

Nutrition
Centre

By TATE & LYLE



PROMITOR[®]
Soluble Fibre

Health benefits
of PROMITOR[®]
Soluble Fibre:
**Published
scientific studies**

Published scientific studies:



Supports weight management
with fewer calories

Canene-Adams K, et al. Estimating the potential public health impact of fibre enrichment: a UK modelling study. *Br J Nutr.* 2022 Nov 14;128(9):1868-1874.



,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



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.



Cervantes-Pahm S, et al. Comparison of two different in vivo models and an in vitro model for caloric determination of four novel fiber ingredients. *J Agric Food Chem.* 2013 Dec 18;61(50):12374-9.



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.



Favourable
glycaemic response

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



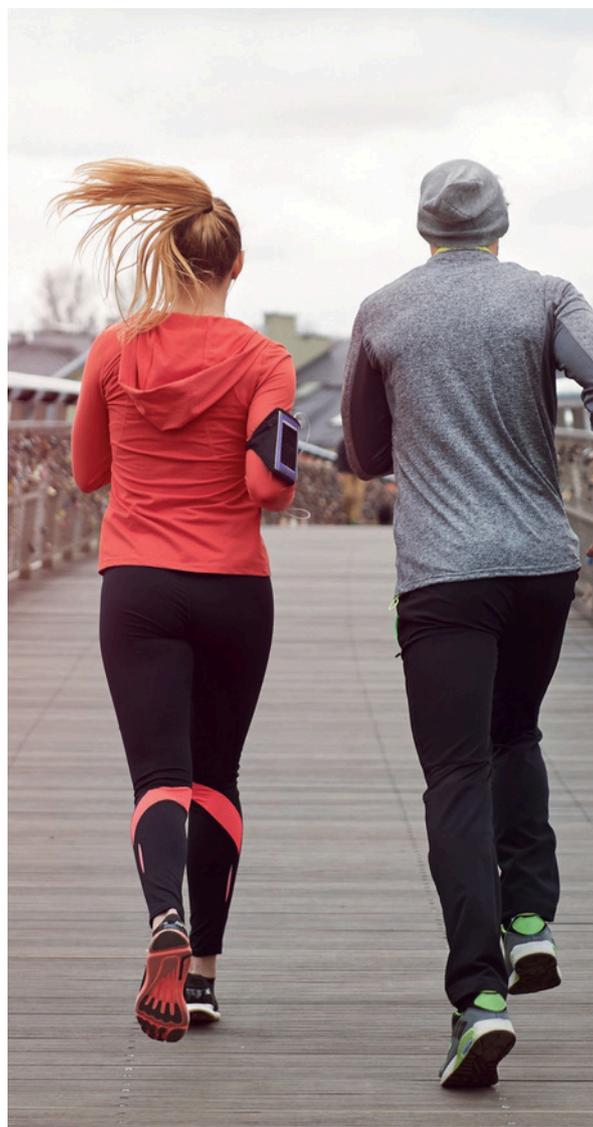
Konings E, et al. Effect of polydextrose and soluble maize fibre on energy metabolism, metabolic profile and appetite control in overweight men and women. *Br J Nutr.* 2014 Jan;111(1):111-21.



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





Prebiotic and synbiotics effects

Arroyo M, et al. Age-Dependent Prebiotic Effects of Soluble Corn Fiber in M-SHIME® Gut Microbial Ecosystems. *Plant Foods Hum Nutr.* 2023 Mar;78(1), 213–220.



Herisson, F, et al. Targeting the Gut-Heart Axis Improves Cardiac Remodeling in a Clinical Scale Model of Cardiometabolic Syndrome. *J Am Coll Cardiol Basic Trans Science.* null2024, 0 (0).



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.



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 Jul;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.



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 Aug;112:446-56.



