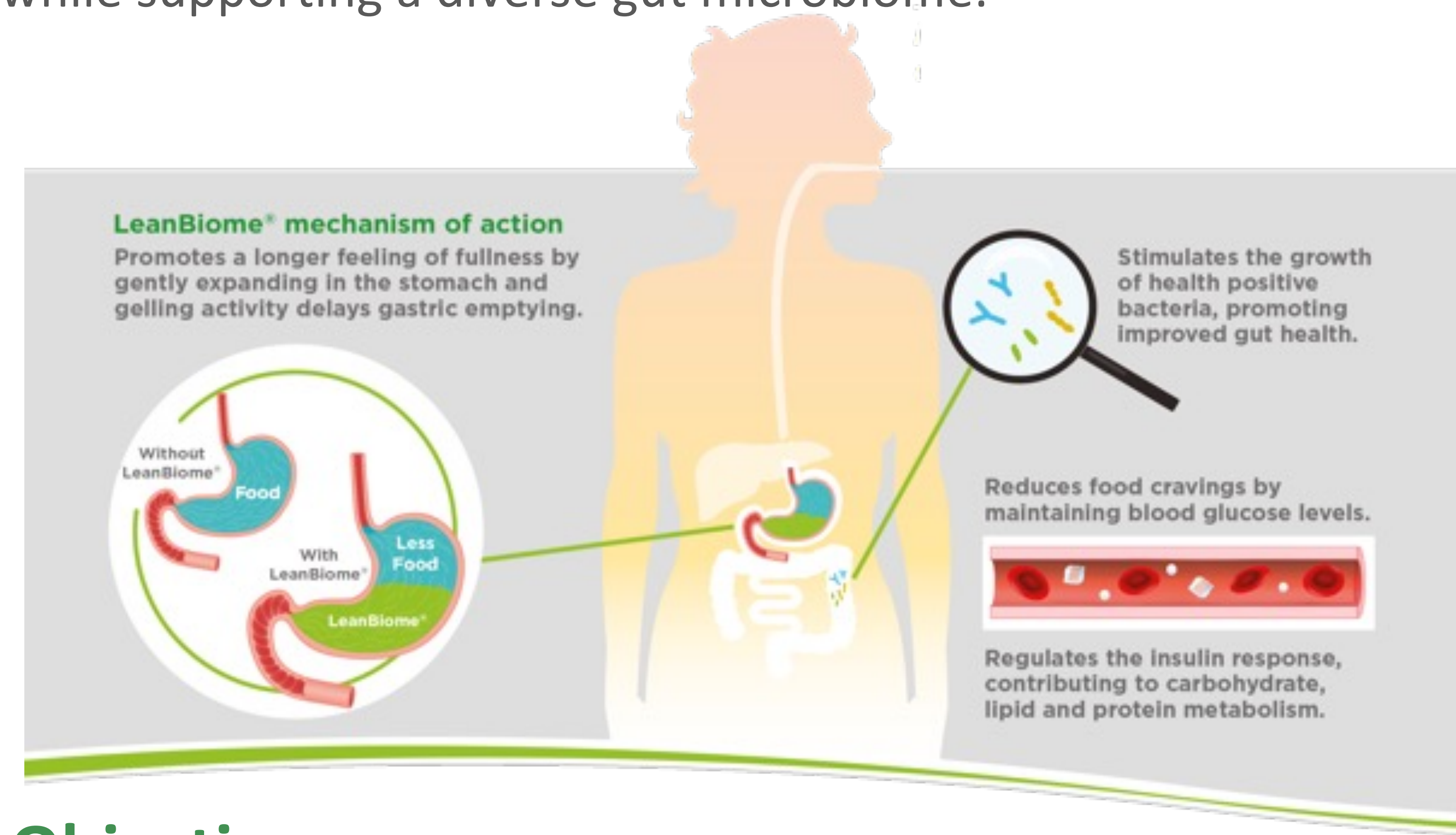


# Impact of SlimBiome® on body composition, hunger, cravings, and gut microbiome diversity in human intervention studies

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## Background

SlimBiome® is a patented ingredient designed to improve body composition and support weight management. It promotes the feeling of fullness and reduces food cravings by regulating macronutrient metabolism and maintaining blood sugar levels, while supporting a diverse gut microbiome.



