

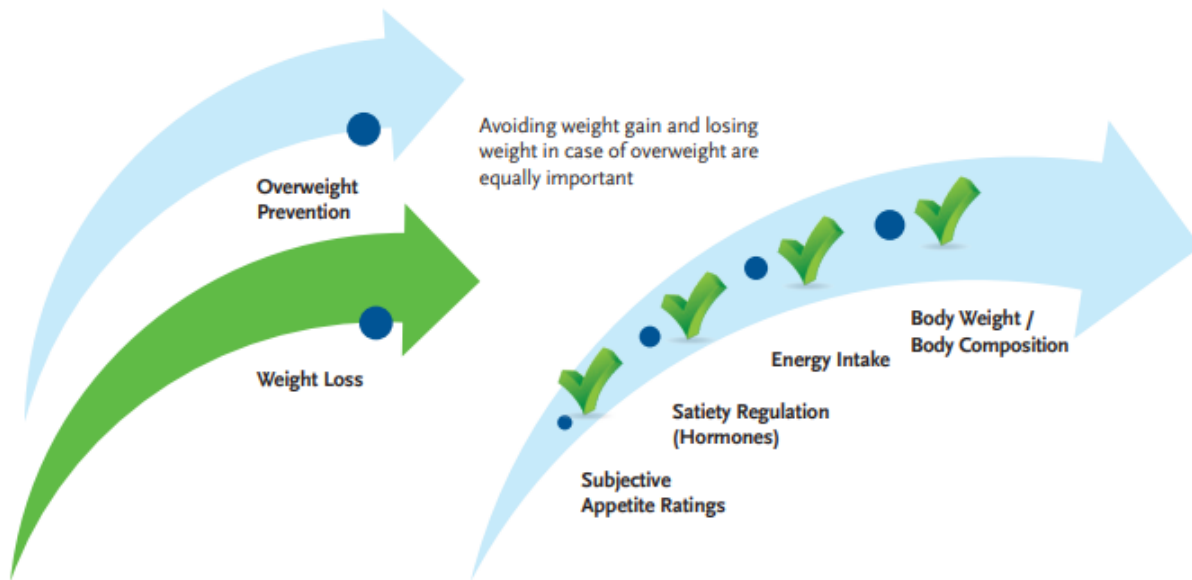


ió fibrewater:
Weight
management for
adults & children

Chicory root fibres influence the path towards a healthy weight

Chicory root fibre has supporting scientific evidence in animal and human intervention studies on all stages of the scientific 'ladder to success' in the weight management approach.

Chicory root fibre influences body weight



Appetite regulation

The mechanism behind this is related to the prebiotic fermentation of chicory root fibre in the colon and the subsequent formation of SCFAs (acetate, propionate, butyrate and lactate). These SCFAs influence appetite regulation and food intake by triggering a release of the gut hormones like GLP-1 and PYY.

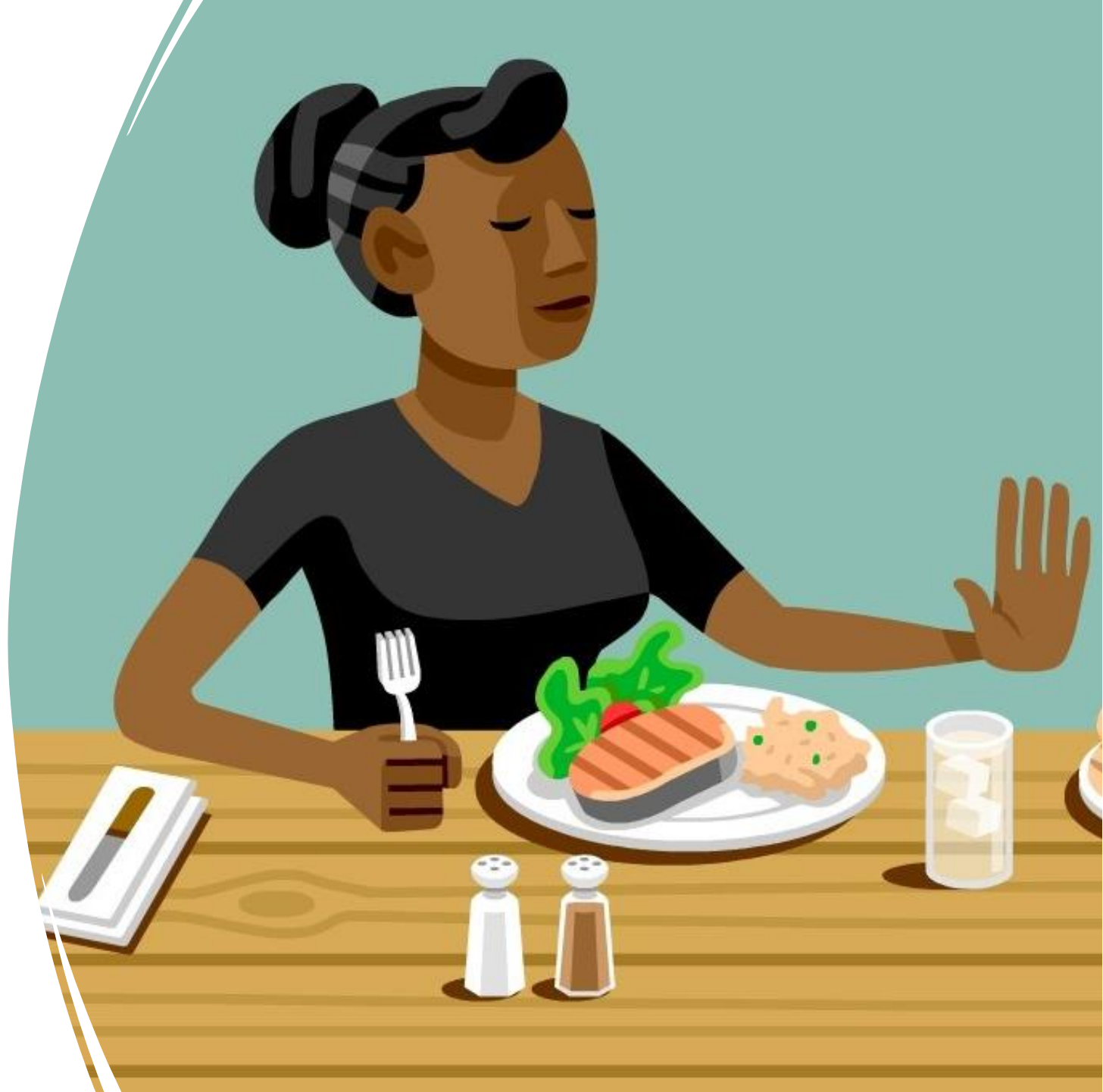
Both hormones secreted (by L-cells) at the end of the small intestine and in the large intestine. They simulate glucose-dependent insulin secretion, inhibit glucagon release in the pancreas and gastric emptying in the stomach as well as directly suppress appetite in the brain.

