

# FOOD

# VIDOFIBRES GF 6 A

(Hydrolysed guar gum, prebiotic, soluble dietary fibre)

## Raw Material

**VIDOFIBRES GF 6 A** (Guar Gum Fibre) is 100% pure guar gum, partially hydrolysed.

Origin: India

## Production

**VIDOFIBRES GF 6 A:** hydrolysis of guar gum powder, drying, milling, sifting.

## Characteristics

Dietary fibre is the edible part of plants or analogous carbohydrates that are resistant to digestion and absorption in the human small intestine with complete or partial fermentation in the large intestine. Dietary fibre includes polysaccharides, oligosaccharides, lignin and associated plant substances.

**VIDOFIBRES GF 6 A** is a natural, gluten-free (EU limit), a prebiotic dietary fibre that provides dietary fibre content, moisture retention and texture to a variety of food products.

**VIDOFIBRES GF 6 A** is a galactomannan based soluble dietary fibre made from hydrolysed guar gum. It is a powder that can be easily added to a wide variety of foods, beverages and supplements and hardly impacts the flavour, colour or texture of the products it is added. Partially hydrolysed guar gum is an excellent prebiotic for maintaining digestive health and microflora balance.

**VIDOFIBRES GF 6 A** is a soluble, low-FODMAP fibre. Sources of insoluble fibre are the skins of fruits and grains, nuts, seeds. Soluble fibre dissolves in water, aids digestion, feeds beneficial bacteria, moderates glucose absorption, lowers cholesterol and increases satiety. Some soluble fibres may lead to additional gas, bloating and loose stools. FODMAPs (Fermentable Oligosaccharides, Disaccharides, Mono-saccharides and Polyols) are a group of dietary sugars which are poorly absorbed in the small intestine. They are known to cause gas-related pain, intestinal distension and constipation and diarrhoea in people suffering from functional gastrointestinal disorders (FGIDs) and irritable bowel syndrome (IBS). Low-FODMAP diets help to reduce these symptoms.

Guar gum is a water-soluble carbohydrate made from the guar plant seed. It is used in the food industry for its thickening, gelling and stabilising properties based on its high viscosity. While guar gum and **VIDOFIBRES GF 6 A** come from the same source, **VIDOFIBRES GF 6 A** has a low viscosity and is used as a fibre source rather than a textural ingredient or stabiliser.

Hydrolyzation is a controlled thermal (or enzymatic) process that breaks the guar gum down into smaller units, resulting in a much lower viscosity, while maintaining the original fibre content.

Guar gum fibre is a prebiotic fibre that is different from non-galactomannan based fibres; it produces "short-chain fatty acids" (SCFA) in the gut via a fermentation process. Guar gum fibre prolongs the fermentation process resulting in a higher total amount of SCFAs that are produced over a more extended period, leading to significantly less gas, bloating and discomfort. There are three main types of SCFA; Acetates, Propionates, and Butyrates. The acetates and propionates tend to transfer through the walls of the intestine and get metabolised in muscle or liver. Still, the butyrates remain in the digestive system, and the beneficial microflora uses these as a food/energy source.

Total dietary fibre content: > 85 %  
of which soluble: > 85 %  
of which insoluble: negligible