



PreBiome Fibre

Highly Soluble, Broad Spectrum Prebiotic Blend



PreBiome Fibre

Ingredients

Each 7.5 g (3 scoops) serve per 200 mL water contains:



1 serve = 7.5 g (3 scoops)

Energy	69 kJ (17 Cal)
Protein	Less than 1 g
Gluten	Nil detected
Fat (total)	Less than 1 g
Saturated fat	Less than 0.1 g
Carbohydrates (total)	1.3 g
Carbohydrates (sugars)	0.7 g
Dietary fibre	5.5 g
Sodium	10 mg

Size: 150 g powder **Servings per package:** 20 **Dose: Adults:** Take 7.5 g (3 level scoops) once a day. Mix in 200 mL of water. **Preparation:** Shake or stir until completely mixed. Tastes great blended into a smoothie or yoghurt. **Ingredients:** Sunfiber® partially hydrolysed guar gum (80%), berry juice powder (13%) (tapioca maltodextrin, raspberry juice, strawberry juice, pomegranate juice, elderberry juice, blackcurrant juice, blueberry juice, cranberry juice, acai puree, goji juice), acacia gum (4%), green tea extract (1% containing 50% polyphenols, 30% catechins, 15% EGCG). Processing aids (silicon dioxide, medium chain triglyceride oil).

Features

- Contains Sunfiber®, partially hydrolysed guar gum (PHGG).
- 5.5 g of dietary fibre per 7.5 g serve.
- Contains the juice of nine different berries and green tea extract for a natural source of polyphenols and catechins, including epigallocatechin gallate.
- Supports bowel regularity.
- Low-allergenic.
- Low excipient.
- Sunfiber® is Monash University Low FODMAP certified.¹⁻²
- Highly soluble formula allows for easy mixing into a pleasant drink.





Education

Prebiotics

A low intake of dietary fibre is associated with reduced microbial diversity and short chain fatty acid production. This can also shift the gut microbial metabolism towards the utilisation of less favourable substrates and the production of pro-inflammatory metabolites.³

The main role of prebiotics is to stimulate the growth and activity of the potentially beneficial intestinal bacteria.⁴ Prebiotics remain undigested in the upper gastrointestinal tract and is fermented by bacteria in the large intestine to stimulate short chain fatty acid (SCFA) production.⁴ Among SCFAs, butyrate acts as the preferred energy source for the colonic epithelial cells.^{5,3}

The majority of identified prebiotics are carbohydrates such as dietary fibre.⁶ A significant difference between prebiotics and dietary fibre is that prebiotics stimulate strictly defined groups of beneficial bacteria but not

unwanted bacteria, whereas dietary fibre encourages growth of a wide variety of gut bacteria.^{4,6} Therefore, prebiotics may be a dietary fibre, but dietary fibre is not always a prebiotic.⁶

Sunfiber®

Guar gum is a galactomannan-based soluble fibre from the seeds of the Indian guar bean. Controlled natural enzymatic hydrolysis of guar gum results in partially hydrolysed guar gum (PHGG) characterised by low viscosity while maintaining the original fibre content and nutritional properties.⁷

Sunfiber® is made from PHGG, produced in a sustainable and economically friendly way in the northwest of India. The fermentation process of Sunfiber® is extremely slow, resulting in a higher total amount of SCFAs that are produced over a greater period of time.^{1,9}

Polyphenols

A number of recent studies demonstrated that polyphenols exhibit prebiotic activity.¹⁰⁻¹² A further study on the

consumption of green tea showed an increase in beneficial bacteria strains, including *Ruminococcaceae* and *Bifidobacterium*. These strains are also high producers of SFCA, suggesting further benefit to gastrointestinal health.¹³

Acacia gum

Acacia gum, also known as Arabic gum, has shown its potential as a prebiotic. In one study the intake of Acacia gum demonstrated an increase in Bifidobacteria and Lactobacilli without stimulating the proliferation of pathogenic bacteria.¹⁴⁻¹⁶

Warnings

- Keep out of reach of children.
- For pregnancy and breastfeeding, appropriateness of product use is at the clinical discretion of the health professional.

References

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Prescribing information

For comprehensive prescribing information and drug-nutrient interactions involving ingredients contained within this product, please see the BioCeuticals website: www.bioceuticals.com.au