



**Supporting blood
glucose response with
chicory root fibre &**

ió fibre**water**

Chicory root fibre helps support blood glucose response

Diabetes is now a global health problem affecting almost 10% of the population and an estimated seven million people in the UK have pre-diabetes.

Chicory root fibre (found in **ió fibrewater**) intake results in a significantly lower blood sugar and insulin response while increasing the fibre content.

Authorised health claims

The EFSA and GB NHC health claim 13.5 confirms that chicory root fibre contributes to better blood glucose management as it supports a lower rise in blood glucose response. The wording for the claim may read “Consumption of food/drinks containing chicory root fibre (inulin) instead of sugars induces a lower blood glucose rise after their consumption compared to sugar-containing foods/drinks”.

Health claim article 10.3 wording amongst others may include “lower and more balanced blood glucose rise”.

A 30% sugars reduction needs to be obtained by replacement of non-digestible carbohydrates such as the chicory root fibre found in **ió fibrewater**.

A [systematic review](#) of 26 intervention studies showed that prebiotic supplementation with chicory root fibres significantly reduced postprandial glucose and insulin concentrations.



ió fibrewater

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. 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. I 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



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. commenced a collaborative study with the University of Roehampton to explore the potential of our product for people living with type 2 diabetes, and pre-diabetes, as well as a range of health benefits. You can view this study on the NIH [here](#) and the preliminary study results on the next pages.



28.08.2023



Preliminary Results

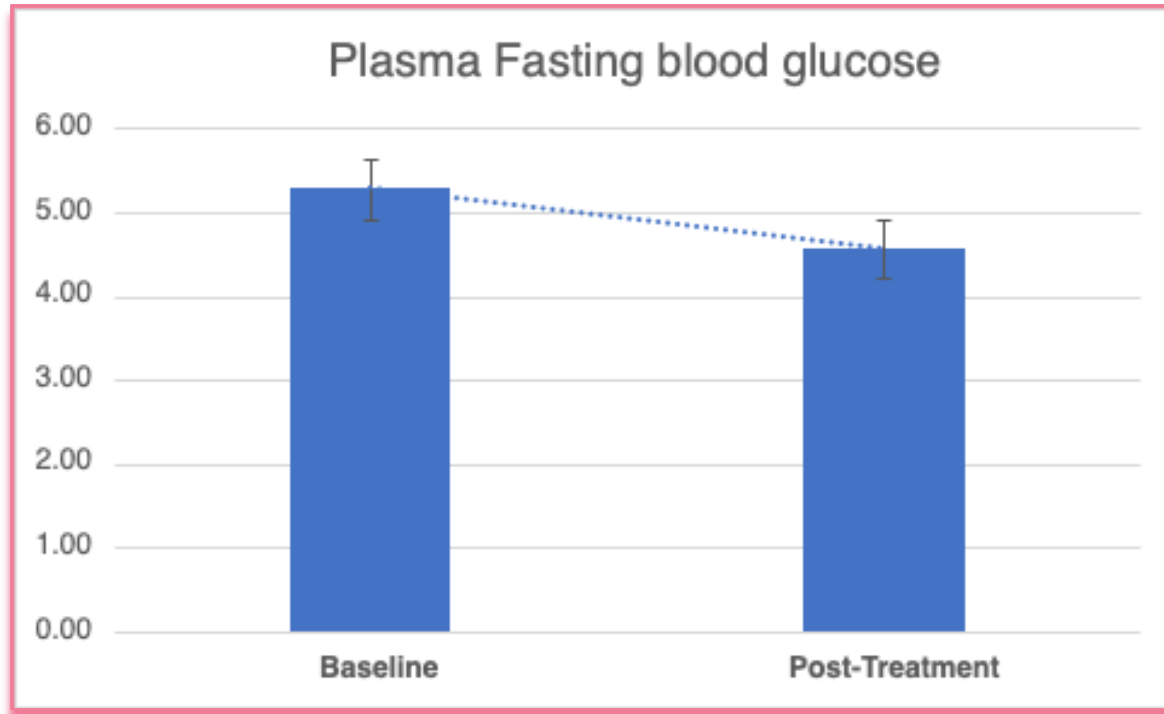
Dr Adele Costabile -
BSc, PhD, FHEA, Rnutr

