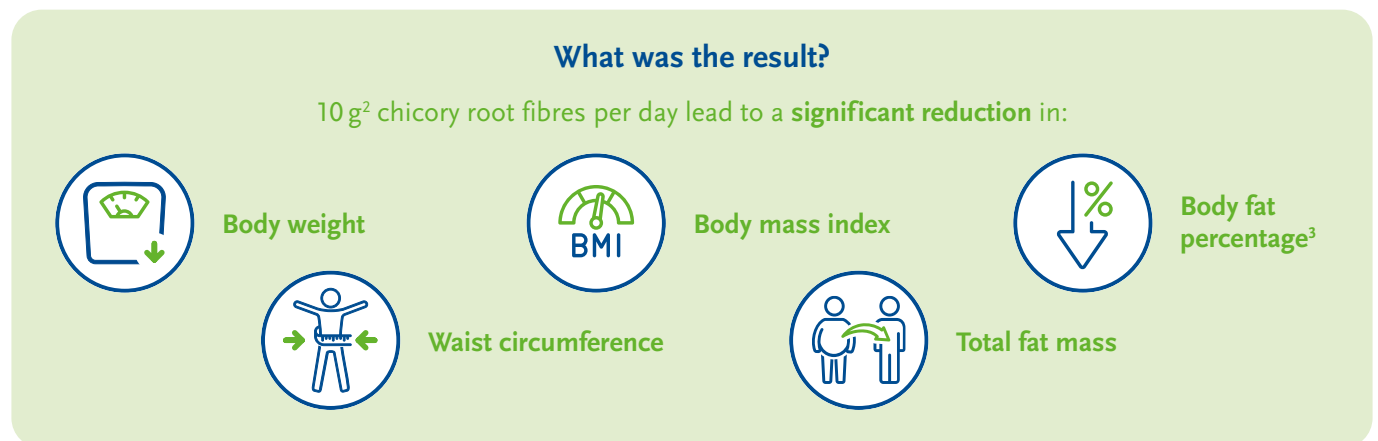
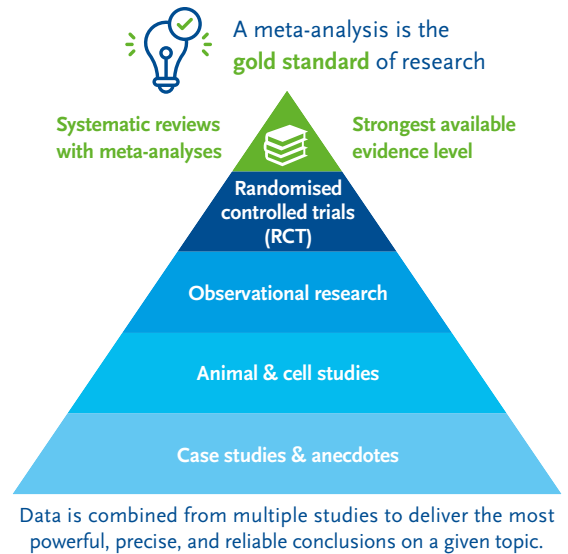
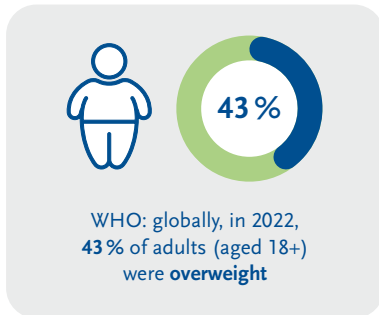


# Chicory root fibres support weight management Confirmed by meta-analysis

## A healthy body weight is vital for optimal health

- Excess body weight can negatively affect your health
- Prebiotic chicory root fibres are known to support a **healthy gut microbiota** and **weight management**



<sup>1</sup> Following the Cochrane Handbook guidelines and the PRISMA standards of quality.

<sup>2</sup> This value is derived from the median of the investigated studies.

<sup>3</sup> Sign. reduction when supplementation lasted for at least 8 weeks. This value is derived from the median of the investigated studies.

Reimer, R. A., Theis, S., & Zanger, Y. C. (2024). The effects of chicory inulin-type fructans supplementation on weight management outcomes: systematic review, meta-analysis, and meta-regression of randomized controlled trials. *The American journal of clinical nutrition*, 120(5), 1245–1258. <https://doi.org/10.1016/j.ajcnut.2024.09.019>

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