



ió fibrewater

**Proven health
benefits & studies**

ió fibrewater: Proven health benefits

In a recent survey of 21 participants in May – August 2022 took part in a 12-day challenge by drinking one bottle of **ió** fibrewater a day. (One case of water).

Each participant completed a baseline survey, a survey on day 4, and a survey after they finished their last bottle on day 12.

The survey asked questions about weight and snacking, mood, sleep, energy, mental clarity and digestive health issues.

The next slide shows the impressive results regarding mood, sleep, appetite reduction and digestive health in just drinking one bottle of **ió** fibrewater daily.

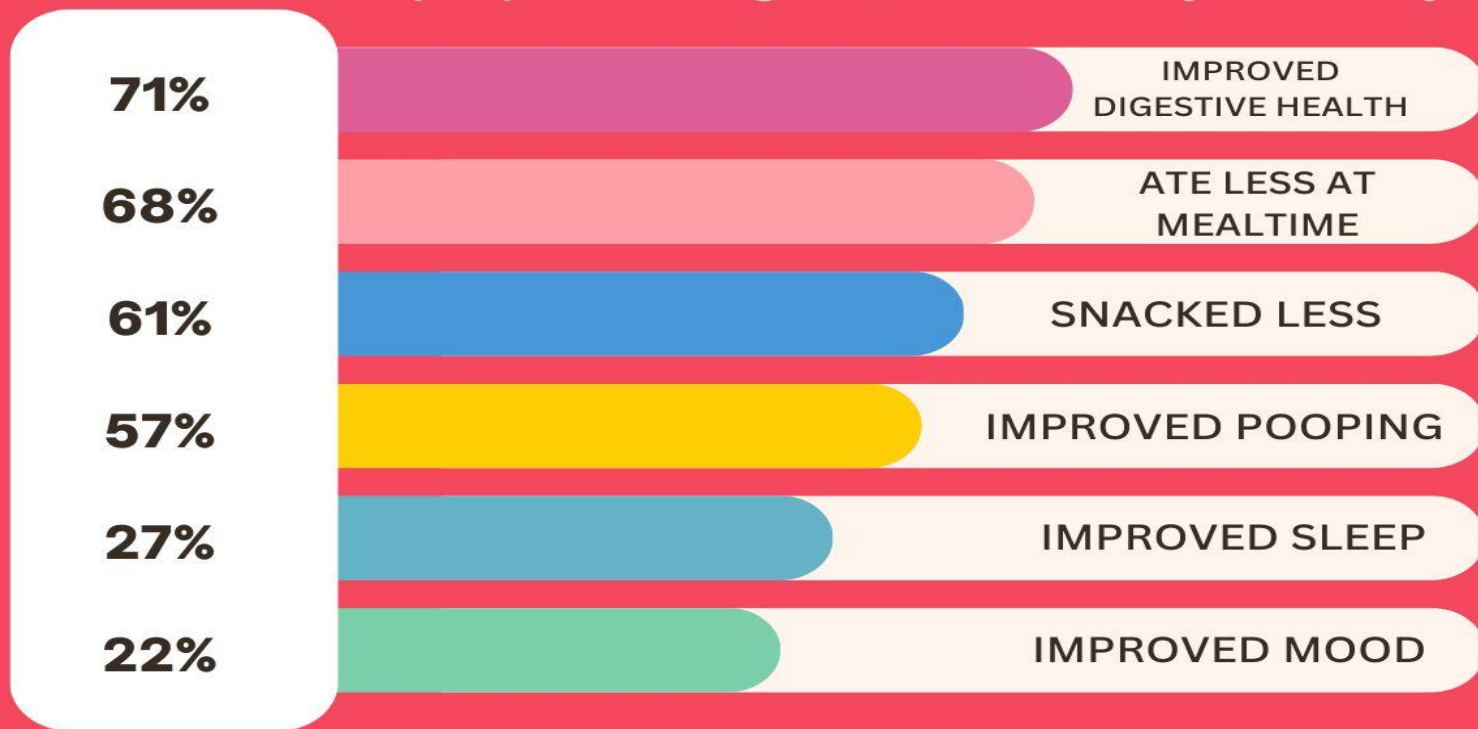


Say hello to ió!

