

Can polydextrose help support bowel function?



Healthy individuals can sometimes experience mild constipation, characterized by:

- fewer than 3 bowel movements a week
- hard, dry, or lumpy stools
- difficult or painful passing of stool
- a feeling of incomplete passing of stool



On average 16% of people worldwide experience mild constipation with a regional range of 0.7-79%.²



Including more fibre in the diet, from grains, fruits and vegetables and through fortification, is one way to prevent or lessen symptoms of constipation.

A complementary approach is to fortify packaged foods to include more fibre in the diet. Among those is polydextrose.

Polydextrose (PDX) is a soluble, non-absorbed and partially fermentable fibre with only 1 cal/kg* and high GI tolerance (90g/day)^{3,4}



The Study:⁵



51

Healthy persons with mild constipation



4 week

2-centre, randomized, double-blind, placebo-controlled parallel trial



18 g/day

Polydextrose in biscuits and drink mixes or a control

The Results:



Higher fecal wet and dry weight



Shorter colonic transit time



Well-tolerated

Conclusion:

Daily consumption of 18g/day of polydextrose significantly increases fecal bulking in healthy persons with mild constipation. PDX can be used as a fortification tool to increase the fibre content of foods such as yoghurt, biscuits, jams and bread and to help support bowel function.

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*Regulations vary by region. Consult your local regulatory group for confirmation.

