

CreaNutrition's Health Benefits & Regulatory Summary

Oat beta-glucan won positive opinions from the European Food Safety Authority (EFSA) for health claims relating to lowering of serum **cholesterol**, lowering of postprandial **blood glucose** levels and improvement of **bowel function**.

EFSA recognises that not all dietary fibers provide the same physiological benefits. The EFSA opinions will aid physicians and other healthcare professionals in guiding individuals to make appropriate selections to increase dietary fibre in their diet. Oat beta-glucan is an ideal fibre to lower the risks of cardiovascular disease and metabolic syndrome because it helps lower cholesterol levels and control blood glucose levels. It is important to understand that not all dietary fibers provide the same physiological benefits, so it's vital for health conscious people to select the right dietary fiber to deliver the desired health benefits.

**EU
Commission
approved***



Proven to lower cholesterol for a healthy heart

Bioactive** oat beta-glucan has been proven to reduce blood cholesterol levels. High cholesterol is a risk factor in the development of coronary heart disease. This benefit is achieved with a daily intake of 3g bioactive oat beta-glucan and the claim can be used for foods with at least 1g.



Proven to reduce post prandial glycemic response reduced sugar level

The reduction of post-prandial glycaemic response relates to "carbohydrate metabolism and insulin sensitivity" which are critical in the management of impaired glucose tolerance, common in obesity. This benefit is achieved when products contain at least 4g of bioactive oat beta-glucan for each 30g of available carbohydrate per meal.



Improvement of bowel function promotes digestive health

Oats offer the unique combination both bioactive soluble and insoluble dietary fibre. The effect is "gut health" and refers to the improvement of bowel function which occurs with increasing faecal bulk. The benefit is achieved when a product contains at least 6g of oat grain fiber per 100g or 3g per 100 kcal.



Weight control

Studies with the specific outcome of weight and appetite control are currently examining the concept that bioactive oat beta-glucan can promote these positive outcomes. Studies show that a benefit is achieved with a daily intake of 3 - 4g bioactive oat beta-glucan.

*Following an application from CreaNutrition, the EU Commission has given final authorisation on the oat beta-glucan disease risk reduction health claim and published in the Official Journal of the European Union on 15. November 2011 (Commission Regulation (EU) NO 1160/2011).

****Bioactivity:** An in vitro method is used to determine the characteristics of the oat beta-glucan in the small intestine. It can be used as an indicator of biological effectiveness of a food product. All health benefits are scientifically substantiated by OatWell® human intervention trials.

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