

# Digestive Functionality

## *Digestive Well-being through Sugar Beet Fiber.*

In the 1980s, scientists proved that dietary fiber positively impacts the digestive system. Back then, it was apparent that the number of gastrointestinal disorders like constipation and, even worse, colon cancer had increased over a long period. However, certain ethnic groups worldwide which consumed plenty of fibers in their daily diet didn't show the same symptoms.



Scientists agree that the human body needs about 25 grams/day of dietary fiber to work properly. However, this level is difficult to achieve with the ordinary food consumed. Therefore added fiber is an effective way to provide regularity in bowel movements, better stool consistency, and counteract constipation – problems many people suffer from. Still, they can easily avoid them, resulting in improved overall well-being.

## *PEKTOS Beet Fiber BF – an active digestive fiber.*

Choosing the right kind of fiber is essential as they all have different properties; some are insoluble, while others are soluble. Sugar beet fiber (PEKTOS Beet Fiber BF) is fascinating since it has both insoluble and soluble fiber and also in a beneficial ratio. Several clinical studies show that sugar beet fiber stimulates the digestive system. The insoluble fiber absorbs water and activates the stomach and colon, while the soluble fiber is fermented in the colon and feeds the healthy bacteria. As a result, regularity is improved, and constipation is avoided – vital digestive well-being factors.

A study (Kritchevsky 2001) documented, "*Many large bowel disorders may be attributed to lack of faecal bulk*". The EC commission approved a health claim for sugar beet fiber in 2014 that it promotes increased faecal bulk.

Sugar beet fiber (PEKTOS Beet Fiber BF) flushes out waste matter collected in pockets within the gut system; the longer this waste stays in the intestines, the higher the risk of developing toxins which could lead to potentially hazardous conditions.

The soluble fiber in PEKTOS Beet Fiber BF, sugar beet pectin, increases short-chain fatty acid (SCFA) production. SCFAs are essential for a healthy environment in the gut system, e.g. they have been shown to protect the colon mucosa. Besides having properties to prevent digestive disorders, pectin has documented effects and allows EU Health claims to stabilise blood sugar and lower the bad LDL cholesterol.

Added to breakfast cereal, bread, juice, or yoghurt, PEKTOS Beet Fiber BF will make a positive difference. When consuming fiber, remember to drink plenty of water.

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