

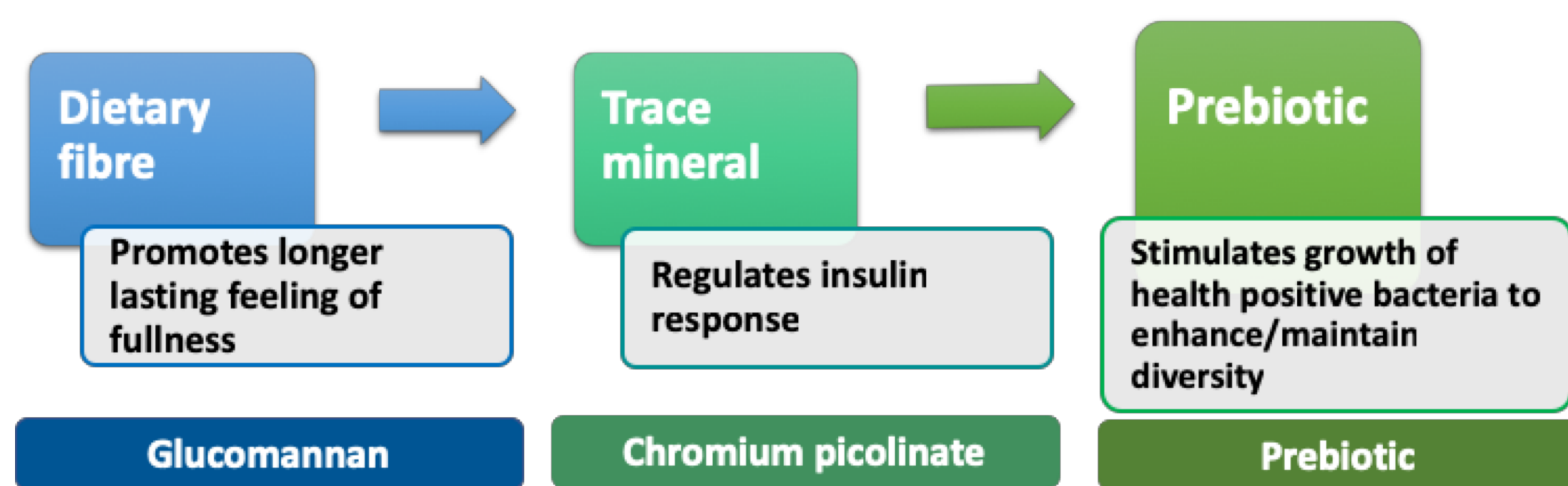
Impact of SlimBiome® on satiety, satiation, weight loss and gut microbiome composition in overweight & obese women

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Background

SlimBiome® is a patented formulation designed to promote the feeling of fullness, burn calories by promoting a healthy metabolism and to maintain blood sugar levels. SlimBiome® reduces food cravings and as such helps reduce body weight and aids the sustainability of weight loss.