## Objectives

Investigate the effect and mode of SlimBiome® intake on cravings, mood, body composition, weight loss and gut microbiome composition in human intervention studies.

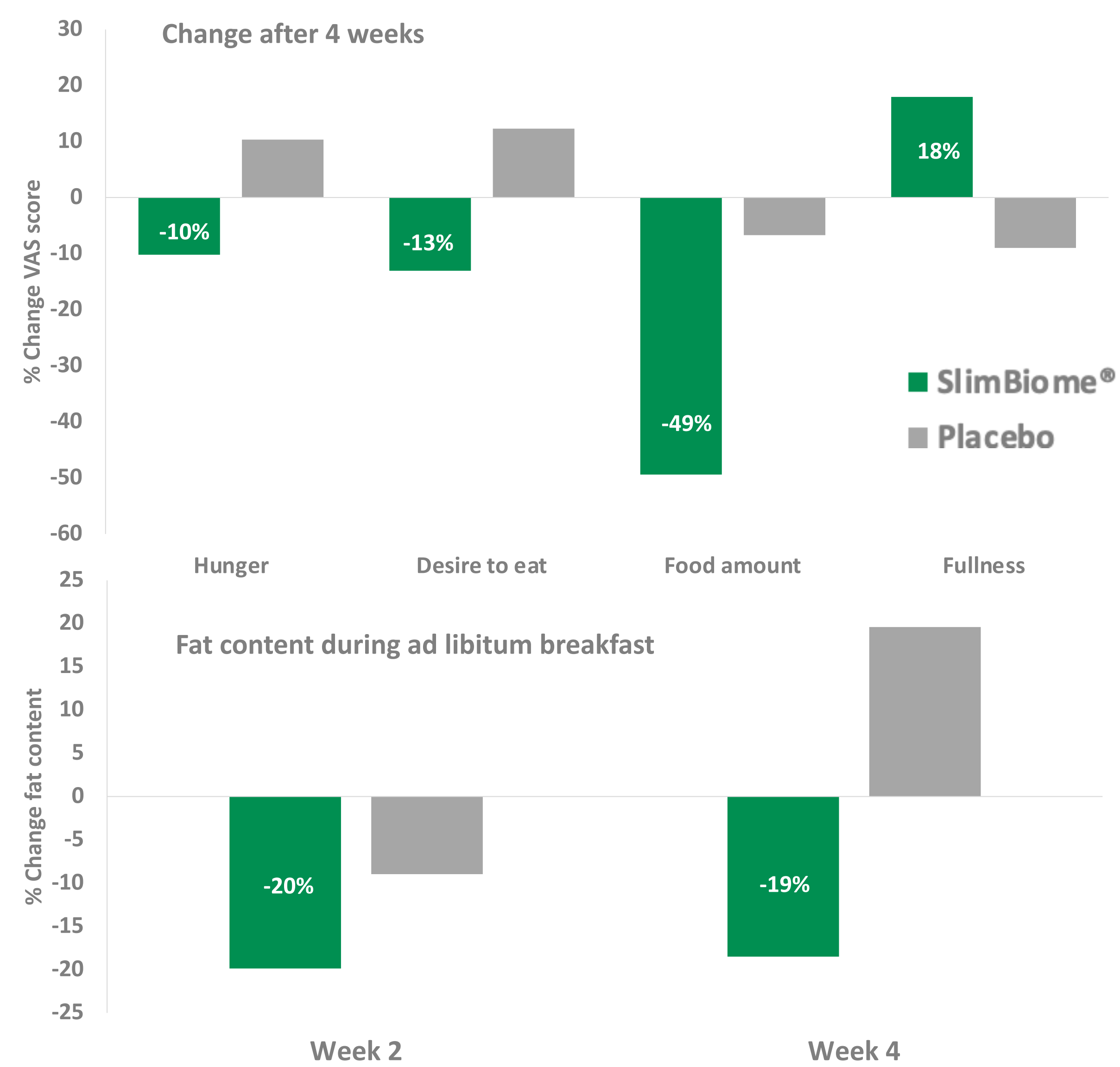
## Methods

Three human intervention studies were carried out to examine the impact of SlimBiome® intake on satiety, cravings, mood and anthropometric parameters.