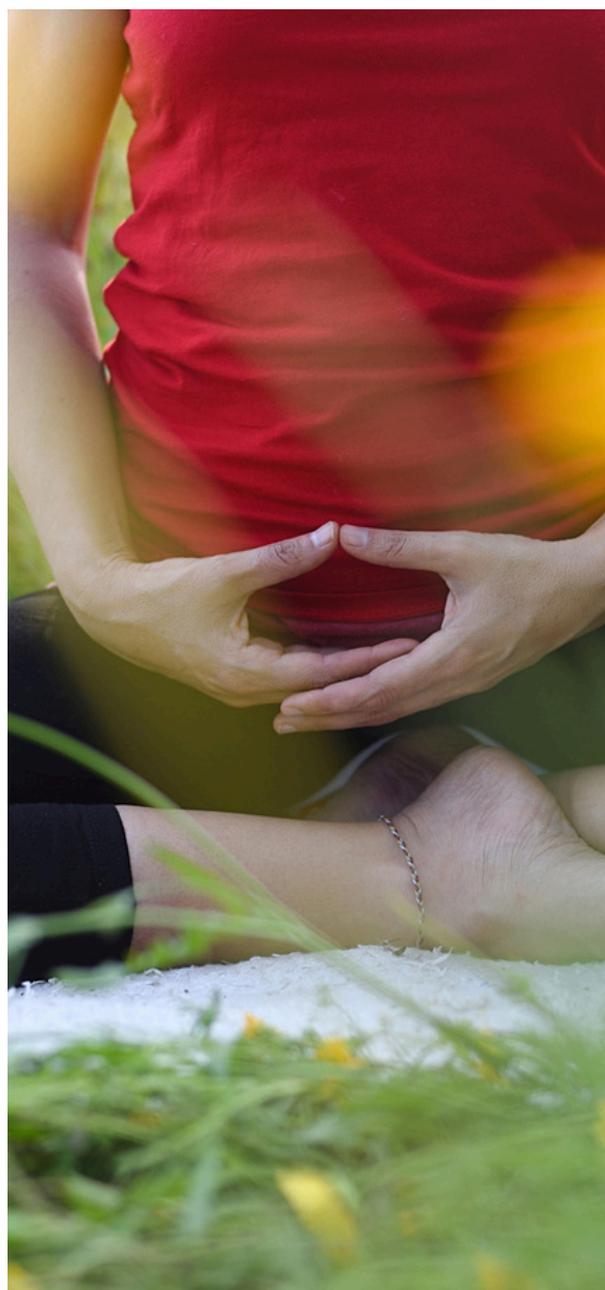
Vester Boler BM, et al. Digestive physiological outcomes related to polydextrose and soluble maize fibre consumption by healthy adult men. *Br J Nutr.* 2011 Dec;106:1864-71.



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



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Calcium absorption and bone calcium retention

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.



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 Jul;146:1298-306.



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 Aug;112:446-56.



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





Gut health, laxation and digestive tolerance

Risso D, et al. Moderate intakes of soluble corn fibre or inulin do not cause gastrointestinal discomfort and are well tolerated in healthy children. *Int J Food Sci Nutr.* 2022 Dec; 73(8), 1104–1115.



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.



Knapp BK, et al. Soluble fiber dextrin and soluble corn fiber supplementation modify indices of health in cecum and colon of Sprague–Dawley rats. *Nutrients.* 2013 Feb 4;5(2):396–410.



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



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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.



Immune health benefits*

Costabile A, et al. 2017 (full reference above in prebiotic section).



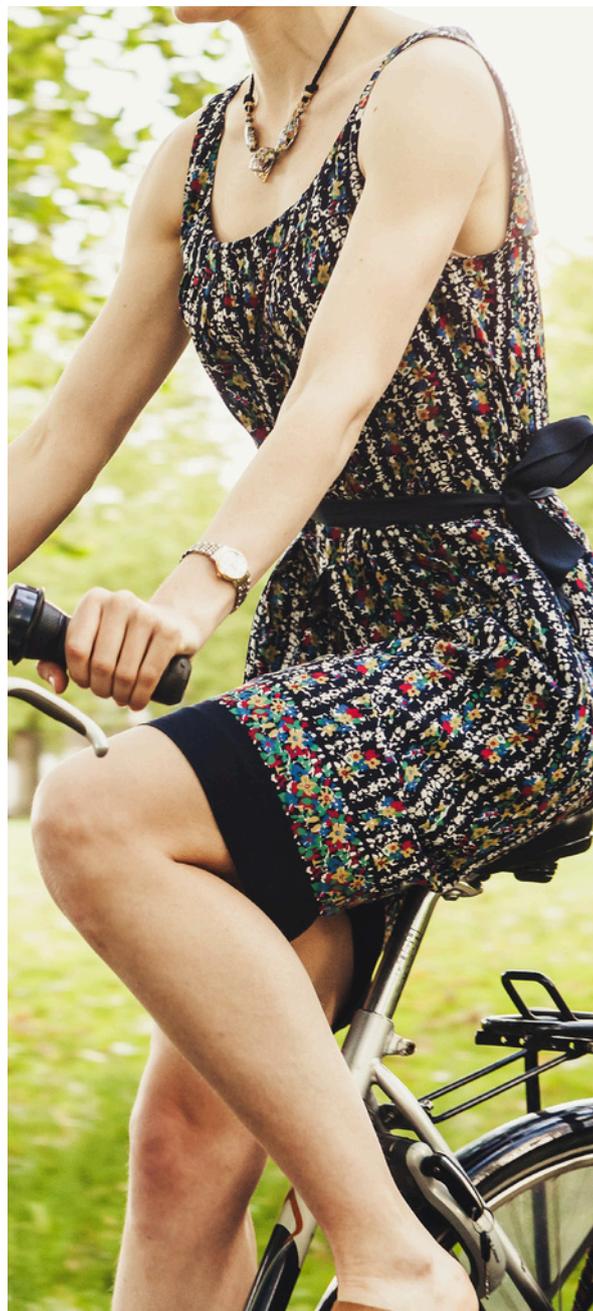
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Knapp BK, et al. Soluble fiber dextrin and soluble corn fiber supplementation modify indices of health in cecum and colon of Sprague–Dawley rats. *Nutrients.* 2013 Feb 4;5(2):396–410.



*Emerging research area.



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