

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 dietary 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 convenient portion sachets at 5 g powder and 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.

References:

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
Delivery to	Wholesaler, Pharmacies, clinics, patients	
Storage	Keep dry.	