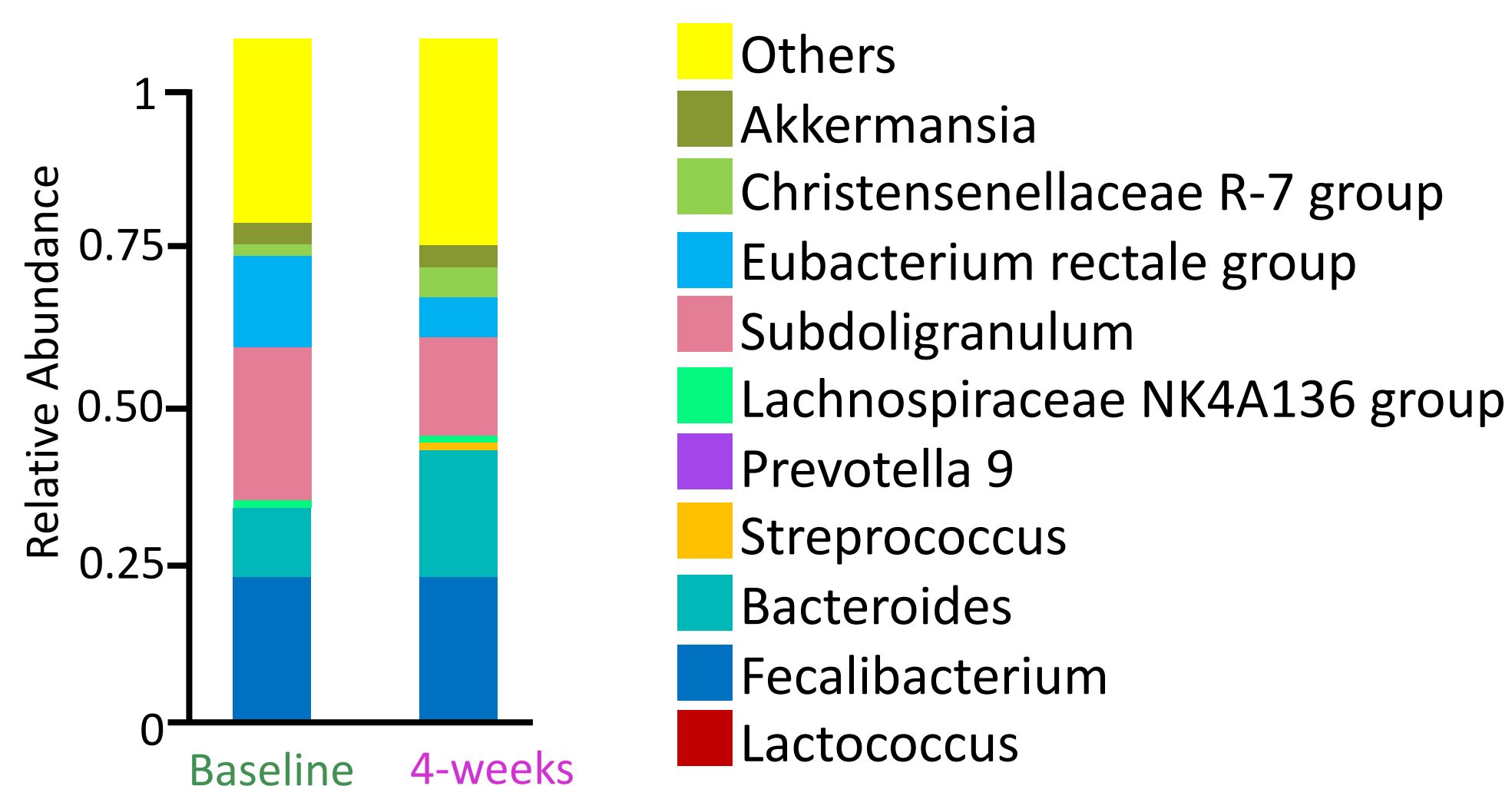
Objectives

Investigate the effect of SlimBiome®, as the functional ingredient in a calorie restricted diet plan (GoFigure®), on weight loss, satiety, satiation, mood and gut microbiome composition in a human intervention study.

Methods

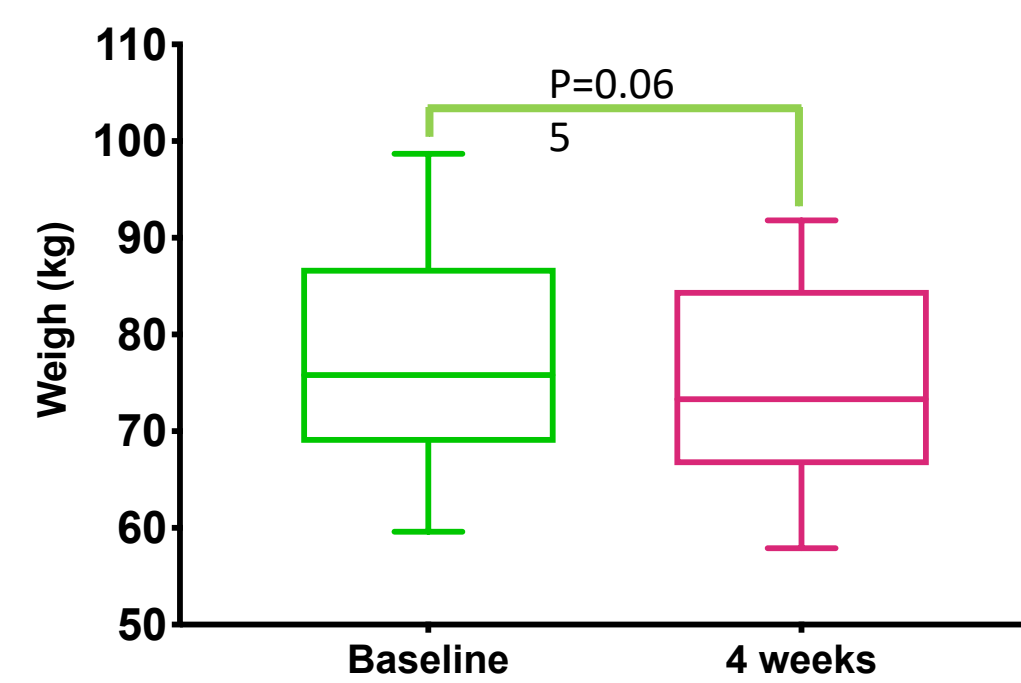
- 4-week, prospective, open label study
- 12 females (18-65 years), BMI 25-35kg/m²
- Participants were asked to consume 9g SlimBiome® daily, delivered through the GoFigure® plan
- Anthropometric, mood and craving parameters were recorded weekly
- Faecal samples were obtained at baseline and at the end of the 4-week study for metagenomic analysis

