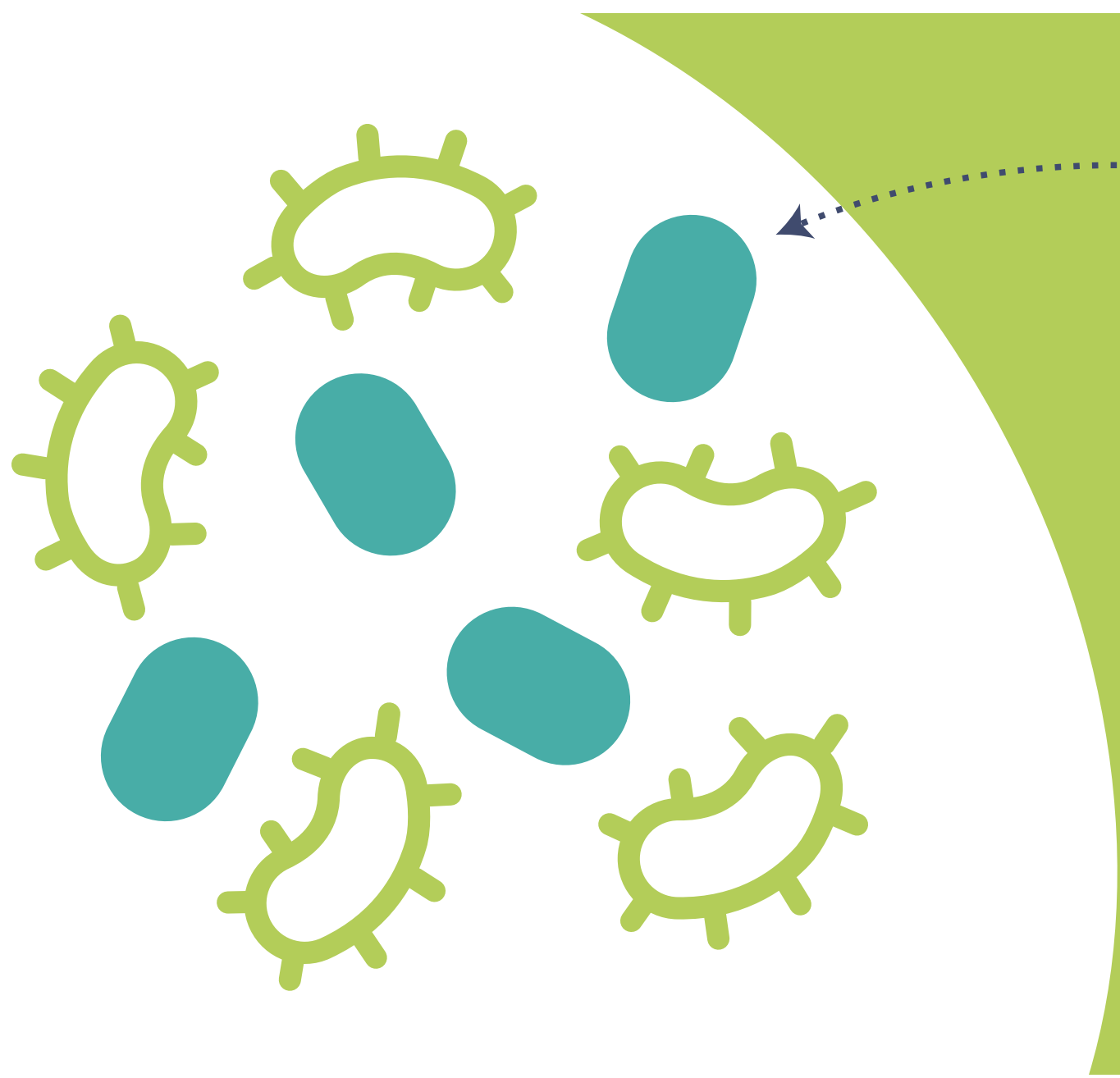


# PREBIOTICS & FIBER



## What are prebiotics?

“Prebiotics are food for the good/beneficial bacteria of your gut that will then provide you health benefits. In more technical words, it’s a substrate that is selectively utilized by host microorganisms conferring a health benefit (ISAPP Definition)”

➤ Most prebiotics are dietary fibers but not all dietary fibers are prebiotics.