Scientifically proven to feed friendly gut bacteria*

12-Day Challenge Results

(Results from 28 people drinking 1 bottle of ió daily for 12 days)



ió fibrewater



*A Glasgow Caledonian University study proved ió fibrewater significantly increases friendly gut bacteria

#gowithyourgut

ió fibrewater

blood glucose stabilisation success story

- *'Since I had severe Covid I have been struggling with stabilising my blood glucose levels and as a result have diabetic ketoacidosis - which can be life-threatening, and I am on several medications as a result. One of which has been causing me an upset stomach. I was given some samples of ió fibrewater which almost immediately brought my blood glucose levels to acceptable levels.*
- *I now drink 1.5 bottles of ió fibrewater a day, which has proven to be highly beneficial in stabilising my blood glucose, and will be discussing with my diabetes consultant about discontinuing some of my medications, as the water is working! And it is an all-natural solution, which I love.*
- *I just did a talk at the long covid group I attend about this amazing water, and people were really interested and loved the taste, too.'*
- Heather M., Falkirk, Scotland



The science behind

ió fibrewater

ió fibrewater is scientifically proven to increase good bacteria (probiotics)

A recent study (2022) on **ió fibrewater** by Glasgow Caledonia University has proven that it causes a significant increase in friendly microbes (probiotics) when compared to regular flavoured water.

Within 48 hours, *S. Boulardii* was 4 million percent higher and *B. Coagulans* 25 thousand percent higher with ió fibrewater compared against flavoured bottled water. **These two probiotics can help to boost the immune system and support digestive health.**

There are also over **4,000 studies on prebiotic chicory root fibre**, and **two authorised health claims** in the UK and EU (EFSA and UK NHC), which **we are approved to use**, for digestive health and lowering and slowing blood glucose rise.





ió fibrewater

'The food science research team at Glasgow Caledonian University has had a long-standing interest in gut health and the impact of the gut microbiota on general health and wellbeing. We were really excited to investigate the prebiotic properties of ió fibrewater by researching the effect of this formulation on traditional and novel probiotic bacteria and yeasts.'

We found that the prebiotic blend of ió fibrewater increased the viability of Lactobacillus species, Bacillus coagulans (B. Coagulans), and Saccharomyces boulardii (S. Boulardii), while initial studies on Bifidobacterium have shown similar promise. This indicates that ió fibrewater is likely to promote the growth of these healthy bacteria and yeasts in the gut. This is excellent in and of itself and is outstanding when combined with the product's organoleptic qualities.'

Dr. John Butcher, Lecturer, Department of Biological and Biomedical Sciences, Glasgow Caledonian University


University of Roehampton study

*"I strongly believe that **ió fibrewater** is a very promising novel functional food able to help the microbiota to maintain gut health tolerance and can also further direct a tailored wellbeing function.*

I am very excited to work with them and explore new area of research to further investigate how this supplement will improve glucose control as well, in order to revert insulin resistance, the main risk factor for the development of T2DM"

Dr Adele Costabile, BSc, PhD, FHEA, RNutr, Reader in Nutrition, School of Life & Health Sciences, University of Roehampton | London | SW15 4JD

ió fibrewater



In the autumn of 2023, The Prebiotic Company Ltd. will be collaborating together with the University of Roehampton regarding the potential of their product - **ió fibrewater** - offers to people living with type 2 diabetes and overweight adults. You can view the preliminary results on the next pages.

