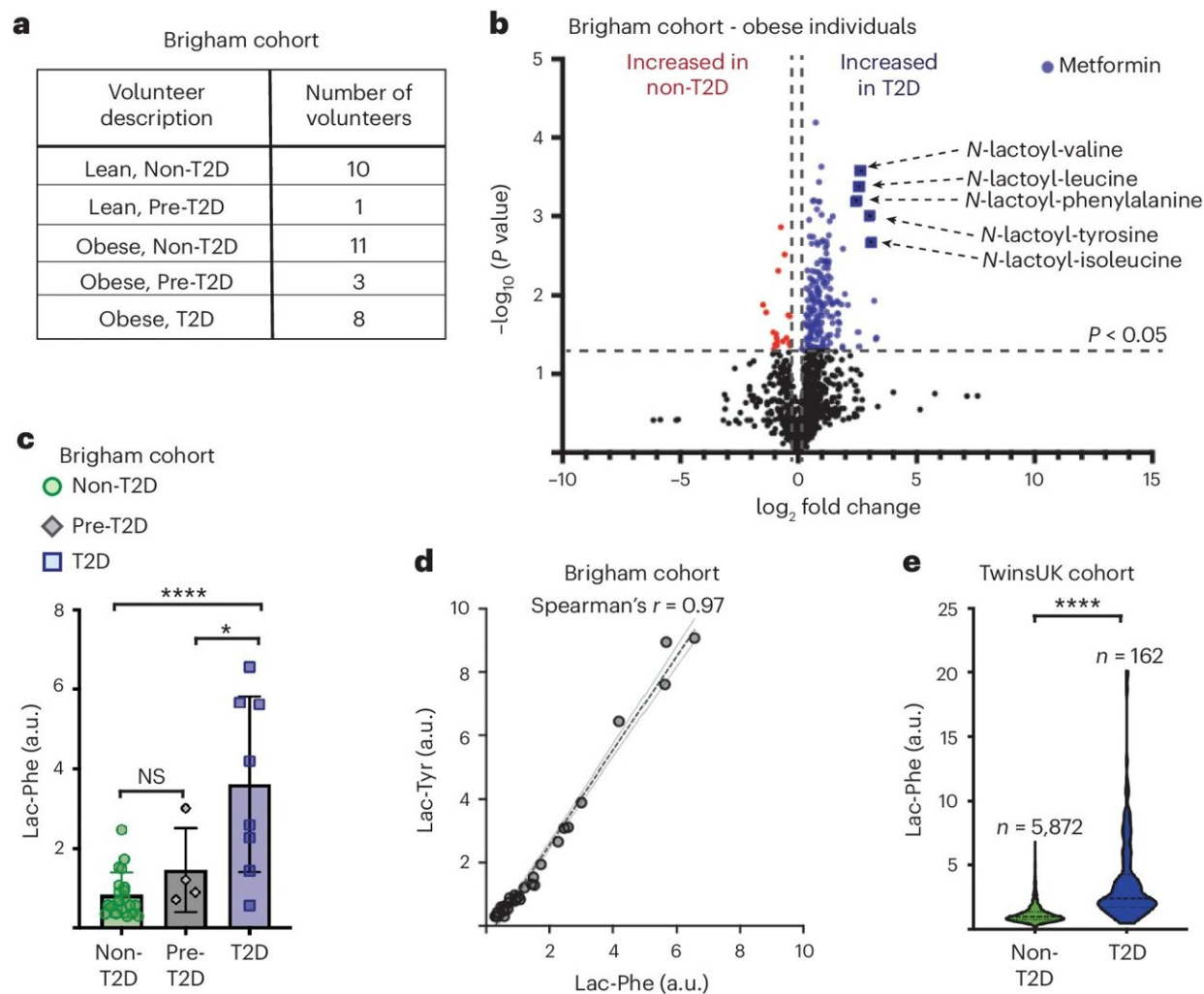


Scientists uncover new secrets to natural appetite control, offering promise in the battle against obesity

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Elevated serum Lac-Phe in patients with T2D. **a**, Distribution of 33 non-diabetic (non-T2D), pre-diabetic (pre-T2D) and diabetic (T2D) participants in the Brigham and Women's Hospital cohort study. **b**, Volcano plot comparing metabolomes of obese non-T2D ($n = 11$) and obese T2D ($n = 8$) individuals. Significantly upregulated (blue) and downregulated (red) metabolites are shown, and *N*-lactoyl amino acids are highlighted. **c**, Lac-Phe levels in non-T2D ($n = 21$), pre-T2D ($n = 4$) and T2D ($n = 8$) individuals ($*P = 0.0198$ and $****P$

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