



FibreMaxx

In Short

- FibreMaxx is soluble dietary fibre in powder form – Food for Special Medical Purposes
- for use in the dietary management of diseases, where supplementation with dietary fibre is indicated – for supplementary daily supply of soluble dietary fibre
- maize dextrin (polydextrose) – from partially hydrolyzed maize starch
- 82 % soluble fibre
- clear and colourless when dissolved
- not thickening in the gut, degradable in the large bowel by bacteria, prebiotic effect
- ideal for enrichment of drinks, food and tube feeds
- suitable from 1 year
- in a 250 g tin

Product profile

FibreMaxx is maize dextrin (polydextrose) in powder form for use in the dietary management of diseases, where supplementation with dietary fibre is indicated.

FibreMaxx is mostly non-digestible dietary fibre which is broken down in the colon by bacteria (fermentation). This process leads to the formation of short chain fatty acids, e. g. butyrate.

FibreMaxx acts as prebiotic.

FibreMaxx is wholesome, enhances gastrointestinal functions and has a beneficial effect on the gut microbiota. FibreMaxx contributes to reduction of postprandial glycaemic responses (EFSA claim pursuant to Article 13.5) and is very well tolerated.

FibreMaxx makes an important contribution to a healthy fibre-rich diet and is versatile in use. Suitable from 1 year of age.

FibreMaxx contains approx. 82 g of soluble dietary fibre per 100 g and is

- > low in potassium and phosphorus
- > low in protein
- > gluten free, lactose free and vegan
- > in powder form and easily soluble
- > neutral in taste and smell
- > clear and colourless in solution
- > not swelling, not thickening
- > versatile in use and easy to handle.

⇒ Drinks, food and tube feeds can be enhanced easily with soluble dietary fibre.

Dosage and Use

For supplementary supply of dietary fibre a daily amount of 10 – 20 g is recommended. 5 – 10 g FibreMaxx can be stirred into 150 – 200 ml of drink or 150 – 200 g of food.

Depending on acceptability and individual tolerance FibreMaxx can also be used in higher dosage.

Please note: FibreMaxx has no swelling properties, hence there is no need for additional fluid intake.

Preparation

Stir 5 – 10 g of FibreMaxx into 150 – 200 ml/g of drink or food.

+ drinks

e. g. drinking water, fruit- or vegetable juice, coffee, tea, cocoa drink or milk.

+ cold food

e. g. yoghurt, curd cheese, custard or pudding dessert.

+ warm food

e. g. potato puree, soup, porridge, sauce or gravy.

+ tube feeds

Stir 5 – 10 g FibreMaxx into 100 ml of tube feed.

Always prepare freshly!

Important notice: Only to be used under medical supervision. Not suitable as sole source of nutrition. Only for people from 1 year of age. Suitable for tube feeding. For enteral use only.

GOOD TO KNOW

FibreMaxx is maize dextrin (polydextrose) in powder form.

Manufacturing: By means of a special production process maize starch is partially hydrolyzed and enzymatically converted into mostly non-digestible dietary fibre.

Mechanisms: 15 % of polydextrose (α -1,4-glycosidic bonds) are split by the endogenous α -amylase. The indigestible part (α -1,6-glycosidic bonds) reach the colon, where it is degraded by microorganisms to short chain fatty acids (e. g. acetate, butyrate, propionate) accompanied by slight gas formation (patients with irritable colon!).

Particularly butyrate increases the number of beneficial bacteria in the colon, loosens the stool and additionally acts as anti-inflammatory. Propionate is involved in the regulation of gastrointestinal hormones which lead to a decrease of blood sugar level and cause a feeling of satiety. Furthermore short chain fatty acids inhibit cholesterol synthesis in the liver and lead to reduction of LDL cholesterol in the blood.

Sources:

Hosseini, E., Grootaert, C., Verstraete, W. and Van de Wiele, T., 2011. Propionate as a health-promoting microbial metabolite in the human gut. *Nutrition Reviews* 69: 245-58.

H. Røytio and H.C. Ouwehand: The fermentation of polydextrose in the large intestine and its beneficial effects. *Beneficial Microbes*, 2014, 5(3): 305-314.

Petra Schulze-Lohmann: Ballaststoffe Grundlagen – präventives Potenzial – Empfehlungen für die Lebensmittelauswahl. *Ernährungs Umschau* 7/2012: 408 - 17.

| NUTRITION INFORMATION | | | |
|------------------------------|------|-------|-----------------|
| FibreMaxx | | | |
| | | 100 g | 5 g 1 sachet |
| Energy | | | |
| | kJ | 913 | 46 |
| | kcal | 224 | 11 |
| Fat | g | <0,1 | <0,01 |
| of which saturates | g | <0,05 | <0,003 |
| Carbohydrate | g | 15 | 0,8 |
| of which sugars | g | 0,4 | 0,02 |
| Fibre | g | 82 | 4 |
| Protein | g | 0,1 | <0,01 |
| of which | | | |
| L-Phenylalanine | mg | <5 | <0,25 |
| L-Leucine | mg | <5 | <0,25 |
| L-Methionine | mg | <5 | <0,25 |
| L-Tyrosine | mg | <5 | <0,25 |
| Salt | g | 0 | 0 |

Minerals

| | | | |
|------------|----|----|------|
| Potassium | mg | <1 | <0,1 |
| Phosphorus | mg | <1 | <0,1 |

INGREDIENTS

Maize dextrin (soluble fibre).

| | | |
|---------------|------------------|---|
| Delivery Unit | 1 x 250 g tin | box, sachets (sa) 25 sa at 5 g = 125 g |
| Article No. | xx-002-50030 | xx-002-50035 |
| Storage | Keep dry. | |