Results

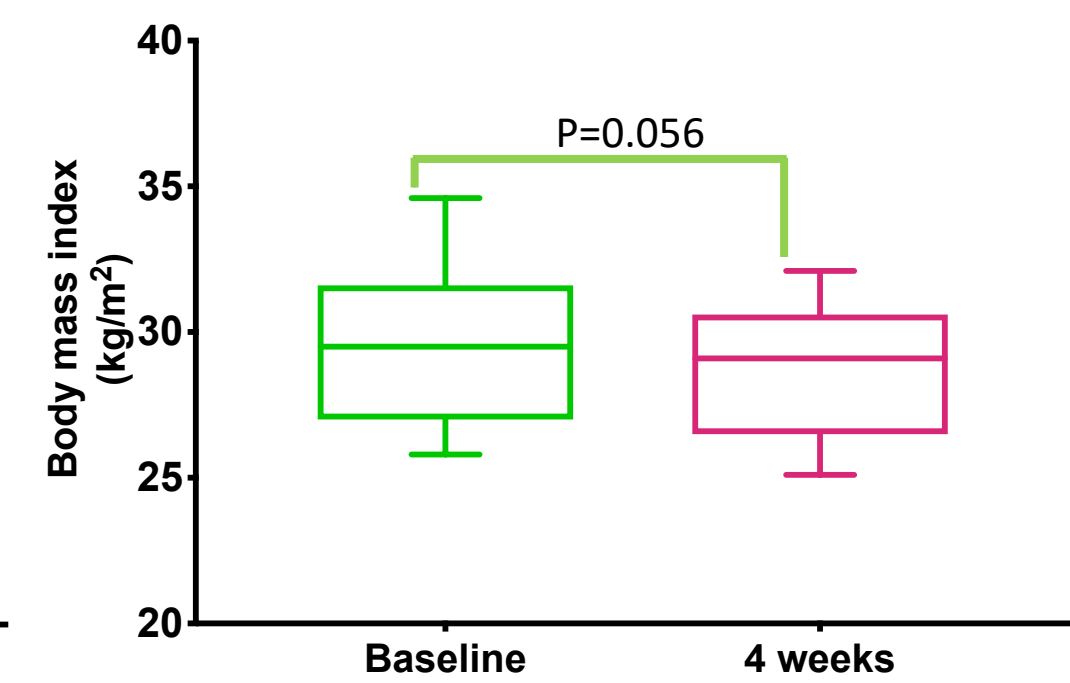


Faecal microbiome analysis revealed notable increases the relative abundance of Christensenellaceae, Bacteroidetes and Actinobacteria.