28.08.2023



Preliminary Results

Dr Adele Costabile -
BSc, PhD, FHEA, Rnutr

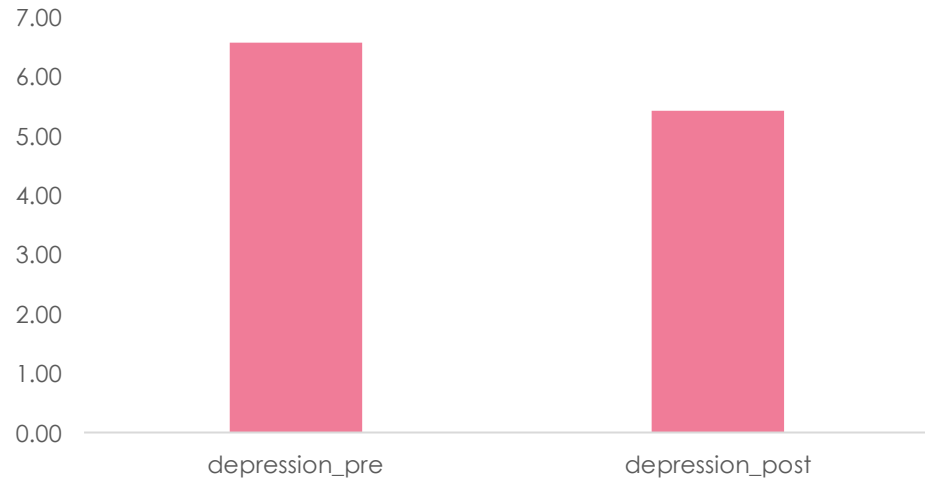
Dr Piril Hepsomali -
PhD, FHEA

Final conclusions will be in
October 2023

<https://www.clinicaltrials.gov/study/NCT05908474>

