

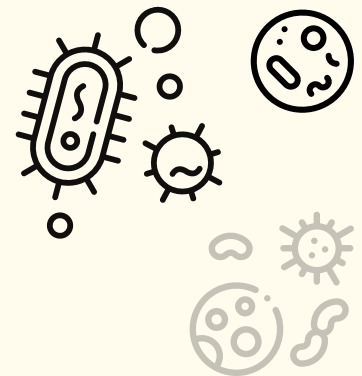
Increase your performance with dietary fibers

Please read this summary on why it is good to eat Sunwic™ (Sunfiber) prebiotic fiber when on a high protein diet.

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Sunwic AB, www.sunwic.se

The intestinal bacteria are extremely important for our health. What we eat determines which bacteria we have in our stomach and what good, or harm, it does to us. Many people eat lots of protein and carbohydrates to perform at peak during competition and training. The disadvantage of protein is that it “breeds” intestinal bacteria which releases several substances that can be harmful to the intestine and our general health (ammonia, biogenic amines, H₂S and indolic and phenolic compounds, p-cresol). Fiber on the other hand, helps beneficial bacteria in the gut to multiply. These useful bacteria produce important nutrients for the body and have a large importance for our immune system.

If you don't eat enough fiber when you eat a lot of protein, you risk losing power and protection that comes from good bacteria in the gut. The whole body can then easily become unbalanced due to a weaker immune system and reduced amount of nutrients from the intestinal flora. This leads to us losing power, energy and defense. Therefore, it is good to eat fiber-rich foods, because fibers promote a healthy intestinal environment.



Sunwic is a 100% Sunfiber product.

Big difference in fibers

Fiber is found naturally in all plants, both fruit and vegetables. Meat does not contain fiber. There are many different dietary fibers and how they affect the body varies greatly. It depends on the fact that different fibers are built up of different types of carbohydrates, similarly to the way that protein consists of different amino acids. For example, bran, of which there is a lot in bran flakes, is mostly an insoluble fiber as opposed to in fruits and vegetables, where it is most water soluble fibers.

Fiber affects the gut very differently and we need different types of fiber for the stomach to function well. It is best to eat them in their natural form, but there are also concentrated forms of fibers derived from different plants. These fibers can be mixed into foods to make them more fiber-rich, for example in beverages and yogurt. One example is the guar bean, which contains a lot of soluble fibers that are completely free of taste (sold as Sunfiber from Taiyo). Much research shows that this fiber helps beneficial lactic acid bacteria to grow really well in the gut. It is a very good product if you simply want to increase your dietary fiber intake and promote gut health.

Which fiber is good if I have a sensitive gut?

About low FODMAP diet

About one in ten people in Europe have a sensitive gut and it affects twice as many women as men. People with these ailments have less lactic acid bacteria in the stomach than normal.

Recent years of research on food for people with a sensitive gut, has led to a dietary treatment which removes certain foods that may cause discomfort in the stomach such as pain, bloating and diarrhea. A dietary treatment that has been proven to work well is called low FODMAP, which is an acronym for different carbohydrates that exist in some plants (Fermentable, Oligo-, Di-, Monosaccharides and Polyols (sugar alcohols)). Researchers at Monash University in Melbourne have specialized in the research of dietary treatment to reduce the symptoms. They recommend reducing, or completely removing, some common fruits, flour, vegetables and milk products with lactose.

This dietary treatment can help many, but the downside is that you risk eating too little fiber! Here you must focus on eating what is recommended for fruits and vegetables to help maintain a good environment in the gut. As previously stated, it is important for the immune system and the availability of nutrition in the intestine that we eat enough fiber. Fiber from the guar bean (Sunwic For a Balanced Stomach) has been thoroughly tested on people with sensitive intestines and it works well for this group. Of course, it is good for everyone, even if you have no problems. It's good to know that some other fibers can unfortunately make it worse for people with sensitive intestines, for example inulin and fructooligosaccharides which are made up of fructose.



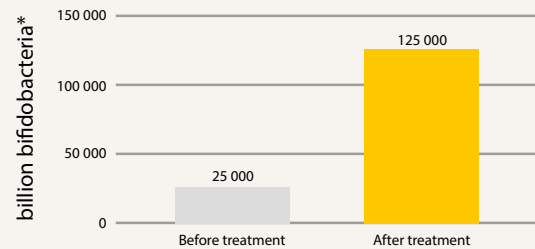
Hopefully this gave you important knowledge as to why you should eat fiber-rich foods, for example soluble fibers from the guar bean (Sunwic), when you eat a lot of protein. Sunwic is like food for your beneficial bacteria. For more info go to sunwic.se and click on Dietary Fiber. This supplement has been sold in Swedish pharmacies since 2009.

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Biology

Sunwic AB

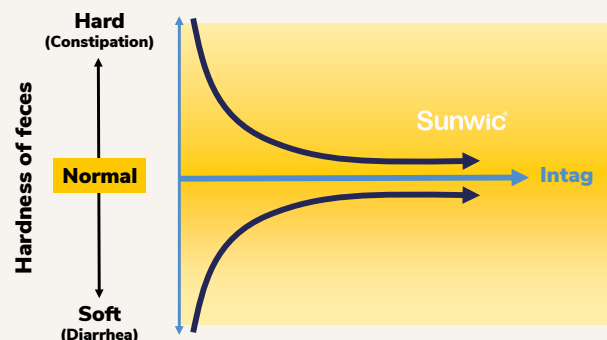
Sunwic stimulates bifidobacteria in the human large intestine



Ten Japanese women who ate 6 grams of Sunwic per day for 2 weeks. Calculated on an average of 250 grams of faeces per person. Ohashi et al. *Beneficial Microbes* 2015.

*as measured in human faeces

Improved Fecal Output



SUNWIC improves the conditions of diarrhea and constipation and restores the balance of the intestinal microflora.

References

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