



„Passionate about fibres“

SANACEL®
as dietary fibre

Business Unit Food

SANACEL®

SANACEL® powdered cellulose

SANACEL® wheat

SANACEL® oat

SANACEL® bamboo



SANACEL® add

SANACEL® pot

SANACEL® AF

SANACEL® betaG

SANACEL[®] as dietary fibre

Definition of dietary fibres

- components of plants that resist human digestive enzymes, a definition that includes lignin and polysaccharides
- later resistant starches, inulin & oligosaccharides were included
- definition related to institution

SANACEL[®] as dietary fibre

Definition of dietary fibres

- ***Analytical*** methods dissect foods, to arrive at “fibre content” for labelling purposes; they define “fibre” as any food component that reacts a certain way during the dissection process in a chemical lab
- **AOAC/AACC** official approved Methods

SANACEL[®] as dietary fibre

Natural sources of soluble fibres

- legumes (pea, soybean and others)
- cereals (oat, rye and barley)
- some fruits and fruit juices
- certain vegetables such as broccoli or carrots
- root vegetables such as sweet potatoes and onions
- Psyllium seed husk (a mucilage soluble fibre)

SANACEL[®] as dietary fibre

Natural sources of insoluble fibres

- whole grain foods
- wheat and corn bran
- nuts and seeds
- vegetables such as green beans, cauliflower, zucchini, celery
- specific fruits including avocado and bananas
- specific fruit skins such as kiwifruit and tomatoes

SANACEL®

SANACEL® powdered cellulose

SANACEL® wheat

SANACEL® oat

SANACEL® bamboo

100% Insoluble fibres



Partly soluble fibres

SANACEL® add

SANACEL® pot

SANACEL® AF

SANACEL® betaG

SANACEL®

SANACEL® powdered cellulose

SANACEL® wheat

SANACEL® oat

SANACEL® bamboo

100% Insoluble fibres



Partly soluble fibres

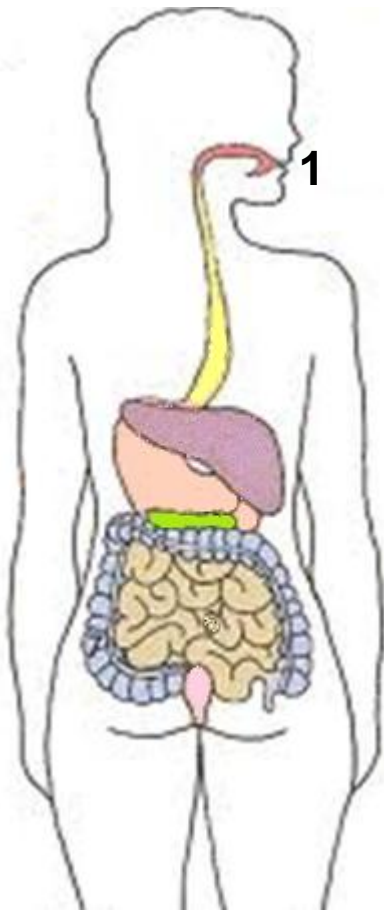
SANACEL® add

SANACEL® pot

SANACEL® AF

SANACEL® betaG

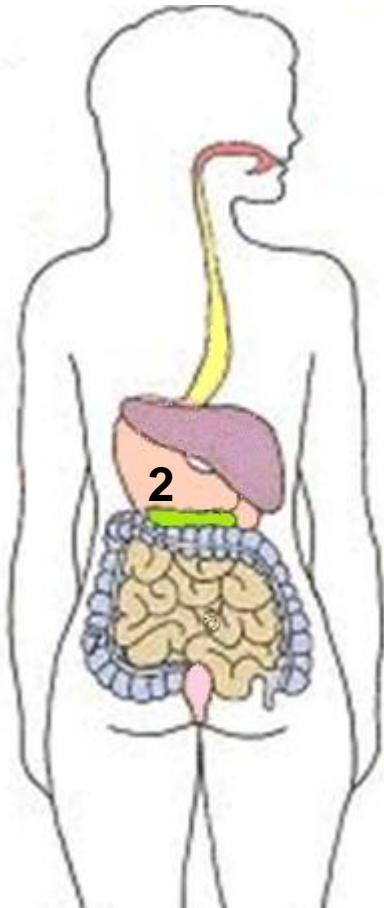
SANACEL[®] - health effects



1 Mouth:

- ✓ added bulk to foods without fat or sugar
 - ✓ chewing ↑
 - ✓ secretion of saliva ↑
 - ✓ volume of the bolus ↑
- = providing satiety

