

The effects of a proprietary fiber supplement on blood markers and gut bacteria

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Introduction:

The standard American diet consists of a pathogenic blend of excessive refined carbohydrates and too little dietary fiber. Countless studies indicate the benefits of adding fiber to standard diets in numerous health outcomes, from diabetes to heart disease and more. While the majority of efforts have focused on the benefits of fiber on improving blood markers of disease (i.e. lipids and glucose), new efforts have revealed a benefit of dietary fiber on promoting healthy gut bacteria growth. The purpose of this study was to determine the degree to which a proprietary fiber blend improves blood markers of diabetes and heart disease, as well as supporting healthy gut bacteria.

Methods:

To test the effect of a unique fiber blend on blood markers of cardiometabolic health and gut bacteria populations, 50 adult subjects were recruited to take a novel fiber supplement twice daily for 12 weeks. Blood and fecal samples were collected before and after the intervention for analysis.

Results:

Parameter	Change	Bacteria Species	Fold Increase
Blood Glucose	-11%	<i>Lactobacillus</i>	38x
HbA1c	-9%	<i>Roseburia</i>	37x
Total Cholesterol	-10%	<i>Prevotella</i>	37x
LDL Cholesterol	-9%	<i>Ruminococcus albus</i>	28x
VLDL Cholesterol	-6%	<i>Akkermansia muciniphila</i>	21x
TG:HDL Ratio	-4%	<i>Bifidobacterium</i>	12x
Triglycerides	-2%	<i>Oxalobacter formigenes</i>	1.8x
		<i>Odoribacter</i>	1.5x
		<i>Anaerotruncus colihominis</i>	1.2x

Conclusions:

This study adds to the growing body of evidence suggesting a benefit to adding fiber to standard diets in humans. Every blood marker measured with regards to cardiometabolic health was lower following the study. Specifically, blood glucose and HbA1c levels dropped by roughly 10%. Moreover, blood lipids generally improved, as well, with the greatest reductions being observed in total and subtypes of cholesterol. Further, the fiber supplement elicited profound changes in gut bacteria, increasing the microbial diversity by 58%. Additionally, marked changes were noted in several bacterial species (e.g. *lactobacillus*, *roseburia*, *prevotella*, etc.) that are suspected in improving intestinal and chronic disorders. In sum, these data indicate clearly that the addition of a novel fiber blend to a standard improves multiple indicators of general and gut health.