Depression, Anxiety, Stress

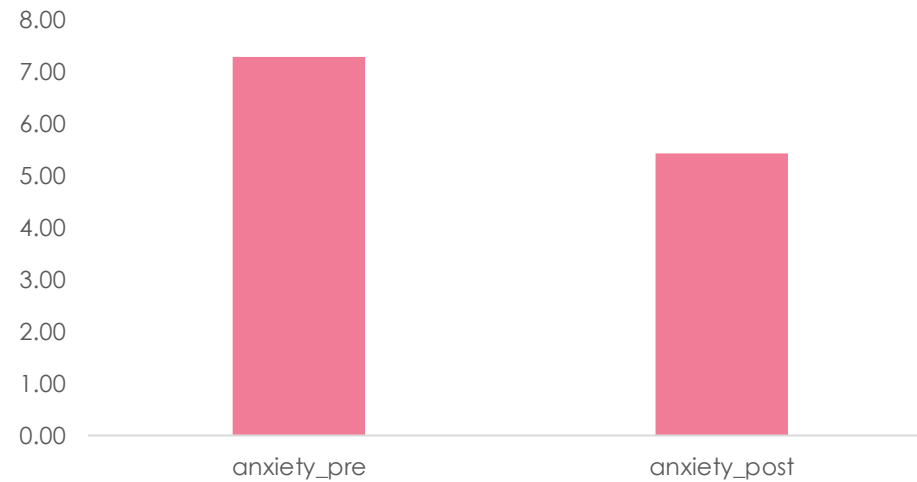
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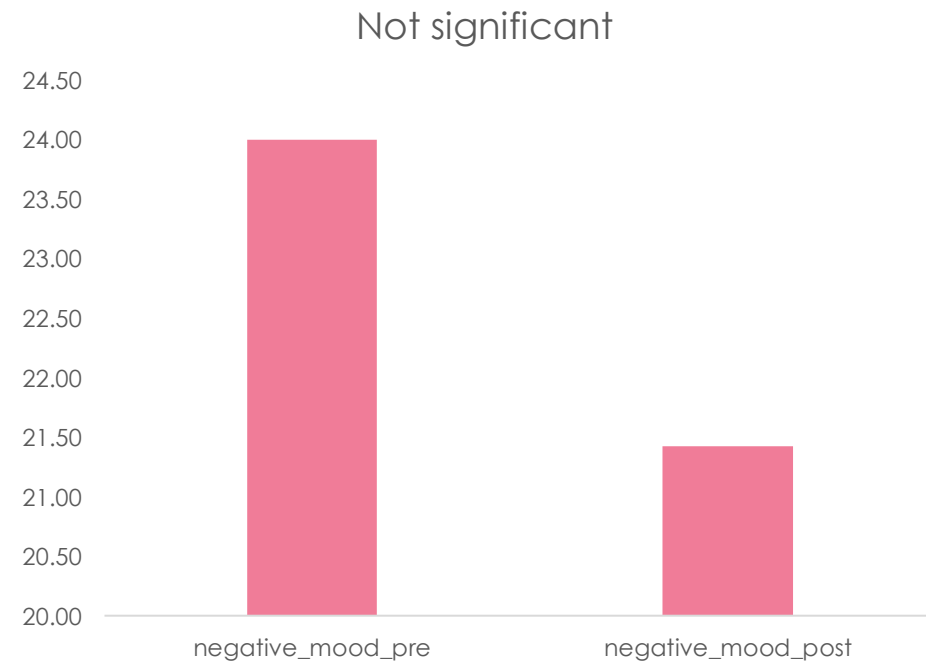
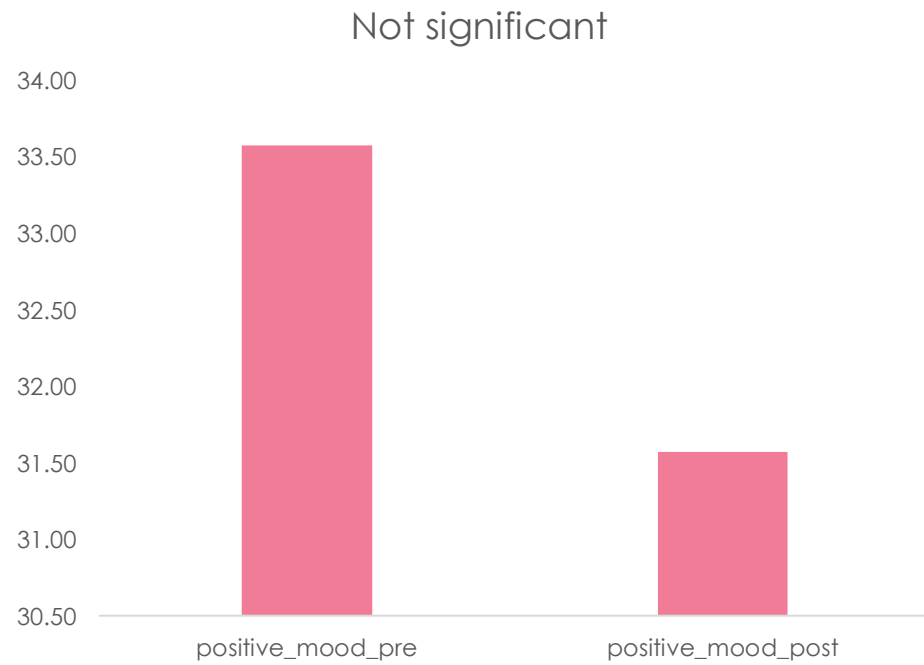
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trend

