

Research:
Prebiotic &
dietary fibre &
soluble corn fibre



Research on prebiotics for children

- Prebiotic fibers show gut and immune health benefits for children: RCT. <https://www.nutraingredients-usa.com/Article/2018/07/10/Prebiotic-fibers-show-gut-and-immune-health-benefits-for-children-RCT>
- Pediatric Applications of Inulin and Oligofructose. To access study: <https://academic.oup.com/jn/article/137/11/2585S/4664511?login=false>
- Functional Constipation and the Gut Microbiome in Children: Preclinical and Clinical Evidence. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7856458/>
- Inulin-Type Fructan Supplementation of 3- to 6-Year-Old Children Is Associated with Higher Fecal Bifidobacterium Concentrations and Fewer Febrile Episodes Requiring Medical Attention. <https://academic.oup.com/jn/article/148/8/1300/5048772?login=false>
- Effect of Prebiotic on Microbiota, Intestinal Permeability, and Glycemic Control in Children with Type 1 Diabetes. <https://pubmed.ncbi.nlm.nih.gov/31188437/>
- Prebiotics in infant formula could improve learning, memory and alter brain chemistry <https://prebioticassociation.org/prebiotics-in-infant-formula-could-improve-learning-and-memory-and-alter-brain-chemistry/>

Research on allergies

- Prebiotics: Mechanisms and Preventive Effects in Allergy.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6722770/>



Research on cancer

Cancer


- The Association between Prebiotic Fiber Supplement Use and Colorectal Cancer Risk and Mortality in the Women's Health Initiative.
<https://pubmed.ncbi.nlm.nih.gov/31455673/>
- Roles of Probiotics and Prebiotics in Colon Cancer Prevention: Postulated Mechanisms and In-vivo Evidence.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2635701/>
- Effect of prebiotics on biomarkers of colorectal cancer in humans: a systematic review. <https://pubmed.ncbi.nlm.nih.gov/22835137/>
- An Overview of Gut Microbiota and Colon Diseases with a Focus on Adenomatous Colon Polyps.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7582333/>
- An Overview of Gut Microbiota and Colon Diseases with a Focus on Adenomatous Colon Polyps.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7582333/>

Research digestive health


- Scientific Opinion on the substantiation of a health claim related to “native chicory inulin” and maintenance of normal defecation by increasing stool frequency pursuant to Article 13.5 of Regulation (EC) No 1924/2006 (EFSA metadata on the Beneo Orafti inulin used in ió fibrewater <https://www.efsa.europa.eu/en/efsajournal/pub/3951>)
- Chicory inulin and acute diverticulitis – a phase IV clinical study of FDA data. <https://www.ehealthme.com/ds/chicory-inulin/acute-diverticulitis/>
- Flexibility of gut microbiota in ageing individuals during dietary fibre long-chain inulin intake. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8138623/>
- Can inflammatory bowel disease be permanently treated with short-term interventions on the microbiome? <https://pubmed.ncbi.nlm.nih.gov/25665875/>
- Functional food science and gastrointestinal physiology and function. <https://pubmed.ncbi.nlm.nih.gov/9849357/>
- Inulin and oligofructose in chronic inflammatory bowel disease. <https://academic.oup.com/jn/article/137/11/2572S/4664508?login=true>

Research & articles on dietary fibre

- The health benefits of dietary fibre. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7589116/>
- Review of 185 prospective studies and 58 clinical trials regarding bodyweight, systolic blood pressure, total cholesterol, type 2 diabetes and colorectal cancer when comparing higher with lower intakes of dietary fibre. [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(18\)31809-9/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(18)31809-9/fulltext)
- Dietary fiber and prebiotics and the gastrointestinal microbiota. <https://pubmed.ncbi.nlm.nih.gov/28165863/>
- Dietary fiber and blood pressure control. <https://pubmed.ncbi.nlm.nih.gov/26923351/>
- Dietary fiber and body weight. <https://pubmed.ncbi.nlm.nih.gov/15797686/>
- Dietary fiber intake and endometrial cancer risk: A systematic review and meta-analysis. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6073518/>
- The health benefits of dietary fiber: beyond the usual suspects of type 2 diabetes, cardiovascular disease and colon cancer. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3399949/>
- Dietary fiber: Essential for a healthy diet. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983>
- Benefits of dietary fiber may vary for different people: Here's why. <https://www.medicalnewstoday.com/articles/benefits-of-dietary-fiber-may-vary-for-different-people-heres-why>

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Research on soluble corn fibre (resistant starch)

- Resistant Starch: Promise for Improving Human Health.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3823506/>
 - Effects of resistant starch interventions on metabolic biomarkers in pre-diabetes and diabetes adults.
<https://www.frontiersin.org/article/10.3389/fnut.2021.793414>
 - High-amylose Maize Starch and Diabetes. Food and Drug Administration USA:
<https://www.regulations.gov/docket/FDA-2015-Q-2352/document>
 - Substitution of Refined Conventional Wheat Flour with Wheat High in Resistant Starch Modulates the Intestinal Microbiota and Fecal Metabolites in Healthy Adults: A Randomized, Controlled Trial.
<https://doi.org/10.1093/jn/nxac021>
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