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PROMITOR® Soluble Fiber

The health benefits of PROMITOR® Soluble Fibre: published scientific studies

SUPPORTS WEIGHT MANAGEMENT WITH FEWER CALORIES

Canene-Adams K, et al. A randomized, double-blind, crossover study to determine the available energy from soluble fiber. J Am Coll Nutr. 2021 Jul;40(5):412-418.

Fastinger ND, et al. Glycemic response and metabolizable energy content of novel maize-based soluble fibers F4-809, F4-810 and F4-810LS using canine and avian models. FASEB J.2007;21:A744.

Cervantes-Pahm SK, et al. Effect of novel fiber ingredients on ileal and total tract digestibility of energy and nutrients in semi-purified diets fed to growing pigs. J Sci Food Agric. 2014 May;94(7):1284-90.

FAVOURABLE GLYCAEMIC RESPONSE

Tan WSK, et al. The role of soluble corn fiber on glycemic and insulin response. Nutrients 2020 Mar;12(4):961.

Konings E, et al. Effect of polydextrose and soluble maize fibre on energy metabolism, metabolic profile and appetite control in overweight men and women. Br J Nutr. 2014 Jan;111(1):111-21.

Kendall CW, et al. Effect of novel maize-based dietary fibers on postprandial glycemia and insulinemia. J Am Coll Nutr. 2008;27:711-8.

Fastinger ND, et al. Glycemic response and metabolizable energy content of novel maize-based soluble fibers F4-809, F4-810 and F4-810LS using canine and avian models. FASEB J. 2007;21:A744.

CALCIUM ABSORPTION AND BONE CALCIUM RETENTION

Weaver CM, et al. Novel fibers increase bone calcium content and strength beyond efficiency of large intestine fermentation. J Agri Food Chem. 2010;58:8952-8957.

Whisner CM, et al. Soluble maize fibre affects short-term calcium absorption in adolescent boys and girls: a randomised controlled trial using dual stable isotopic tracers. Br J Nutr. 2014;112:446-56.

Whisner CM, et al. Soluble corn fiber increases calcium absorption associated with shifts in the gut microbiome: a randomized dose-response trial in free-living pubertal females. J Nutr. 2016;146:1298-306.

Jakeman AS, et al. Soluble corn fiber increases bone calcium retention in postmenopausal women in a dose-dependent manner: a randomized crossover trial. Am J Clin Nutr. 2016 Sep;104(3):837-43.

PREBIOTIC and SYNBIOTICS EFFECTS

Maathuis A, et al. The effect of the undigested fraction of maize products on the activity and composition of the microbiota determined in a dynamic in vitro model of the human proximal large intestine. J Am Coll Nutr. 2009;28:657-66.

Weaver CM, et al. Novel fibers increase bone calcium content and strength beyond efficiency of large intestine fermentation. J Agri Food Chem. 2010;58:8952-8957.

Vester Boler BM, et al. Digestive physiological outcomes related to polydextrose and soluble maize fibre consumption by healthy adult men. Br J Nutr. 2011;106:1864-71.

Whisner CM, et al. Soluble maize fibre affects short-term calcium absorption in adolescent boys and girls: a randomised controlled trial using dual stable isotopic tracers. Br J Nutr. 2014;112:446-56.

Whisner CM, et al. Soluble corn fiber increases calcium absorption associated with shifts in the gut microbiome: a randomized dose-response trial in free-living pubertal females. J Nutr. 2016;146:1298-306.

Costabile A, et al. Prebiotic potential of a maize based soluble fiber and impact of dose on the human gut microbiota. PLoS ONE 2016 Jan;11(1):e0144457.

Costabile A, et al. Effects of soluble corn fiber alone or in synbiotic combination with lactobacillus rhamnosus GG and the pilus-deficient derivative GG-PB12 on fecal microbiota, metabolism, and markers of immune function: a randomized, double-blind, placebo-controlled, crossover study in healthy elderly (saimes study). Front Immunol 2017 Dec;8:1443.

GUT HEALTH, LAXATION, DIGESTIVE TOLERANCE

Stewart ML, et al. Evaluation of the effect of four fibers on laxation, gastrointestinal tolerance and serum markers in healthy humans. Ann Nutr Metabol. 2010;56:91-98.

Vester Boler BM, Serao MC, Bauer LL, Staeger MA, Boileau TW, Swanson KS, Fahey GC Jr. Digestive physiological outcomes related to polydextrose and soluble maize fibre consumption by healthy adult men. Br J Nutr. 2011;106:1864-71.

Housez B, et al. Evaluation of digestive tolerance of a soluble corn fibre. J Hum Nutr Diet. 2012 Oct;25(5):488-96.

Timm DA, et al. Polydextrose and soluble corn fiber increase five-day fecal wet weight in healthy men and women. J Nutr. 2013;143:473-478.

Bassaganya-Riera J, et al. Soluble fibers and resistant starch ameliorate disease activity in interleukin-10-deficient mice with inflammatory bowel disease. J Nutr. 2011 Jul;141(7):1318-25.

Van Hul M, et al. Comparison of the effects of soluble corn fiber and fructooligosaccharides on metabolism, inflammation, and gut microbiome of high-fat diet-fed mice. Am J Physiol Endocrinol Metab. 2020 Oct;319(4):E779-E791.

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