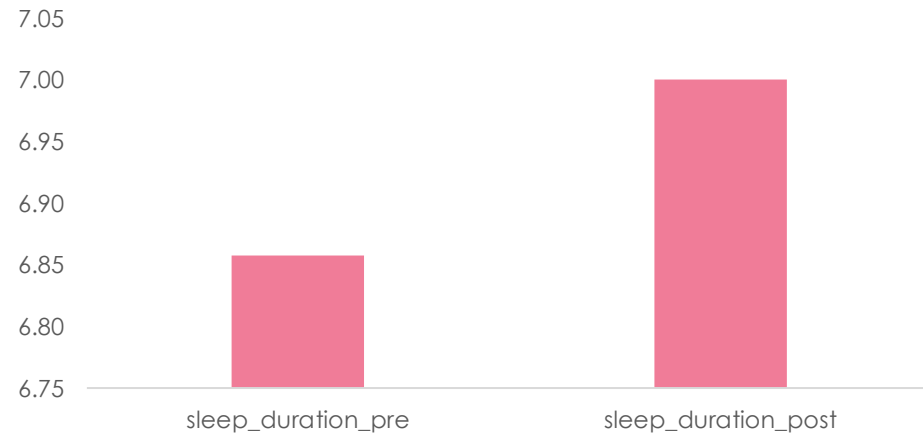


Mood

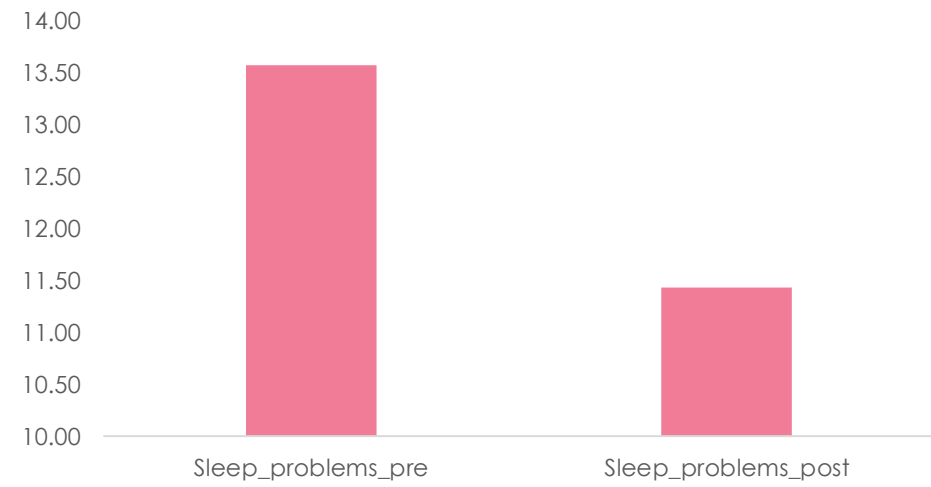


Sleep

Not significant

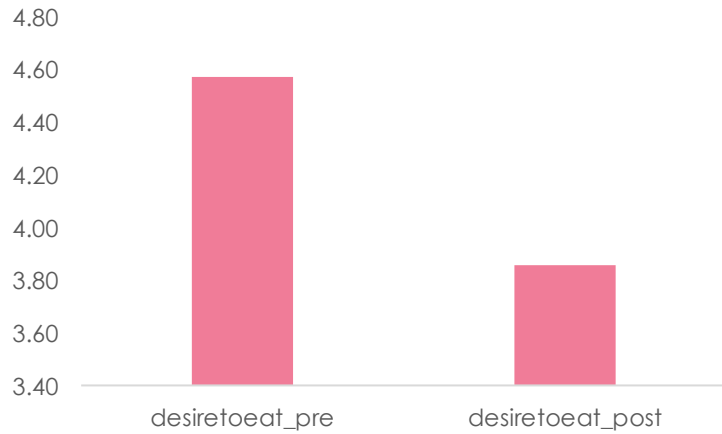


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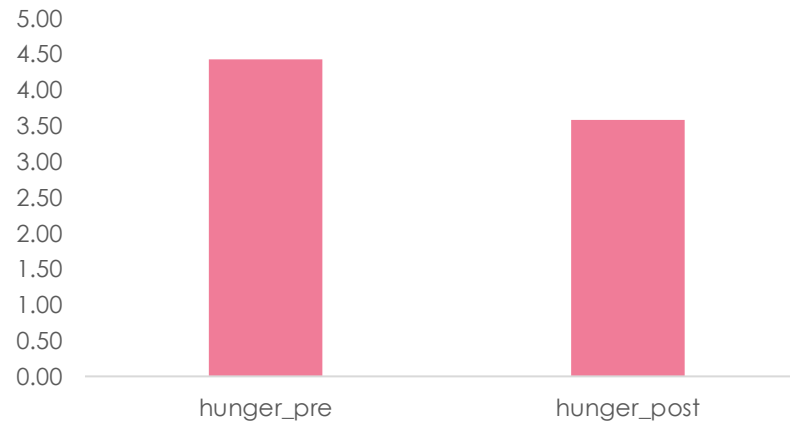