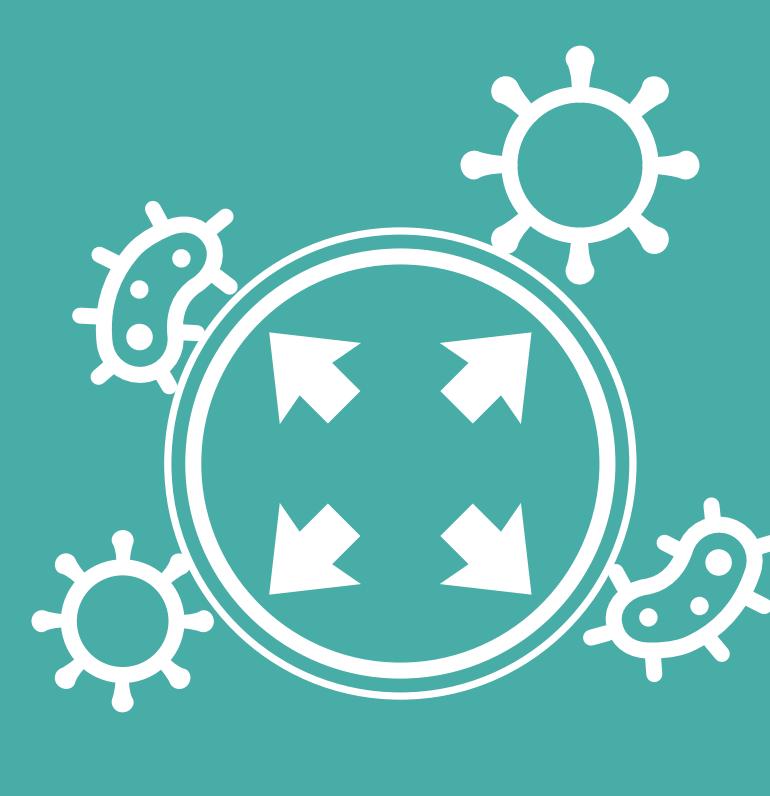
## Consumers' perception of prebiotics



More than **1 in 2** consumers worldwide have heard about **prebiotics**<sup>1</sup>



**79%** of them associate it with the improvement of **gut health**<sup>1</sup>



**70%** of them associate it with the improvement of **immunity**<sup>1</sup>

Innovations with a prebiotic claim:

**+9%**<sup>2</sup>

(CAGR Sept 2018-Sept 2023, global, food and beverages with a prebiotic claim)

