

**Nutrition
Centre**

By TATE & LYLE



PROMITOR[®]
Soluble Fibre

PROMITOR[®]
Soluble Fibre
and Digestive
Tolerance

Recommended Dietary Fibre Intake

In 2019, a series of systematic reviews and meta-analyses⁽¹⁾ showed that adults should aim for a daily dietary fibre intake of 25–29g for health benefits such as reduced bodyweight and lowered blood cholesterol and systolic blood pressure.

Daily fibre intake greater than 30g per day can lead to additional health benefits, including a reduction in the risk of cardiovascular disease, type 2 diabetes, colorectal and breast cancer, and stroke mortality⁽¹⁾.

Despite fibre being an essential part of a healthy and balanced diet, most people simply aren't getting enough, with only 20% of people worldwide consuming the recommended amount of fibre on a daily basis⁽²⁾.

There are numerous reasons for this. For example, with increasingly busy lifestyles, consumers have less time or convenience to consume "traditional" fibre sources, such as fruits and vegetables. Therefore, there is more reliance on pre-packed foods, which either do not contain enough fibre or are too expensive – these all contribute to the well-documented problem of the fibre gap.

Add the concerns about the digestive tolerance of fibre, and it's not hard to see why a gap persists.



What's so great about fibre?

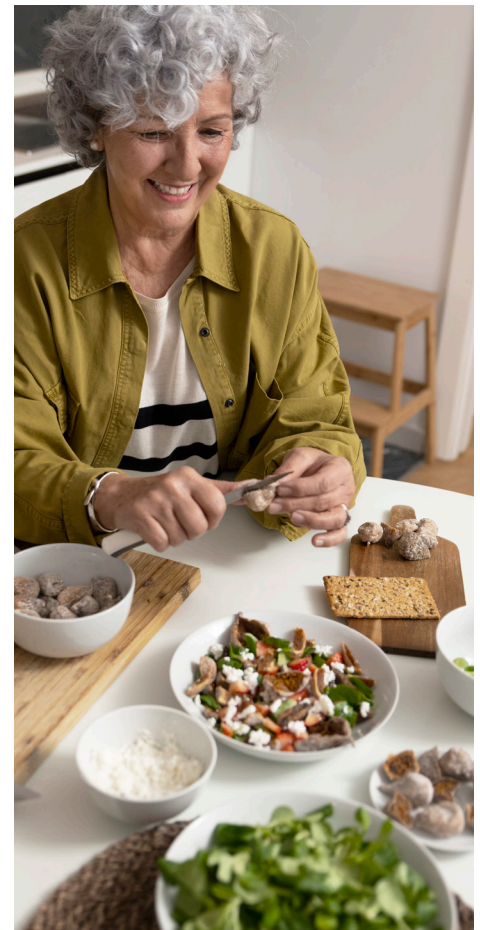
There are several health benefits from getting enough fibre in your diet⁽³⁾.

A few of these are:

- Reduced risk of diabetes, cancer, stroke and heart disease⁽³⁻⁷⁾
- Managing blood sugar spikes after meals⁽⁴⁻⁵⁾
- Supporting normal blood cholesterol levels⁽⁵⁾
- Supporting weight management (when used to substitute sugar or other digestible carbohydrates)⁽⁵⁾
- Helping to maintain gut regularity⁽⁶⁻⁷⁾

Other emerging benefits include:

- Supporting the normal function of the immune system^(8, 9)
- Supporting cognition^(10, 11)
- Enhanced mineral absorption, including calcium, to support bone health^(12, 13)



Dietary fibre and digestive tolerance: Why do some people experience gastrointestinal issues?

Dietary fibres are complex in structure, with each one having its own unique composition and characteristics. It's these differences that make some fibres easier to tolerate than others.

Hard to digest fibres can result in a number of symptoms, including bloating, stomach cramps, intestinal noises, flatulence and diarrhoea. Very often, these symptoms are the result of the gases produced when fibres are fermented by the gut microbiota.

