### TATE & LYLE



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# The health benefits of PROMITOR<sup>®</sup> 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.

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#### 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.

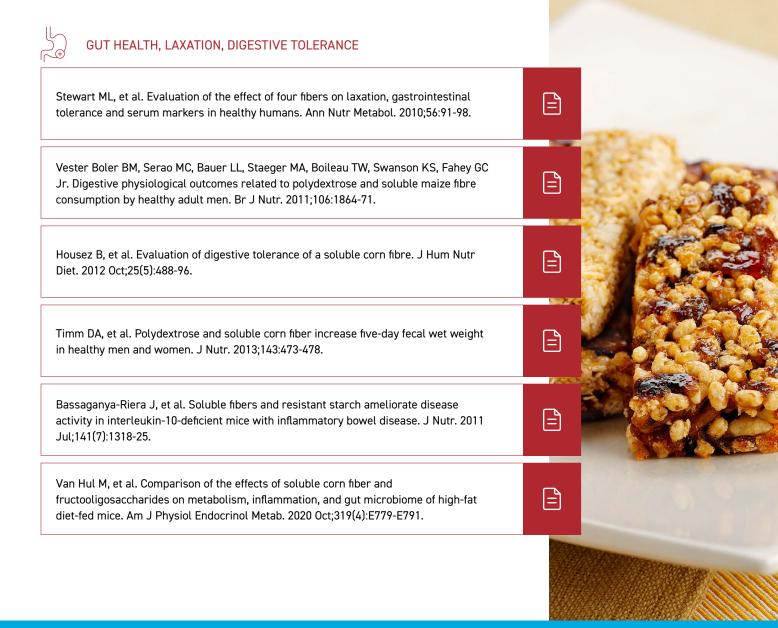
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