Eating Behaviour

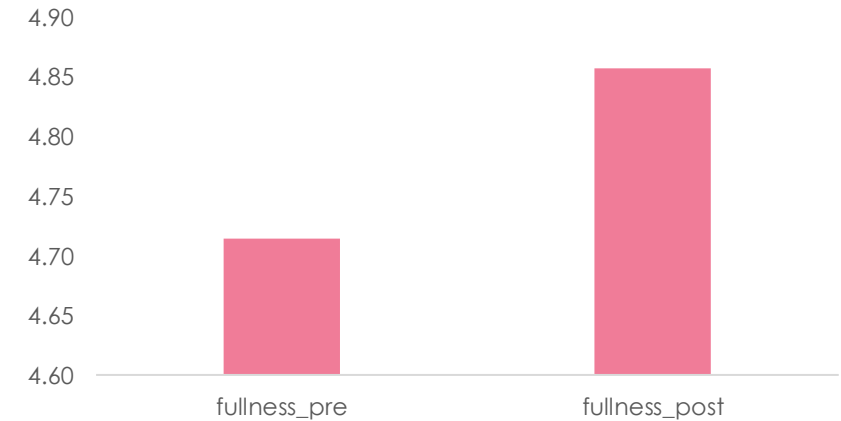
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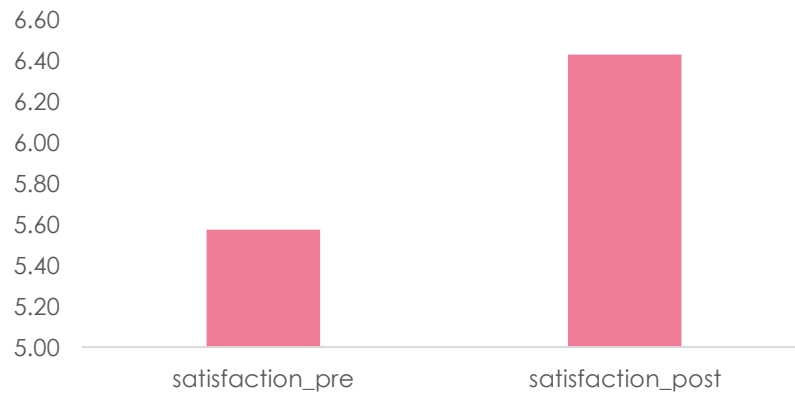
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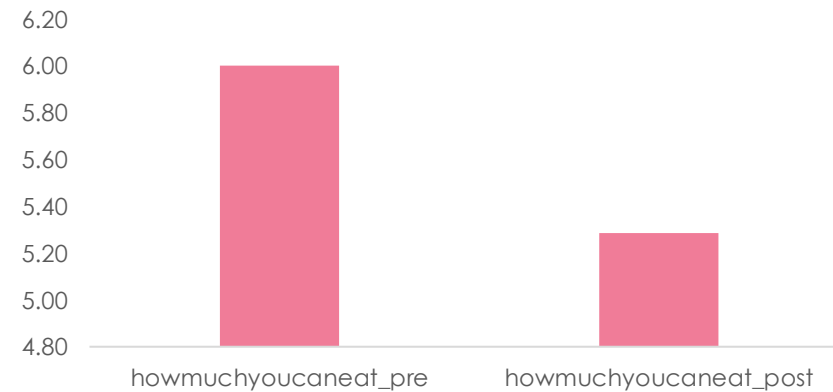
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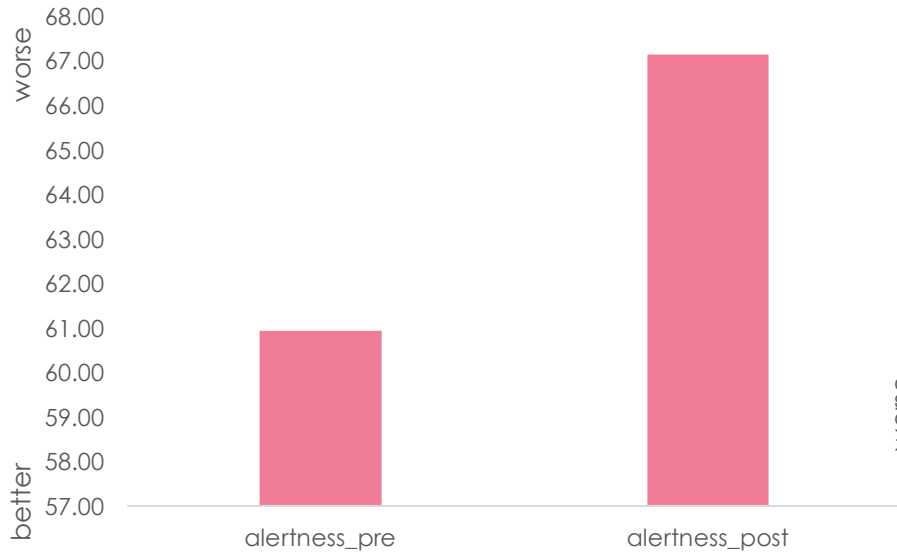


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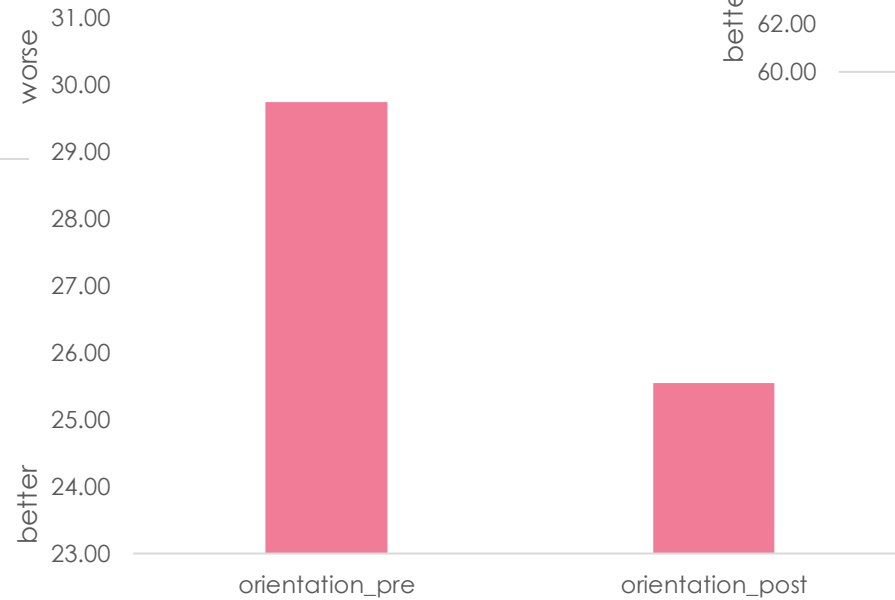


