Scientific References

1) Resistant starch, microbiome, and precision modulation

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8288039/

2) Progress in research and applications of cassava flour and starch: a review

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6542882/

3) Role of resistant starch on diabetes risk factors in people with prediabetes: Design, conduct, and baseline results of the STARCH trial

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5857355/

4) Butyrate modulates TGF-β1 generation and function: Potential renal benefit for Acacia(sen) SUPERGUM[™] (gum arabic)?

https://www.sciencedirect.com/science/article/pii/S0085253815514609

5) Manipulation of Gut Microbiota Using Acacia Gum Polysaccharide

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8296006/

6) Effects of targeted delivery of propionate to the human colon on appetite regulation, body weight maintenance and adiposity in overweight adults

https://pubmed.ncbi.nlm.nih.gov/25500202/

7) Weight loss during oligofructose supplementation is associated with decreased ghrelin and increased peptide YY in overweight and obese adults

https://pubmed.ncbi.nlm.nih.gov/19386741/

8) A randomized controlled trial: the effect of inulin on weight management and ectopic fat in subjects with prediabetes

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4619305/

9) Randomized clinical study: Partially hydrolyzed guar gum (PHGG) versus placebo in the treatment of patients with irritable bowel syndrome

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4744437/

10) Beneficial effects of flaxseed polysaccharides on metabolic syndrome via gut microbiota in high-fat diet fed mice

https://www.sciencedirect.com/science/article/abs/pii/S0963996920300193?via%3Dihub #b0065

11) Biological activity of galacto-oligosaccharides: A review

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9485631/