## Results

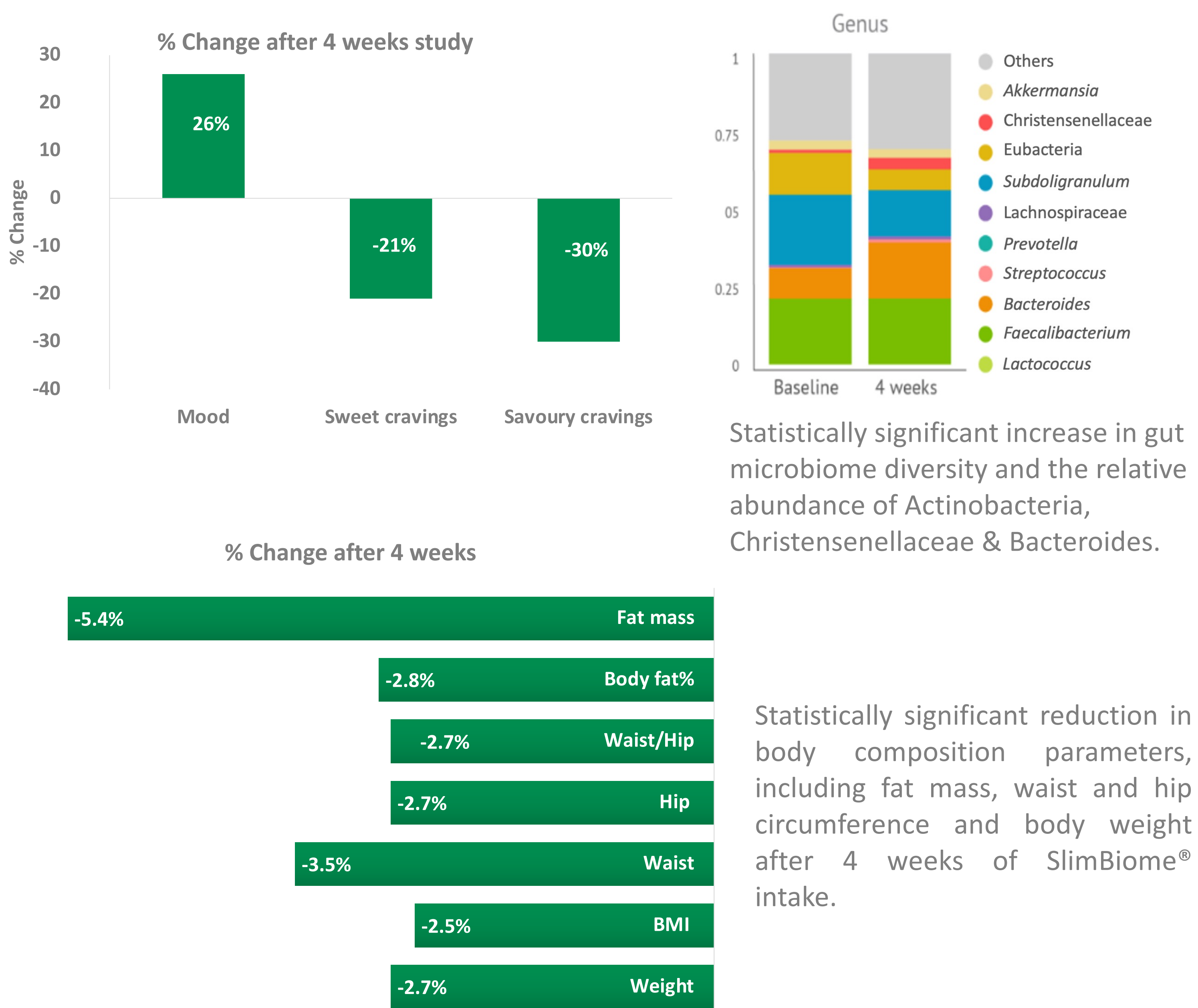
### I. SlimBiome® used as a preload to meals:

Reduces cravings for sweet and savory foods, hunger and fat intake in a double-blind, placebo-controlled study in 20 overweight to obese females.



