Health claims & literature reviews: Chicory root fibre (inulin)

TWO EUROPEAN FOOD SAFETY AUTHORITY (EFSA) & GB NHC HEALTH CLAIMS

Thanks to Beneo's proprietary research, Orafti HSI, and a select few chicory inulin's in the Orafti family, can be used in food & drink products with an accompanying EFSA health claim and this health claim and its conditions of use are listed on the Great Britain Nutrition and Health Claims (NHC) Register, (which now governs health claims in England, Scotland and Wales). ió fibre**water** has approval to use these health claims on our labels and marketing.

Ingredient	Claims wording	Type of health claim	EFSA/NHC Opinion/status	Regulation (EU regulation retained in UK post-Brexit)
Native chicory inulin	*"Contributes to normal bowel function by increasing stool frequency"*	13(5)	Finished (ON-3951), 11.12.2014 →positive	Reg. (EU) No. 1924/2006 (Authorised health claim)
Native chicory inulin	*"Consumption of foods/drinks containing non-digestible carbohydrates instead of sugars induces a lower blood glucose rise after meals compared to sugar-containing foods/drinks"*	13(5)	Finished (ON-3513), 11.12.2013 →positive	Reg. (EU) No. 1924/2006 (Authorised health claim)

The official digestive health claim is featured on the packaging of ió fibre**water** and as a result we can make associated general health claims on the front of our packaging and website, such as:

"Prebiotic"
"Supports a healthy gut and balanced digestive system"
"Slowing and lowering blood glucose rise"

For more information on these EFSA health claims please see this EFSA resource and the PDF (next page) regarding the Beneo-Orafti summary, and the Great Britain Nutrition and Health Claims register Annex.

CHICORY ROOT FIBRE (INULIN) LITERATURE REVIEW

Our supplier Beneo has provided a curated document that lists a selection of the most relevant studies that analyse the main physiological benefits of chicory root fibre.

Please see links below for Beneo's papers on:

- Prebiotic fibres and digestive health
- Beneo Chicory Root Fibers – supporting a healthy gut microbiota and beyond

For a summary of clinical research findings involving Beneo Orafti® chicory root fibre and Orafti® HSI, please see the next slide.

BENEO ORAFTI® LITERATURE REVIEW

Reference	Dosage	Subject Groups	Findings
Lohner et al., 2018	6 g/day (Orafti Inulin) – Type not specified	Children 3 to 6 year	Softer stools, higher counts of beneficial bacteria (Bifidobacterium and Lactobacillus) in stools, and fewer fevers requiring medical attention.
Stephan & Carolin, 2018	6 g/day (mix of 93% of Orafti HSI and 7% Orafti HP)	Children 3 to 6 years	Improved performance of the immune system with a reduction of sinusitis symptoms in children.
Azpiroz et al., 2017	8 g/day (Orafti HSI)	Patients (20 to 70 years) with moderate abdominal discomfort	Orafti HSI promoted the proliferation of Bifidobacteria which are able to ferment residues using metabolic pathways with lower gas release - thus improving gut function.
Micka et al., 2016	12 g/day (Orafti GR)	Healthy men and women aged ≥ 20 and ≤ 75 years	An increase in stool frequency, after consumption of Orafti inulin, accompanied by a softening of stool consistency.
Vandeputte et al., 2017	12 g/day (Orafti Inulin) - Type not specified	Healthy adults with mild constipation	An increase in stool frequency.
EFSA, 2015	12 g/day (Orafti Standard/Native Inulin) - Type not specified	Six studies involving86 su bjects	Orafti inulin improves bowel function by increasing stool frequency