



Dietary fibre & prebiotics: Heart health

Heart health benefits of dietary fibre

High fibre intake is associated with a wide range of health outcomes, including cardiovascular health. However, despite increases in the recommended values for fibre at 30g recommended daily, the average adult daily intake is just 19g.

After analysing 185 studies and 58 clinical trials, the results have been published in the [Lancet Medical Journal](#).

The analysis suggested if 1,000 people were shifted from a low fibre diet (less than 15g) to a high fibre one (25-29g), it would **prevent 13 deaths and six cases of heart disease**. It also showed lower levels of blood pressure, lower weight and cholesterol levels.

ió fibrewater makes boosting fibre intake easy, refreshing and delicious!

ió fibrewater delivers 20% of the daily recommended fibre intake (6g) in just one bottle. Plus, it's only 17 kcal and has no added sugar, artificial sweeteners, preservatives or flavours, too!





Prebiotic fibre and cardiovascular disease

High blood pressure continues to be a major factor for cardiovascular death.

In a [study](#) with 179 mice, a diet lacking prebiotic fibre with or without the addition of gut metabolites called short-chain fatty acids (SCFA produced during fermentation of prebiotic fibre in the large intestine), or high prebiotic fibre diets.

The study showed that the mice lacking prebiotic fibre were predisposed to hypertension and with hypertensive stimulus, pathological cardiac remodeling resulted.

The conclusion was maintaining a healthy, SCFA-producing microbiota is important to cardiovascular health.

A [study](#) by Parnell and Reiner reported that rats administered 0,10 or 20% of prebiotic fibre for 10 weeks and that both doses of **prebiotic fibre reduced serum cholesterol concentrations by about 25%**. Additionally, obese rats with **10% prebiotic supplementation demonstrated a 40% reduction in triacylglycerol accumulation in the liver**.

ió fibrewater delivers 100% of the recommended daily prebiotic fibre (International Scientific Association of Probiotics and Prebiotics recommend 3-5g of prebiotic fibre per day) in one bottle. It's prebiotic precision nutrition at its best!

Research on cardiovascular disease & inflammation

- Deficiency of prebiotic fiber and insufficient signaling. <https://pubmed.ncbi.nlm.nih.gov/32093510/>
- Dietary fibre for the primary prevention of cardiovascular disease. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7032538/>
- Dietary fibre intake and risk of cardiovascular disease: systematic review and meta-analysis. <https://pubmed.ncbi.nlm.nih.gov/24355537/>
- Dietary fibre and cardiovascular health: a review of current evidence and policy. <https://www.cambridge.org/core/journals/proceedings-of-the-nutrition-society/article/dietary-fibre-and-cardiovascular-health-a-review-of-current-evidence-and-policy/D32A613205AE6F23509F2381379131F8>
- Dietary fiber, inflammation, and cardiovascular disease. <https://pubmed.ncbi.nlm.nih.gov/15884088/>
- Can Increasing Fiber Reduce Inflammation? <https://www.arthritis.org/health-wellness/healthy-living/nutrition/anti-inflammatory/increasing-fiber>
- Dietary fiber and its associations with depression and inflammation. <https://pubmed.ncbi.nlm.nih.gov/31750916/>
- Probiotics, prebiotics and synbiotics: A promising strategy in prevention and treatment of cardiovascular diseases? <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7767061/>