### II. SlimBiome® in meal replacement shakes and bars:

Significantly reduces cravings for sweet and savory foods, improves mood, gut microbiome diversity, body composition and supports weight loss in 12 overweight to obese females on a calorie restriction plan.

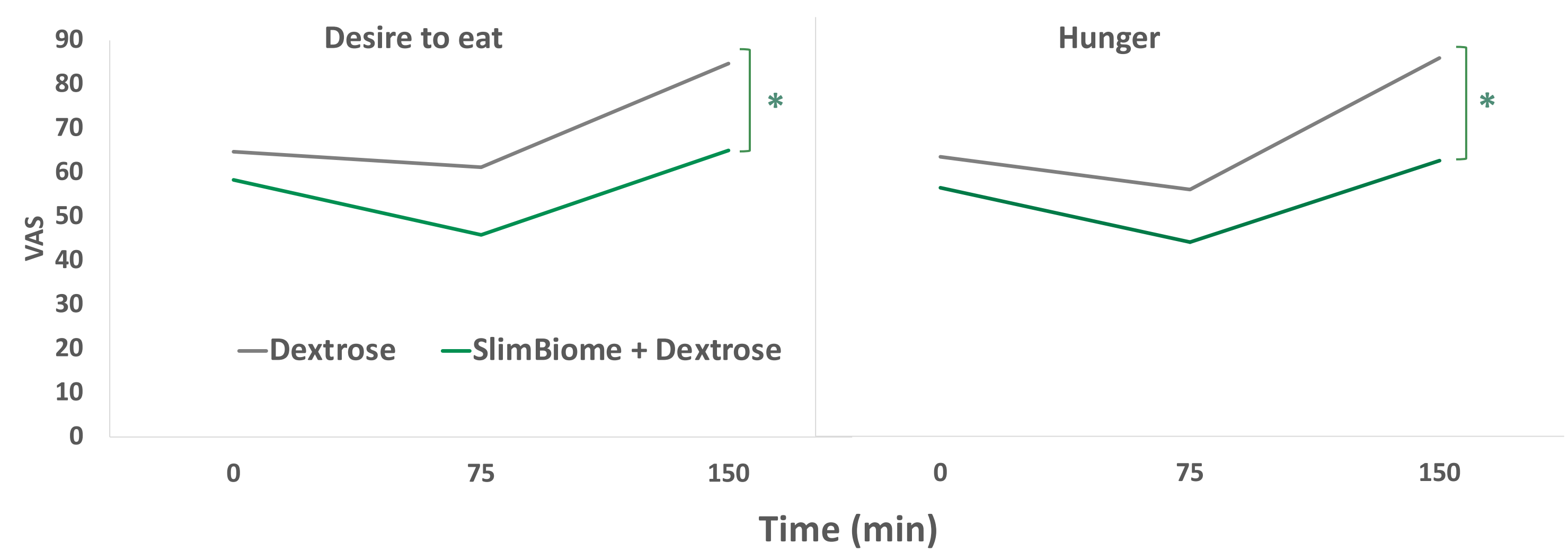


Statistically significant increase in gut microbiome diversity and the relative abundance of Actinobacteria, Christensenellaceae & Bacteroides.

Statistically significant reduction in body composition parameters, including fat mass, waist and hip circumference and body weight after 4 weeks of SlimBiome® intake.

### III. SlimBiome® combined with a high glycaemic load:

Significantly reduces the desire to eat & hunger whilst increasing fullness compared to the placebo after 150min of intake, in 20 healthy adults, undergoing glycaemic response evaluation.



## Conclusions & study highlights

The studies on SlimBiome® investigating different manners of introducing it to the daily diet show:

- ✓ Consistent efficacy in reducing cravings for sweet and savoury foods
- ✓ Reductions in hunger and the desire to eat, whilst promoting healthier food choices
- ✓ Gut microbiome diversity improvement offering health benefits beyond weight reduction
- ✓ Mood improvement
- ✓ Body composition improvement & weight loss