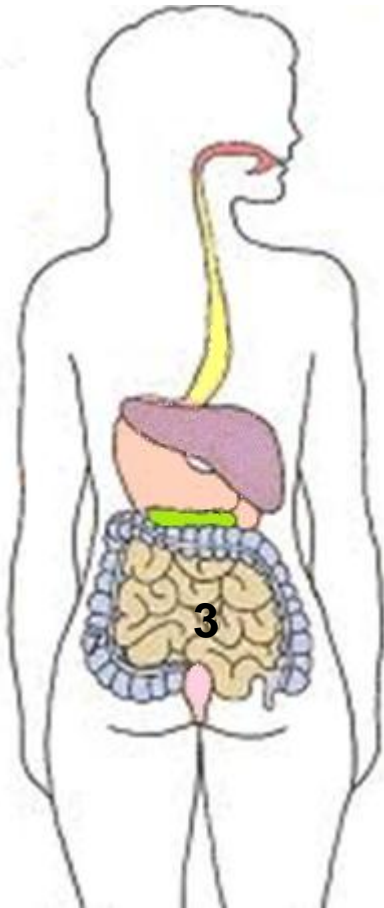
SANACEL® - health effects



2 Stomach

- ✓ stomach distension↑
 - ✓ delay in gastric emptying
 - ✓ stimulate the bowel movement
 - ✓ speeds the passage of foods through the digestive system
- = facilitates regular defecation

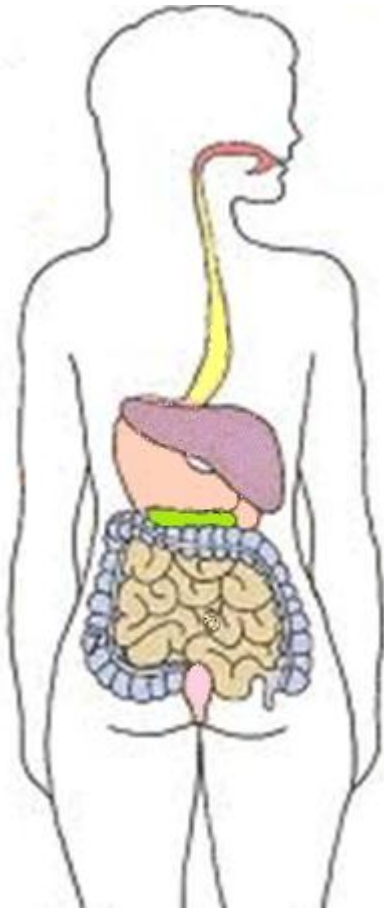
SANACEL[®] - health effects



3 Colon:

- ✓ shorter transit time of digestion end products is defending harmful effects of carcinogens on the bowel wall
 - ✓ balances intestinal pH
- = may reduce risk of colorectal cancer**