Cognition

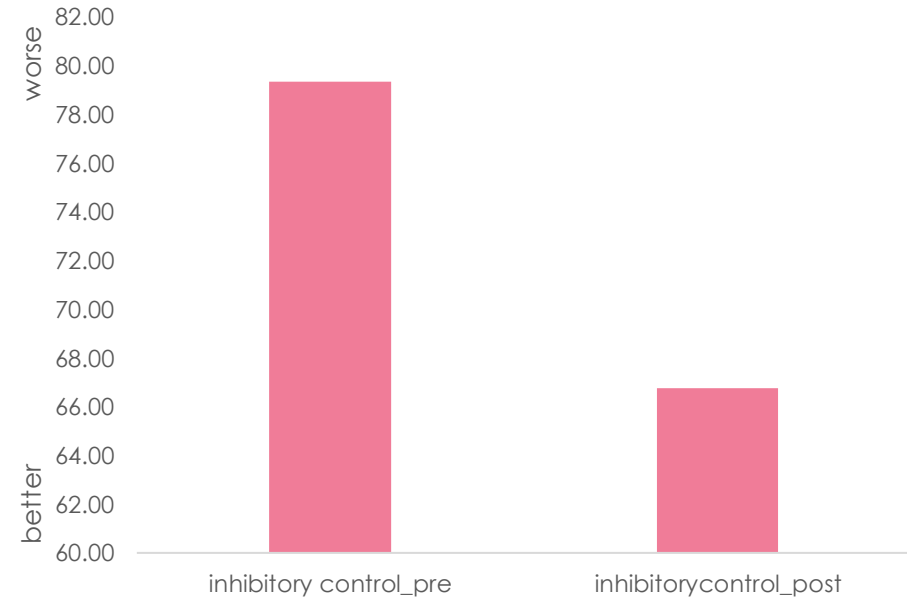
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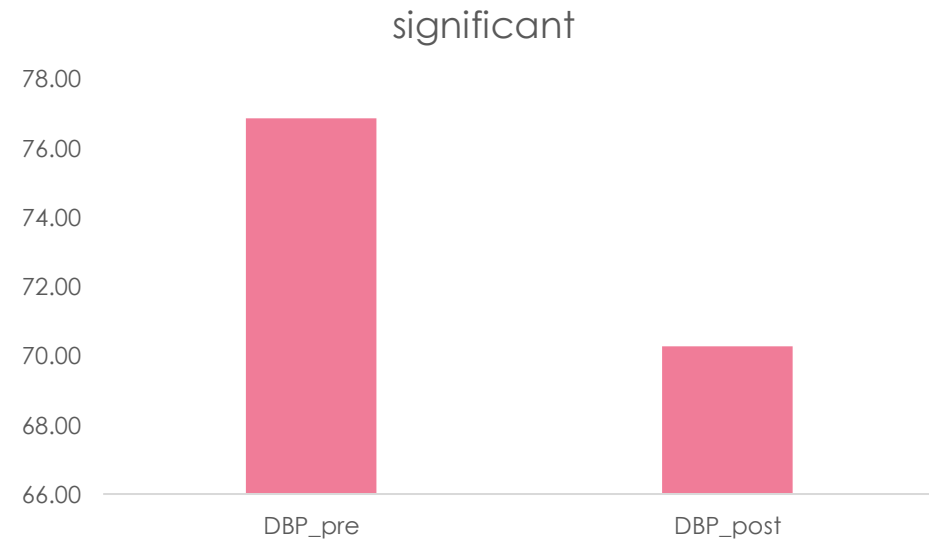
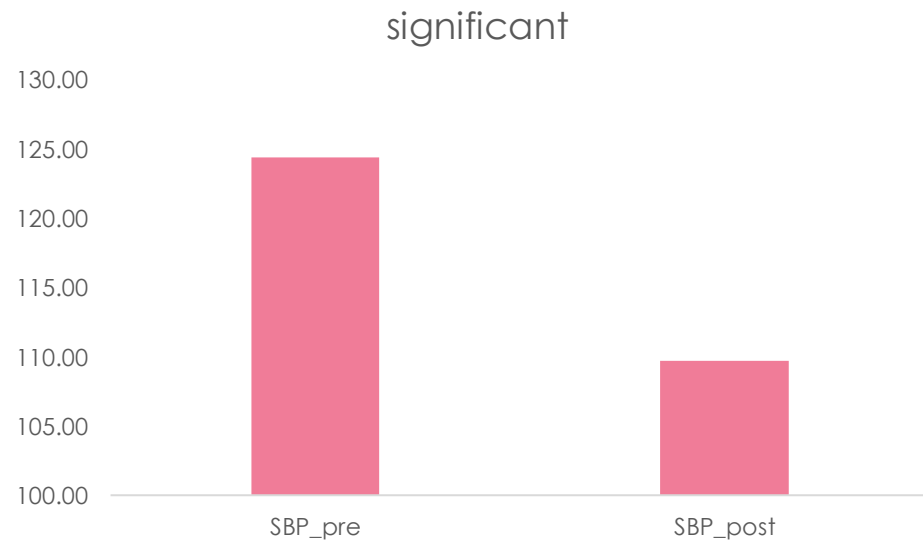
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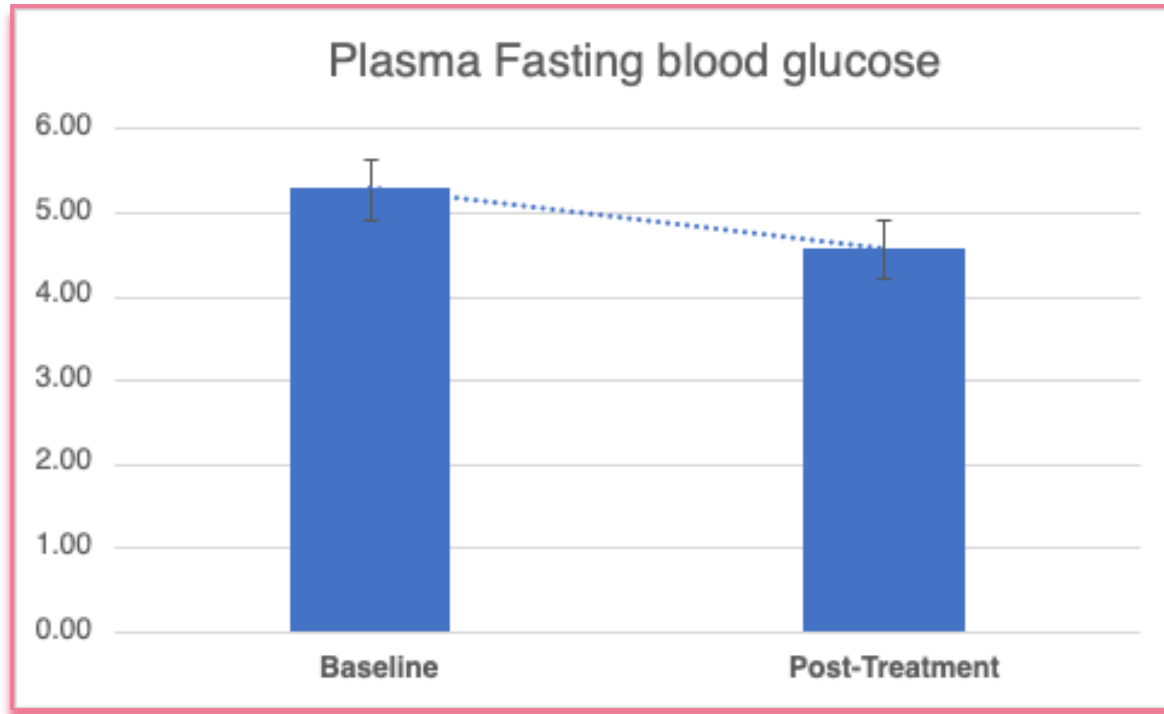
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Blood Pressure



Fasting Plasma Glucose



Significant changes $P < 0.013$

Antropometric changes

	weight	BMI	waist circumference	hip circumference	waist:hip ratio	%body fat
Mean	77.30	28.44	88.50	106.71	0.83	37.00
STD	11.81	3.48	4.52	8.56	0.07	9.68
	Change in weight	Change in BMI	Change in Waist circ	Hip circ	Change waist:hip ratio	Change %body fat
Significant	0.08	0.71	0.63	0.14	0.45	0.36