Nutrition Centre

By TATE & LYLE

PROMITOR®

Soluble Fibre and its potential role in immune health

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At Tate & Lyle, we continue to build on our 160 years of experience, and through research and innovation, we're learning a lot about the various potential health benefits of PROMITOR® Soluble Fibre for consumers and how it can positively impact the future of food.

The potential health benefits of PROMITOR® Soluble Fibre include*:

- Supporting calcium absorption and bone calcium retention, potentially contributing to bone health.[1-4]
- Supporting gastrointestinal health.[5-7]
- A good digestive tolerance.[6-10]
- Maintaining healthy post-meal blood glucose levels (when used to substitute sugar or other digestible carbohydrates).[11-14]

Some of the most exciting emerging data suggest that PROMITOR® Soluble Fibre could have a beneficial effect on the immune system*.[2,6,15,16]

To understand the link between PROMITOR® Soluble Fibre and the immune system, it's good first to have an overview of what the immune system is, why it's important, and the different factors that can affect how it works.

What is the immune system?

The immune system is a complex network of cells, tissues and organs designed to help keep your body healthy.[17] It's the body's main defence against pathogens.[18]

What is a pathogen?

Put simply, pathogens are any organisms that can cause harm to our health. Pathogens are made up of different organisms, including some bacteria, viruses, fungi and worms.[19]

Why is it so important?

The immune system works nonstop to keep us healthy. Without it, we'd be at constant risk of harm and would have no defence against anything, from small cuts and the common cold to more serious conditions such as cancer.

Labelling and claims may vary by country. Customers are advised to consult their own regulatory experts to determine appropriate labelling and claims for their products.

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What affects the function of the immune system?

A lot of things can affect how the immune system works and how effectively it functions to keep us healthy. Some of these factors are completely out of our control, for instance:

- Genetics
- Age
- Illnesses we've already experienced and ongoing chronic illness

However, some factors are in our control, such as:

- How much we exercise
- The choices we make about vaccinations
- Stress levels
- Smoking and alcohol intake
- Diet

Dietary fibre and immune health

In order to function as they should, the cells in the immune system require nutrients that are present in the food we eat. There's a wealth of research out there into the health benefits of eating more dietary fibre,[1–5] and it's been shown to:

- Help with managing caloric intake for healthy weight management (when used to substitute sugar or other digestible carbohydrates)
- Support cardiovascular health
- Temper spikes in blood sugar levels (after meals)
- Promote a healthy gut

In addition, a diet high in fibre can help to reduce the risk of certain diseases, including diabetes, some cancers and heart disease.[20–22]
Despite this, the fibre intake of the global general population falls well below the recommended levels.[21]

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Some fibres may also play a potential role in immune health.[23,24]

Research studies suggest that:

- PROMITOR® Soluble Fibre acts as a prebiotic fibre, which can help to maintain the balance of gut microbiota[5,16,25] and potentially support immune health.

- PROMITOR® Soluble Fiber is believed to provide these potential benefits by:

1. Supporting the production of short-chain fatty acids (SCFAs), which can increase the activity of immune system cells.[10]
2. Increasing specific bacteria that promote the activation of immune cells.[7]
3. Helping to preserve the gastrointestinal cells and mucus that make up the gut barrier in the colon[25] – the body's first line of defence from food-borne pathogens.