Appetite regulation

In a recent survey with 28 participants who drank one bottle of **ió** fibrewater for 12 days, for those people who wanted to lose weight:

- 67% of self-identified snackers in the group reported a reduction in snacking and feeling more satiated
- 62% experienced not needing to eat as much at mealtime
- 48% stated they were thinking about less food
- 67% (6 out of 9 people) lost weight with the average weight loss being 2.66 lbs

The intake of prebiotic fibre is one more tool to use in the obesity epidemic.



Chicory root fibre and weight management in children

Studies have found that supplementation of prebiotic chicory root fibre improves obesity outcomes in overweight/obese children and induced specific gut bacterial shifts.

ió fibrewater is a delicious, easy swap from flavoured water or drinks for children.




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

A large, semi-circular portrait of Dr Adele Costabile, a woman with blonde hair, smiling warmly at the camera. She is wearing a light-colored, patterned top.

In the autumn of 2023, The Prebiotic Company Ltd. commenced a collaborative study with the University of Roehampton on 'The Effects ió fibrewater Supplementation on Gut Health, Immunity and Metabolism in Overweight Adults'. You can view this study on the NIH [here](#) and the preliminary study result regarding weight loss on the next page.

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

Research on chicory root fibre for weight management (adults)

- Physical activity enhances the improvement of body mass index and metabolism by inulin: a multi-center randomized placebo-controlled trial performed in obese individuals. <https://pubmed.ncbi.nlm.nih.gov/35351144/>
- Effects of targeted delivery of propionate to the human colon on appetite regulation, body weight maintenance and adiposity in overweight adults. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4680171/>
- Inulin protects against metabolic syndrome by nourishing microbiota in mice. [https://www.cell.com/cell-host-microbe/fulltext/S1931-3128\(17\)30497-3](https://www.cell.com/cell-host-microbe/fulltext/S1931-3128(17)30497-3)
- A randomized controlled trial: the effect of inulin on weight management and ectopic fat in subjects with prediabetes. To access study: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4619305/>
- Effects of targeted delivery of propionate to the human colon on appetite regulation, body weight maintenance and adiposity in overweight adults. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4680171/>
- Oligofructose-enriched inulin supplementation decreases energy intake in overweight and obese men and women. Obesity reviews 12(S1):63–279. <http://onlinelibrary.wiley.com/doi/10.1111/j.1467-789X.2011.00889.x/pdf>
- Parnell JA, Reimer RA (2009) Weight loss during oligofructose supplementation is associated with decreased ghrelin and increased peptide YY in overweight and obese adults. Am J Clin Nutr 89(6): 1751–1759. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3827013/pdf/nihms3657.pdf>
- Metabolic benefits of dietary prebiotics in human subjects: a systematic review of randomised controlled trials. Br J Nutr 111(7): 1147–1161. http://journals.cambridge.org/article_S0007114513003607

Research on chicory root fibre for weight management (children)

Prebiotic supplementation improves appetite control in children with overweight and obesity: a randomized controlled trial. Am J Clin Nutr 105(4):790–799. <https://www.ncbi.nlm.nih.gov/pubmed/28228425>

Prebiotic reduces body fat and alters intestinal microbiota in children with overweight or obesity. Gastroenterology 153(3):711–722. [http://www.gastrojournal.org/article/S0016-5085\(17\)35698-6/pdf](http://www.gastrojournal.org/article/S0016-5085(17)35698-6/pdf)

Prebiotic Fiber Consumption Decreases Energy Intake in Overweight and Obese Children. https://www.researchgate.net/publication/352590160_Prebiotic_Fiber_Consumption_Decreases_Energy_Intake_in_Overweight_and_Obese_Children

Effect of Prebiotic Fiber-Induced Changes in Gut Microbiota on Adosity in Obese and Overweight Children. https://faseb.onlinelibrary.wiley.com/doi/10.1096/fasebj.29.1_supplement.276.6