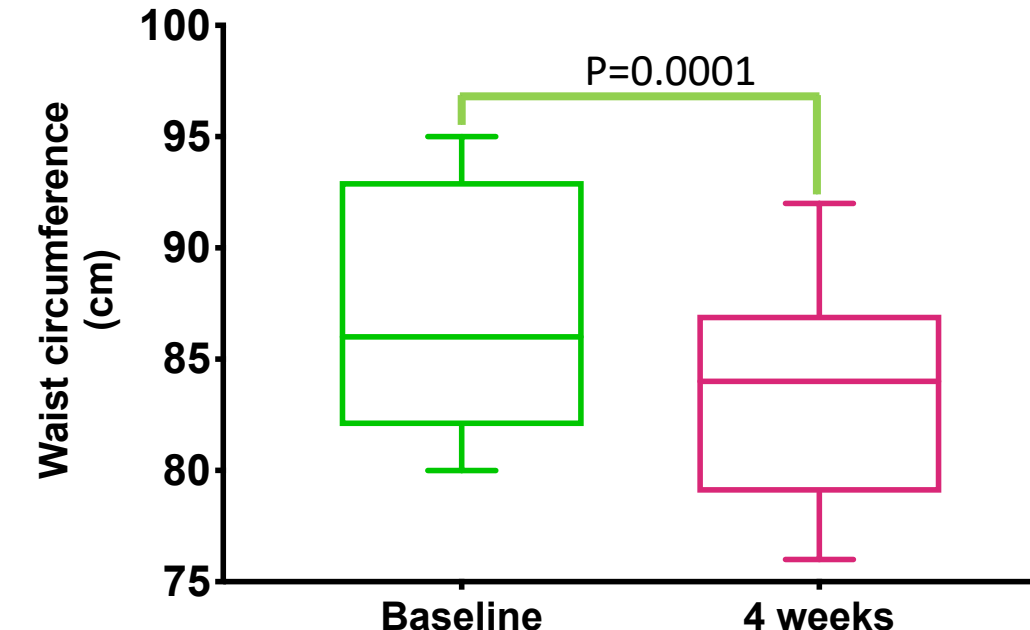
Weight



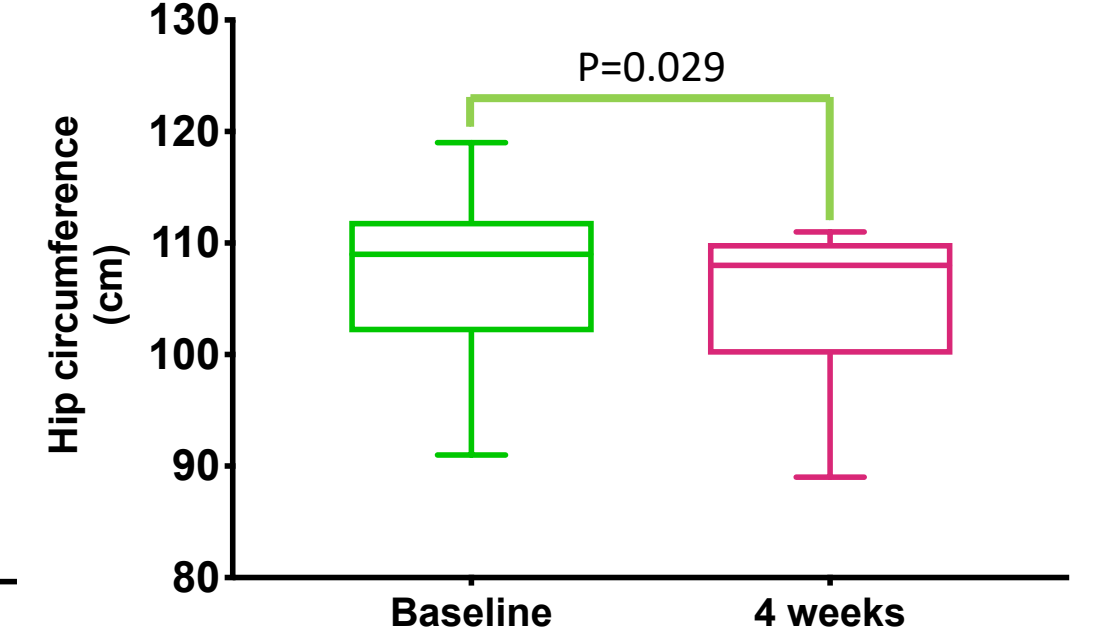
BMI



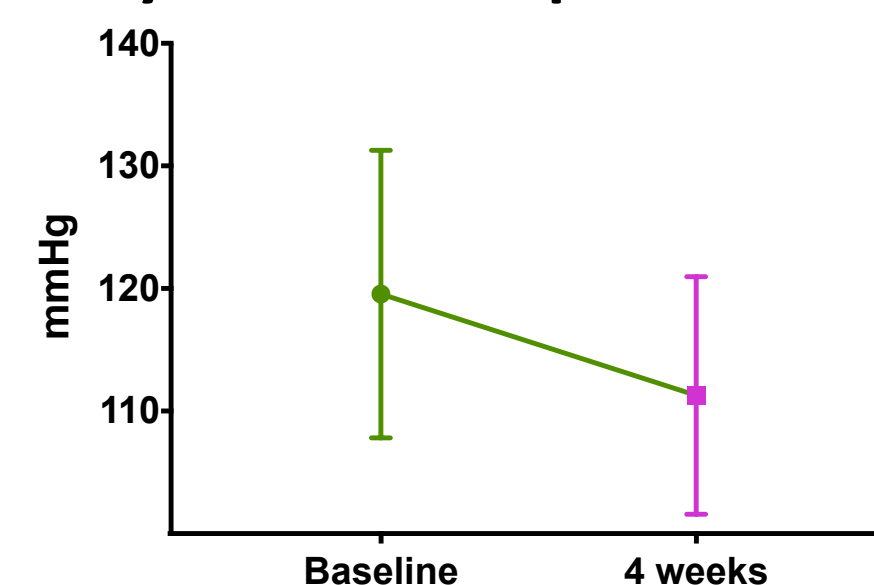
Waist Circumference



Hip Circumference



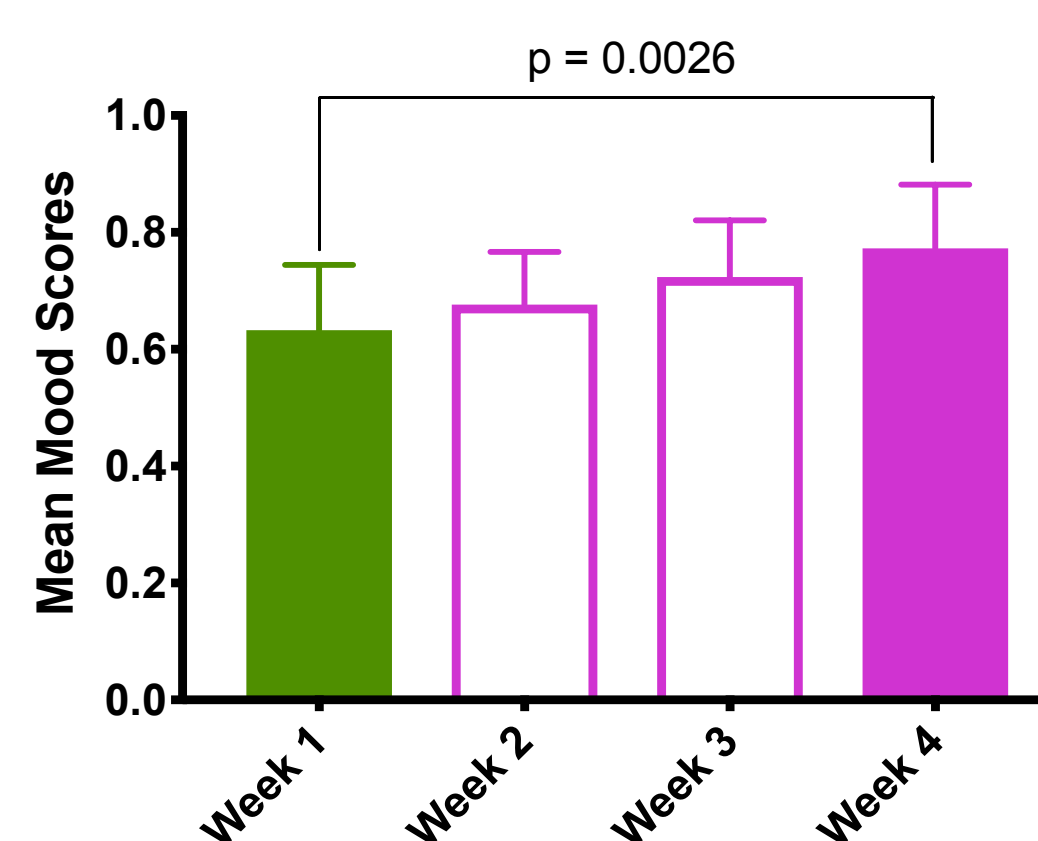
Systolic blood pressure



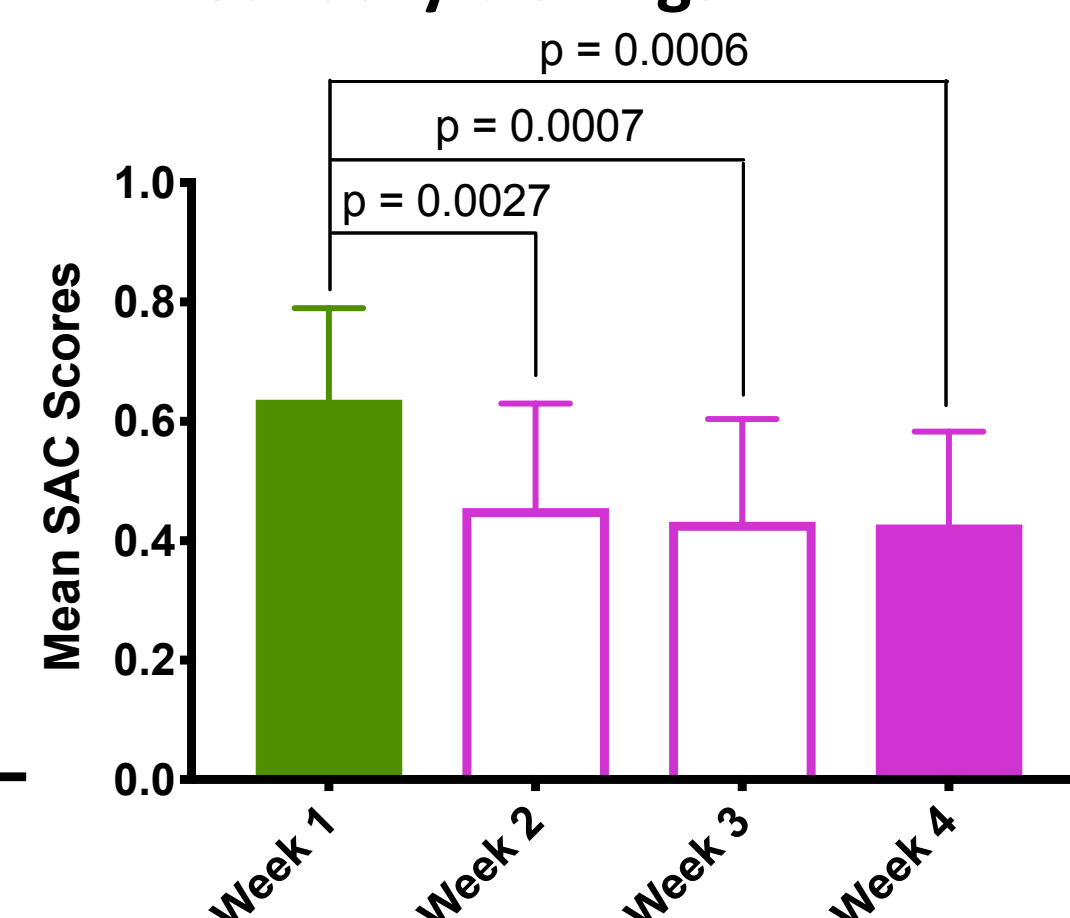
SlimBiome significantly reduced:

- Weight
- BMI & % body fat
- Waist & Hip circumference
- Systolic blood pressure

Mood



Savoury cravings



SlimBiome improved mood and decreased cravings for savoury foods accompanied by a trend for reduction in sweet food cravings.

Study highlights

SlimBiome® reduced cravings for savoury and sweet foods. had a positive impact on gut microbiome and mediated significant weight loss in overweight to obese women.

SlimBiome® may be used as an effective means of supporting hunger-free weight management when combined with healthy eating