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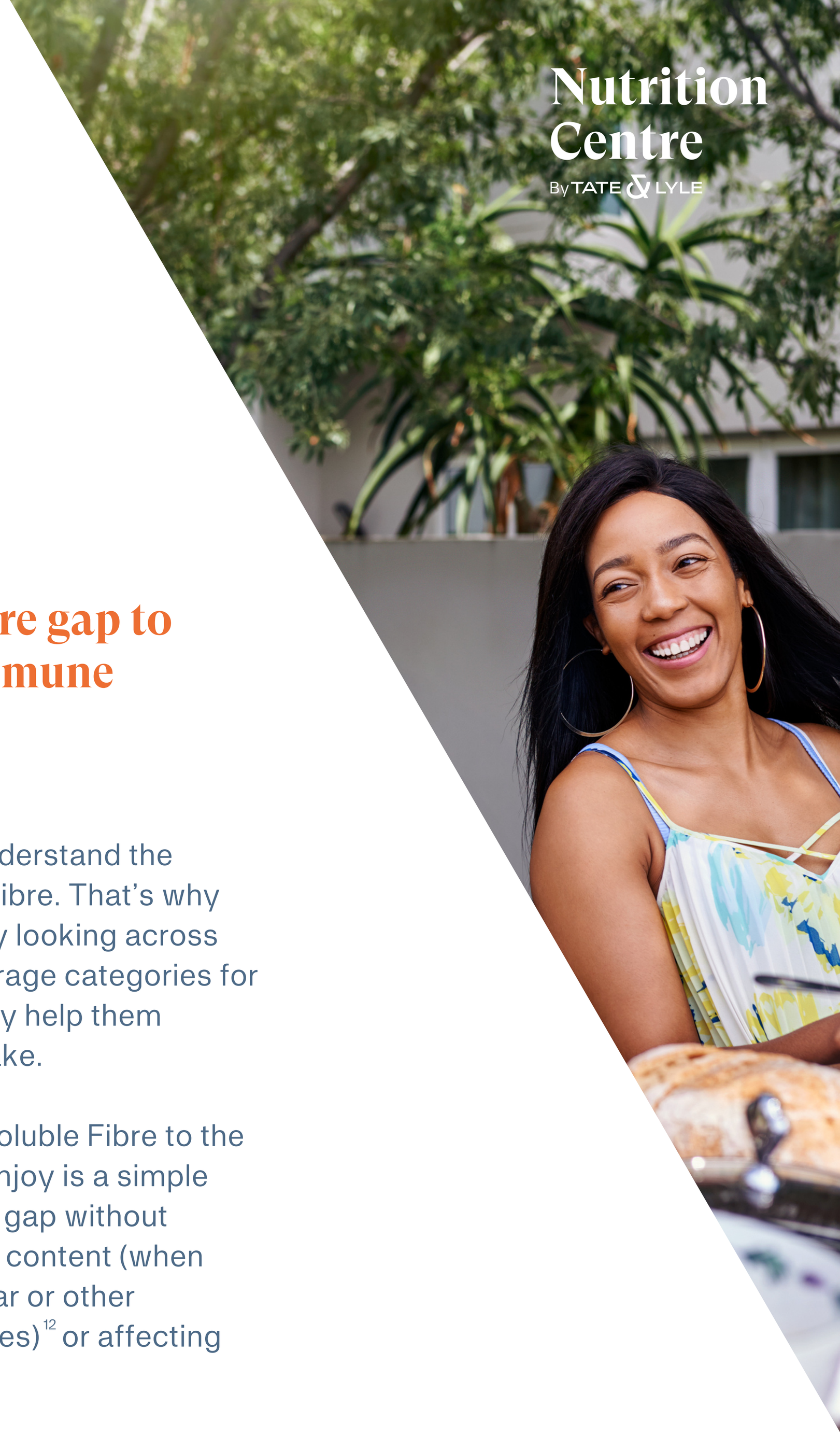

Bridging the fibre gap to help support immune health

Consumers already understand the importance of dietary fibre. That's why they're already actively looking across various food and beverage categories for products that can easily help them increase their fibre intake.

Adding PROMITOR® Soluble Fibre to the products consumers enjoy is a simple way to bridge the fibre gap without increasing their calorie content (when used to substitute sugar or other digestible carbohydrates)[12] or affecting their taste and texture.

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Innovating for the future of nutrition

Since the COVID-19 pandemic, consumers have an increased awareness of immune health, and attitudes have shifted to focus on how it can be improved.[26]

Helping consumers to increase their fibre intake ensures products are meeting consumer needs – which is vital in today's marketplace.

As we continue to discover more about the true impact of dietary fibre on health, from prebiotic benefits to potentially supporting the immune system, we understand more about the importance of innovation in nutrition that allows consumers to easily increase their fibre intake without compromising the taste and texture of products they love.

That's what makes PROMITOR® Soluble Fibre the extraordinary ingredient for everyday life, for today and the future.

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 Tate & Lyle • 5450 Prairie Stone Parkway, Hoffman Estates, IL 60192 • 1.800.526.5728

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