Acacia Fiber

MOSS NUTRITION

ORGANIC PREBIOTIC FIBER FOR DIGESTIVE HEALTH

Supplement Facts
Serving Size: 2.4 grams (approx. 1 scoop/teaspoon)
Servings Per Container: 90

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrates	2 g	<1%*
Dietary Fiber	2 g	7%*
Organic Acacia Fiber (*Acacia Seyal*)	2.4 g	**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

Does not contain gluten.

SUGGESTED USE: 1 SCOOP, TWO TIMES PER DAY OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL. MIX WITH 4 OZ WATER OR OTHER LIQUID. ALSO MAY BE SPRINKLED ON FOOD.

WARNING: IF TAKING MEDICATION, PREGNANT OR NURSING, CONSULT A PHYSICIAN BEFORE USING.

- Organic soluble fiber supplement with prebiotic benefits.*
- Helps support healthy digestive function, intestinal lining integrity and a healthy gut microbiome.*
- Mixes easily in water, mild tasting & well tolerated.*

Acacia Fiber is a natural soluble fiber produced from the dried sap of the acacia tree. Best known for its reported role in helping to soothe irritable bowel complaints and for use as a prebiotic agent, acacia fiber is also thought to provide many of the researched benefits associated with soluble fiber in general, such as helping to maintain blood lipid values within the normal range, and helping to support healthy blood glucose control.

ACACIA FIBER is sourced from various species of the acacia tree (primarily *A. Senegal* and *A. Seyal*) which are native to Sudan and other tropical/subtropical regions of the African continent, as well as neighboring countries. Acacia fiber production has been practiced in the same manner for centuries. First, small cuts are made in the trunk, stems and branches of the tree. In response, a glue-like resinous sap seeps out of the bark and hardens into gummy blobs. This gum is hand-collected, dried and powdered to produce acacia fiber.

Also known as acacia gum or gum arabic, acacia fiber contains four primary polysaccharides (galactose, rhamnose, glucoronic acid and arabinose residues) along with the alkaline minerals calcium, potassium and magnesium. The highly branched structure of this complex polysaccharide makes it resistant to digestion in the upper GI tract by both low-pH gastric hydrolysis and digestive enzyme degradation. These digestive resistant properties allow acacia fiber to arrive in the colon nearly intact, where it can be broken down via bacterial fermentation to produce short chain fatty acids (SCFAs) such as propionic and butyric acid. SCFAs provide fuel for colonic epithelial cells, help to support gut lining integrity and fortify intestinal barrier function. Because SCFAs like butyrate are well known to help modulate inflammatory processes, acacia fiber is considered a first line prebiotic agent with anti-inflammatory activity.

In vitro studies show that acacia fiber helps support the growth of *bifidobacteria* and *lactobacilli* while decreasing levels of *Clostridium* species. In vivo, as little as 10 grams of acacia fiber per day was shown to produce a significant drop in levels of the inflammatory marker C-Reactive Protein in a study of patients with kidney problems. In other research, 30 grams of acacia fiber taken daily for 12 weeks was associated with significant decreases in serum TNF-alpha and ESR in patients with joint problems. Reductions in joint tenderness and swelling also were reported in this study.

(continued on reverse side)

* These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

Acacia Fiber *(continued from reverse side)*

Although acacia fiber has been researched to benefit a range of conditions, its primary use in clinical practice is providing support for digestive comfort and function. **Acacia Fiber** dissolves easily in water to form a thick, gel-like liquid with numerous functional properties. First, it slows down the rate of gastric emptying, helping to calm the gut and promote satiety. The slippery gel can soothe inflamed GI tissues, firm the stool, support peristalsis and improve bowel functionality. Finally, by serving as a substrate for microbial fermentation, acacia fiber can help beneficially modulate the gut microbiome and promote healthy gut-associated immune function.

Compared to other soluble fiber products, advantages of acacia fiber include its easy mixability in cold water and its mild, virtually tasteless flavor. As an alternative to dissolving the product in water, **Acacia Fiber** may be added to shakes or smoothies, or sprinkled on moist foods such as oatmeal or yogurt. An 8-week clinical trial of 130 patients with irritable bowel complaints studied the effect of consuming a "composite yogurt" containing active probiotic cultures, two times per day. Half the patients had acacia fiber added to their yogurt while the other half (control group) did not. At the end of the test period, all subjects in the acacia group—whether their primary bowel complaint was diarrhea or constipation—experienced significantly greater improvements in overall IBS symptoms than did those in the control group. For the subgroup of patients with diarrhea-predominant IBS, improvement in bowel habit satisfaction was significantly higher in those who consumed the composite yogurt with added acacia fiber.

Moss Nutrition **Acacia Fiber** is made with Fibregum, a premium, purified raw material and the first acacia fiber to be certified FODMAP-Friendly. FODMAP is an acronym standing for Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols, e.g. carbohydrates fermented in the large intestine by gut microbes. Foods high in FODMAPs include fiber-rich starches such as beans, wheat and other grains, high-fructose fruits such as apples, peaches and pears, and a number of vegetables including onions, garlic, cauliflower and yams. Many studies suggest a low-FODMAP diet may help improve IBS symptoms. However, a drawback of the diet is its relative absence of healthy fiber, indicating a role for FODMAP-friendly **Acacia Fiber** in patients following a low-FODMAP diet.

Individuals unaccustomed to consuming fiber supplements may wish to begin taking **Acacia Fiber** in half servings and increase by one half teaspoon amounts, every few days, to allow for the gradual establishment of GI tolerance, and until desired results are achieved. Increased water intake should accompany increases in **Acacia Fiber** dosage.

REFERENCES

1. Tiehua Zhang, et al. Beneficial Effect of Intestinal Fermentation of Natural Polysaccharides. *Nutrients*. 2018 Aug; 10(8): 1055.
2. Michel C, et al. In vitro prebiotic effects of Acacia gums onto the human intestinal microbiota depends on both botanical origin and environmental pH. *Anaerobe*. 1998 Dec;4(6):257-66.
3. Elamin S, et al. Gum Arabic Reduces C-Reactive Protein in Chronic Kidney Disease Patients without Affecting Urea or Indoxyl Sulfate Levels. *Int J Nephrol.* 2017;2017:9501470.
4. Kamal E, et al. Gum Arabic Fibers Decreased Inflammatory Markers and Disease Severity Score among Rheumatoid Arthritis Patients, Phase II Trial. *Int J Rheumatol.* 2018 Jul 5;2018:4197537.
5. Min YW, et al. Effect of composite yogurt enriched with acacia fiber and Bifidobacterium lactis. *World J Gastroenterol*. 2012 Sep 7;18(33):4563-9.
6. Varjú P, et al. Low fermentable oligosaccharides, disaccharides, monosaccharides and polyols (FODMAP) diet improves symptoms in adults suffering from irritable bowel syndrome (IBS) compared to standard IBS diet: A meta-analysis of clinical studies. *PLoS One*. 2017 Aug 14;12(8):e0182942.

V.110618

www.mossnutrition.com

Moss Nutrition
380 Russell Street
Hadley, MA 01035

800-851-5444