1. FMCG Gurus, 2022. 2. Innova, 2023.

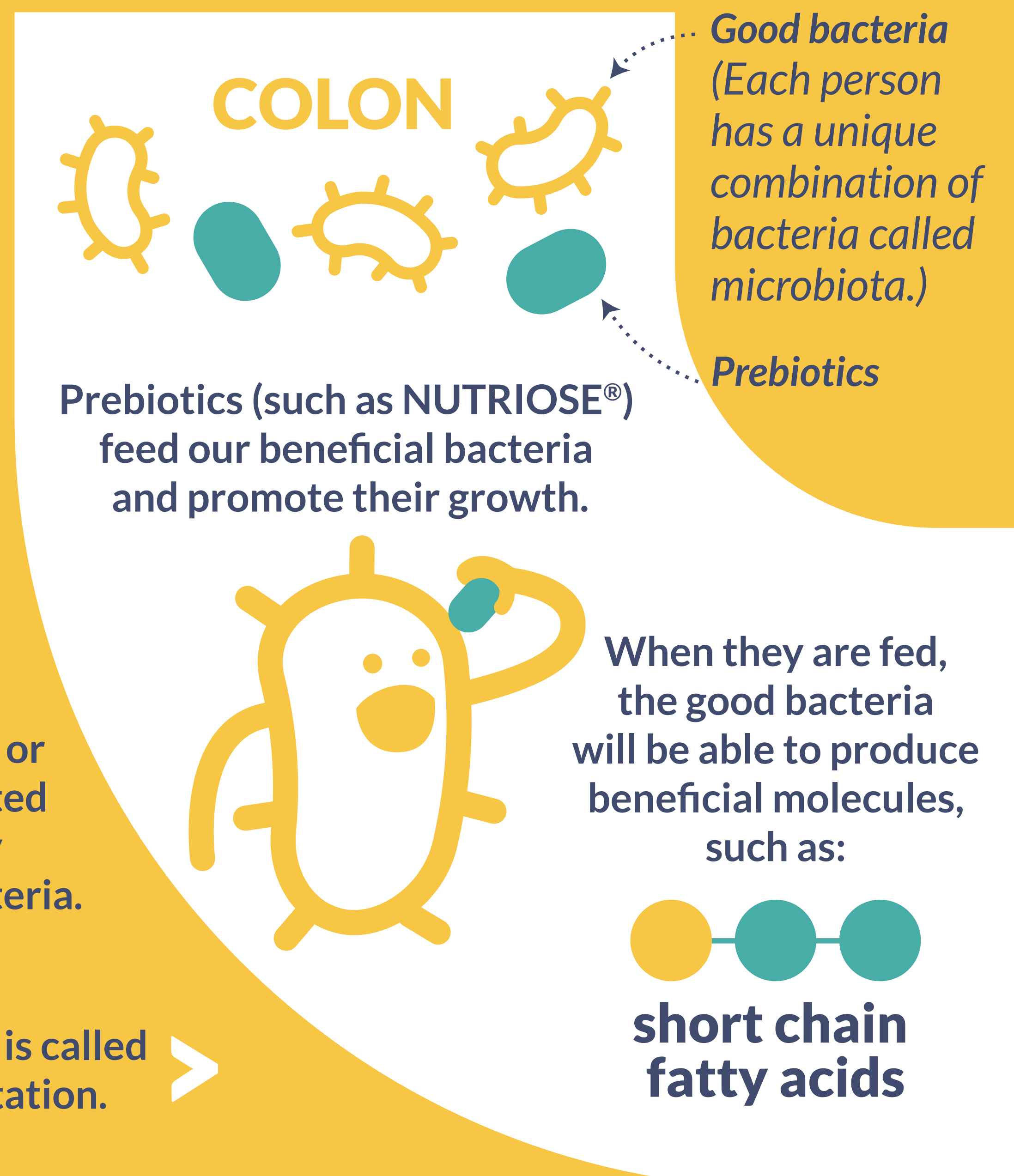
## How prebiotics work



Because of their structure, prebiotics are not digested in the small intestine...

...but completely or partially fermented in the colon by our beneficial bacteria.

This fermentation is called **colonic fermentation**.



**Good bacteria** (Each person has a unique combination of bacteria called **microbiota**.)

**Prebiotics**

Prebiotics (such as **NUTRIOSE®**) feed our beneficial bacteria and promote their growth.

When they are fed, the good bacteria will be able to produce beneficial molecules, such as:

**short chain fatty acids**

Short chain fatty acids have well-known health benefits, such as:



① Help prolong **energy** supply to body functions



② Are beneficial for **gut health**



③ Are known to have positive repercussions on **systemic health**



**NUTRIOSE®** positively modulates the gut microbiota composition from 8g/day\* by the production of short chain fatty acids<sup>3</sup> with an excellent digestive tolerance.



**NUTRIOSE®** has a prebiotic effect backed up by more than 5 clinical studies and 20+ years of scientific evidence.



**NUTRIOSE®** has demonstrated beneficial impact beyond the gut such as on blood glucose management<sup>4</sup>, satiety<sup>5</sup> and sustained energy release.<sup>6</sup> These positive effects in the gut may explain the systemic effect of **NUTRIOSE®**.

\* After consumption during 2 weeks.

3. Guérin-deremaux et al. (2019), (poster); Hobden et al., 2013, Barber et al (2022); Lefranc-millot et al. (2012); Thirion et al (2022).

4. Hobden et al. (2021); Lefranc-Millot et al. (2018), poster. 5. Hobden et al. (2021); Guérin-Deremaux et al. (2011).

6. Nazare et al. (2011).

