Chicory root fibre:
The champion prebiotic
Packed with benefits



FACTS & FIGURES

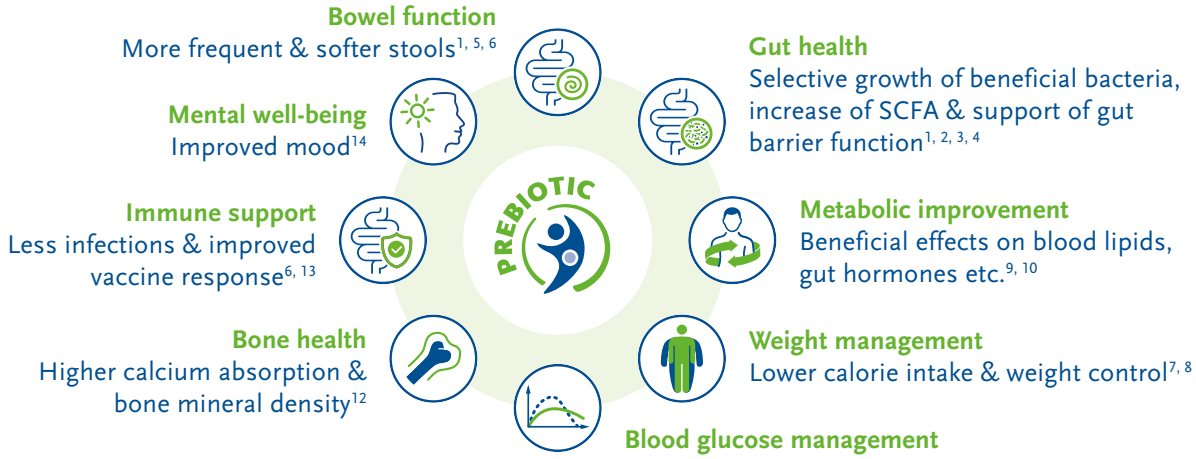
Targeted start
Selective growth of health-promoting bacteria is the beginning.

Gut metabolites
Fermentation produces short-chain fatty acids (SCFA).

Gut-organ axes
Gut microbiota signals help to explain benefits beyond the gut.

Emerging science
Chicory root fibre research explores new microbiota-linked benefits.

CHICORY ROOT FIBRE: FROM PREBIOTIC EFFECT TO OVERALL HEALTH



Bowel function
More frequent & softer stools[1, 5, 6]

Gut health
Selective growth of beneficial bacteria, increase of SCFA & support of gut barrier function[1, 2, 3, 4]

Mental well-being
Improved mood[14]

Immune support
Less infections & improved vaccine response[6, 13]

Metabolic improvement
Beneficial effects on blood lipids, gut hormones etc.[9, 10]

Bone health
Higher calcium absorption & bone mineral density[12]

Weight management
Lower calorie intake & weight control[7, 8]

Blood glucose management
Lower blood glucose response to foods[11]



SO WHAT?

Chicory root fibre **combines proven prebiotic activity with a broad spectrum of investigated benefits** – starting in the gut and **extending to multiple areas of the body**.

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[2] Vandeputte et al. (2017) Gut 66(11):1968–1974
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[4] Russo et al. (2012) Nutr Res 32(12):940–946
[5] Micka et al. (2017) Int J Food Sci Nutr 68(1):82–89
[6] Lohner et al. (2018) J Nutr 148(8):1300–1308
[7] McCann et al. (2011) Obesity reviews 12(S1):263-279
[8] Reimer et al. (2024) Am J Clin Nutr 120(5):1245–1258
[9] Guo et al. (2012) Clinical Lipidology 7(2):215–222
[10] Cani et al. (2009) Am J Clin Nutr 90 (5), pp. 1236–1243
[11] Lightowler et al. (2017) Eur J Nutr 57(3):1259–1268
[12] Abrams et al. (2005) Am J Clin Nutr 82(2):471–476
[13] Lomax et al. (2015) Frontiers in Immunology 6:490
[14] Jackson et al. (2023) Am J Clin Nutr 118(5):938–955

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