



FOGA : **ORGANIC GUM**
 A SOCIAL ENTERPRISE A FAIR CHOICE FOR A GREEN FUTURE

GUM ACACIA INSTANT POWDER

Rich in soluble fiber, gum acacia (also known as gum Arabic) is said to offer several health benefits. When used in powder form, acacia can be stirred into water and consumed as a beverage. Some people prefer acacia to other forms of fiber because it isn't gritty, doesn't thicken, and has a mild taste. The powder can also be mixed into smoothies and other beverages.¹

Uses

Due to its high soluble fiber content, acacia fiber is thought to help lower cholesterol levels, keep blood sugar in check, protect against diabetes, and aid in the treatment of digestive disorders such as irritable bowel syndrome (IBS).² Soluble fiber (one of the main types of dietary fiber) dissolves in water and forms a gel-like substance in the intestines.

In addition, acacia fiber is said to suppress appetite, reduce gut inflammation, alleviate constipation, relieve diarrhea, and support weight loss efforts (by helping you stay full for longer).³

Acacia fiber is also said to be prebiotic (a non-digestible food ingredient in dietary fiber that can stimulate the growth of beneficial bacteria in the intestines).

Health Benefits

Some studies have tested the health effects of acacia fiber. Here's a look at some key findings from the available research:

Irritable Bowel Syndrome (IBS):

Free of substances (such as gluten and artificial sweeteners) that can be problematic for some people, acacia fiber is said to help relieve IBS symptoms. In a study published in World Journal of Gastroenterology in 2012,⁴ researchers determined that yogurt enriched with acacia fiber and the probiotic Bifidobacterium lactis (B. lactis) may help keep IBS symptoms in check. After consuming the yogurt twice daily for eight weeks, participants with both constipation- and diarrhea-predominant IBS showed an improvement in IBS symptoms and bowel habit satisfaction compared to those who took a control product.

Weight Management:

Preliminary research suggests that acacia fiber may help to reduce body mass index (BMI) and body fat percentage. For a study published in the Nutrition Journal, for instance, healthy women took either gum acacia or a placebo daily. At the end of the six week study period, those who had taken the gum acacia had a significant reduction in BMI and body fat percentage.¹

A study published in the journal Appetite found that gum acacia decreased caloric intake three hours after consumption, and increased feelings of satiety.

Fecal Incontinence:

A study published in Research in Nursing and Health compared the effects of three types of dietary fiber (carboxymethylcellulose, psyllium, and gum acacia) in people with fecal incontinence. All participants took one of the fiber supplements or a placebo for 32 days. At the study's end, only psyllium supplementation was found to significantly decrease the frequency of incontinence. Quality of life ratings didn't differ between the groups.⁵

High Cholesterol:

When it comes to keeping your cholesterol in check, preliminary studies suggest that getting your fill of soluble fiber may have an impact. In a report published in Food and Chemical Toxicology, for instance, investigators analyzed the available research on acacia fiber and found that it appears to reduce cholesterol levels in rats.⁶

In a study, 13 males and 16 females were given two different water-soluble dietary fibers (WSDF) supplements with one containing acacia gum. After four weeks of consuming 5g thrice every day, 10% and 14% decrease in plasma total cholesterol and low-density lipoprotein cholesterol respectively was noted in subjects who were assigned the WSDF containing acacia gum.



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Diabetes:

Dietary fiber plays a role in regulating blood sugar. While there's little clinical research on acacia fiber and diabetes, preliminary research suggests that the fiber may help protect against certain diabetes-related complications. In an animal-based study published in *Kidney & Blood Pressure Research* in 2012, scientists performed tests on diabetic mice and determined that treatment with acacia fiber helped lower blood pressure.¹

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A study performed on diabetic mice established that acacia gum could be used to reduce blood pressure. From the results, the scientists concluded that acacia fiber can be used to protect diabetic patients from diabetic nephropathy.²

Gut Health and Digestion:

The *British Journal of Nutrition* published a study that proved the efficacy of acacia gum as a prebiotic supplement. According to the study, acacia fiber increases the Bifidobacteria and Lactobacilli, which are some of the beneficial bacteria found in children's milk and other dairy products ³. Other relative studies have also shown the prebiotic benefits of gum acacia ⁴. By boosting the multiplication of the good bacteria, it results to the production of short-chain fatty acids that sustain cells in the intestinal tract. Consequently, the gut barrier grows stronger, preventing it from being leaky. In addition to making an excellent prebiotic supplement, acacia fiber contains high digestive tolerance and anti-inflammatory effects.^{5 6}

Liver Health: Animal-based research indicates that acacia fiber may help guard against liver damage caused by acetaminophen (a drug used to relieve pain). For example, a study published in *Pharmacology Research* found that treating mice with acacia fiber prior to administering acetaminophen helped protect their livers from the drug's toxic effects.^{7 8} According to the study's authors, acacia fiber may help combat liver damage by reducing oxidative stress.

Physiological Benefits:

The University of Minnesota (2019) did clinical studies on the gum Acacia effects on human health. Conclusion of their Final Report *The Effects of Gum Acacia on Satiety, Glycemic Response and Gastrointestinal Tolerance* are: This study indicates that gum acacia has physiological benefits in healthy human subjects, including improvements in satiety after consumption of 40 grams of gum acacia per day and reduction in peak glucose response after consumption of both 20 and 40 grams of gum acacia per day. These results are consistent with existing research on gum acacia and add to the body of evidence that gum acacia provides physiological benefits as a functional fiber in human nutrition.⁸

Sore Throats and Dry Coughs:

Usually, acacia gum has a sticky texture when consumed. This characteristic can help soothe a sore throat and treat a dry cough by maintaining the throat's viscosity. It also contains anti-inflammatory properties that prevent swelling, voice loss and bacterial infection in the throat. According to research, it has been used as a traditional medicine for the treatment of sore throats and coughs.⁹



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