Essentially, the faster and higher up in the intestine fermentation takes place, the more likely it is that uncomfortable side effects will occur.



What are dietary fibres?

Dietary fibres are complex carbohydrates that aren't digested by the human stomach and small intestine. Instead, they pass into the colon intact, where the gut microbes ferment them to produce short-chain fatty acids (SCFAs), carbon dioxide, and hydrogen gases⁽¹⁴⁾.

PROMITOR® Soluble Fibre - Better digestive tolerance

PROMITOR® Soluble Fibre has a lower gas production than other soluble fibres.

PROMITOR® ferments slowly in the colon, the lower part of the intestine, meaning that gas has a shorter distance to travel through the gut, resulting in better tolerance⁽¹⁵⁾.

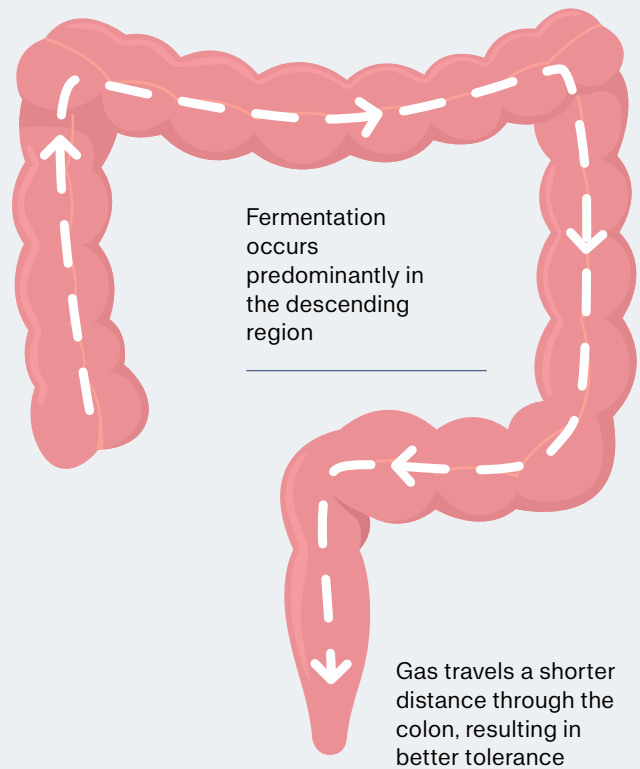
A premium product: PROMITOR® Soluble Fibre has twice the digestive tolerance of inulin in healthy adults.

PROMITOR® Soluble Fibre is one of the most tolerated soluble fibres*. PROMITOR® is well tolerated even at high intake levels (40g/day bolus)^(6, 7, 16-18), without adverse gastrointestinal effects. Across multiple doses, healthy adults can consume up to 65g of PROMITOR® Soluble Fibre per day⁽¹⁶⁾.

PROMITOR® Soluble Fibre is also well tolerated in children, with one study showing no noticeable gastrointestinal effects in those aged 3-9 years, consuming 3g-8g of soluble corn fibre per day for ten days as part of their usual breakfast⁽¹⁹⁾.

Location and transit of PROMITOR® Soluble Fibre through the colon to promote tolerance.

SCF ferments slowly, so gas is created later in the digestive process



Health benefits:



Evidence from several research studies suggests that PROMITOR® Soluble Fibre has a number of potential health benefits. These include supporting bone health⁽²⁰⁻²³⁾ and the maintenance of a healthy blood glucose response, compared to sugar-containing products^(4, 24-26). In addition, whilst more research is needed in this area, emerging data suggests that PROMITOR® Soluble Fibre could potentially support the normal function of the immune system**⁽²⁷⁻²⁸⁾.

PROMITOR®
Soluble Fibre

As a global leader in wellness innovation, Tate & Lyle continues to pave the way for consumer-led solutions to global health needs.

And as more consumers place the maintenance of a healthy gut higher on their list of priorities, PROMITOR® Soluble Fibre is a versatile way to ensure that your business has a consumer-led edge in an increasingly competitive marketplace.



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