

Clinical Studies of Inulin related to Weight Management

Titles	Descriptions	References
Inulin Effect on Weight Loss and Associated Parameters with The Development of Cardiovascular Disease in Obese Adults	Subjects are given 9g of inulin for 18 weeks with two eight-week treatment periods (9g of inulin/day or 9g of dextrose/day as placebo), separated by a two-week washout period. It showed significant improvement in weight loss and other anthropometric parameters such as BMI and body fat.	Francisco et al., 2016.
Safety and efficacy of coffee enriched with inulin and dextrin on satiety and hunger in normal volunteers	Study showed inulin containing coffee has possible benefits with regard to feelings of hunger and satiety two-hour after ingestion.	Singer et al., 2016.
A randomized controlled trial: the effect of inulin on weight management and ectopic fat in subjects with prediabetes	Forty-four subjects with prediabetes were randomized to 18 weeks of inulin or cellulose supplementation. Study showed Inulin helps to promote weight loss.	Guess et al., 2015.
Acute effects of a herb extract formulation and inulin fibre on appetite, energy intake and food choice	The ingestion of 5g of an inulin based soluble fiber preload twice a day reduced total daily energy intake in normal and overweight women 18-65 years old by 55 kcal when taken with either a Yerba Mate supplement or water, compared to placebo or only water.	Harrold et al., 2013.
Added soluble fiber enhances the satiating power of low-energy-density liquid yogurts.	Study indicated that preloads of high-energy dense and low-energy-dense yogurts with 6g inulin reduced hunger, suppressed appetite, and reduced energy intake in normal and overweight young adults 18-35 years old.	Perrigue et al., 2009.

References

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