Dr Piril Hepsomali -
PhD, FHEA

Final conclusions will be in
October 2023

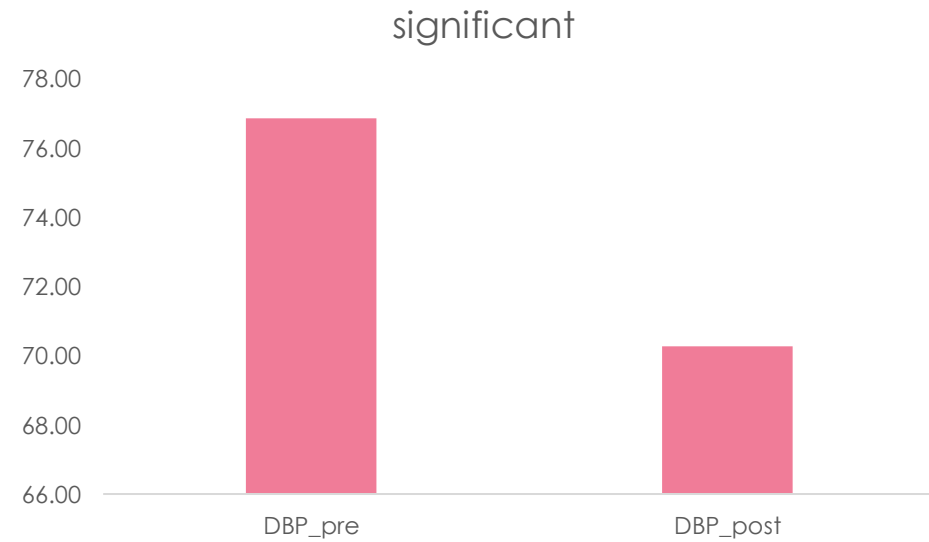
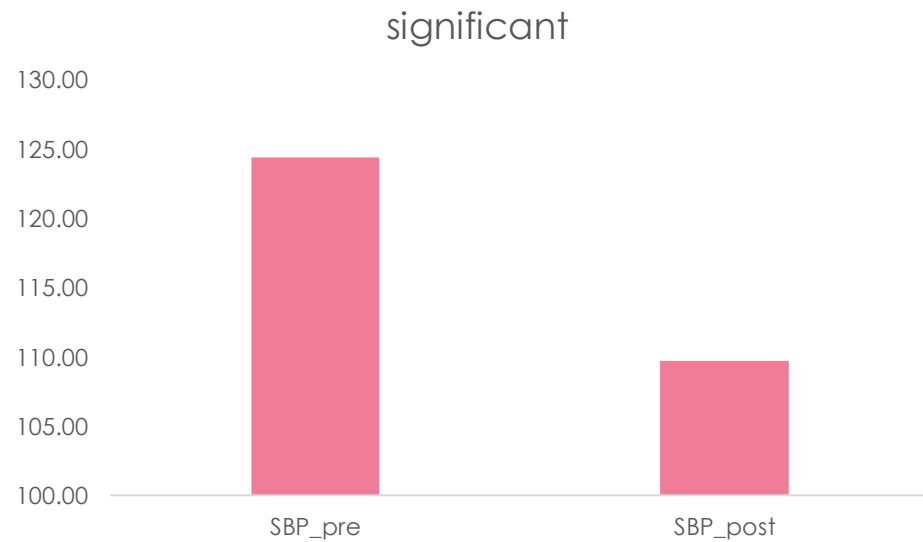
<https://www.clinicaltrials.gov/study/NCT05908474>

Fasting Plasma Glucose



Significant changes $P < 0.013$

Blood Pressure



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 diabetes & blood sugar

- Researchers confirm chicory inulin benefits on blood sugar. <https://www.nutraingredients.com/Article/2017/04/03/Researchers-confirm-chicory-inulin-benefits-on-blood-sugar>
- Chicory root fibres can significantly lower the blood glucose response in sugar-reduced food products. https://www.nutraceuticalbusinessreview.com/news/article_page/Chicory_root_fibres_c_an_significantly_lower_the_blood_glucose_response_in_sugar-reduced_food_products/127538
- Is chicory root fiber keto friendly? <https://www.theartofketo.com/tag/does-chicory-root-fiber-spike-blood-sugar/>
- Chicory root fibre shown to lower diabetes risk. <https://www.foodmanufacture.co.uk/Article/2016/09/15/Diabetes-risk-lowered-by-chicory-root-fibre>
- Prebiotic effects: metabolic and health benefits. <https://pubmed.ncbi.nlm.nih.gov/20920376/>
- A randomized controlled trial: the effect of inulin on weight management and ectopic fat in subjects with prediabetes. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4619305/>
- Effects of High Performance Inulin Supplementation on Glycemic Control and Antioxidant Status in Women with Type 2 Diabetes. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3638225/>
- The effect of the daily intake of inulin on fasting lipid, insulin and glucose concentrations in middle-aged men and women. <https://pubmed.ncbi.nlm.nih.gov/10655953/>