

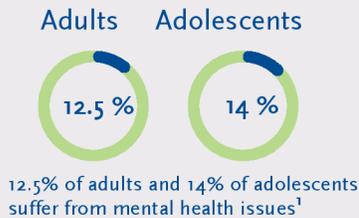
# Better Mood With Chicory Root Fibres

## The Prebiotic Feel-Good Fibre

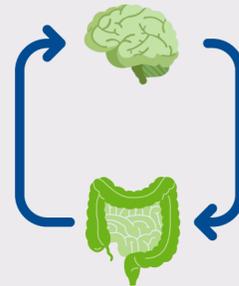
### Mood and Mind are Global Trends in Nutrition and Science

#### Mental well-being matters!

- Mental health is part of our overall health and well-being
- It does not only include clinical disorders but also mental well-being like mood & happiness



#### How our gut and brain work together



The gut-brain axis is a **2-way communication**

The gut's nervous system is also called our **2nd brain**

Our gut microbiota influences our physical & mental well-being

### Insights from a Randomised Controlled Trial<sup>2</sup>

#### Study design

92 healthy adults with mild anxiety and depression



8 g/d  
chicory root fibre<sup>3</sup>

Taken for 4 weeks



#### What was the result?



Significantly higher beneficial gut bacteria like bifidobacteria



Reduced feelings of anxiety & depression



Reduced cortisol levels (stress hormone)

Beneficial microbiota changes correlated with positive changes in mood



New evidence that prebiotic chicory root fibres improve mood acting through the gut-brain axis

<sup>1</sup> <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>

<sup>2</sup> Jackson, P. P., Wijeysekera, A., Williams, C. M., Theis, S., van Harsselaar, J., Rastall, R. A. (2023) Inulin-type fructans and 2'fucosyllactose alter both microbial composition and appear to alleviate stress-induced mood state in a working population compared to placebo (maltodextrin): the EFFICAD Trial, a randomized, controlled trial. Am J Clin Nutr 118(5): 938-955

<sup>3</sup> Oligofructose alone or in combination with 2 g 2'-Fucosyllactose

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