SANACEL® - health effects



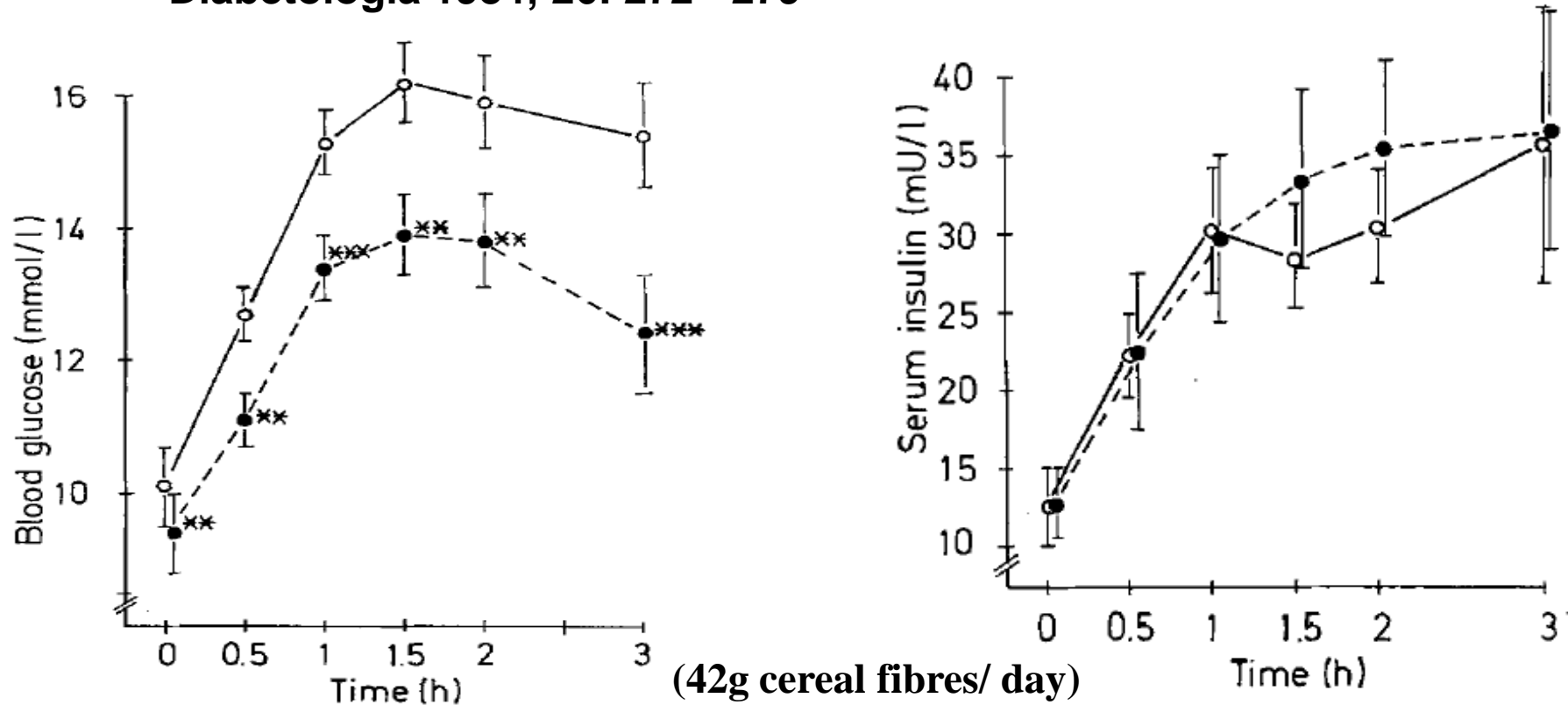
4 blood sugar:

- ✓ lower blood sugar levels
 - ✓ speeds the insulin response
 - ✓ help with insulin resistance
- = prevent diabetes**

Effects of an increased content of cereal fibre in the diet of Type 2 (non-insulin-dependent) diabetic patients

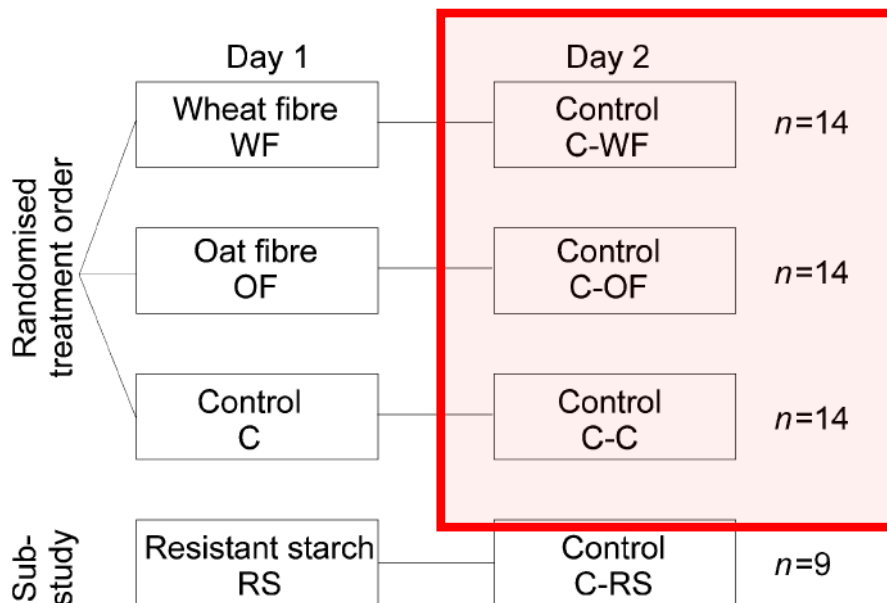
B. Karlström¹, B. Vessby¹, N.-G. Asp², M. Boberg¹, I.-B. Gustafsson¹, H. Lithell¹ and I. Werner¹

Diabetologia 1984; 26: 272 - 279



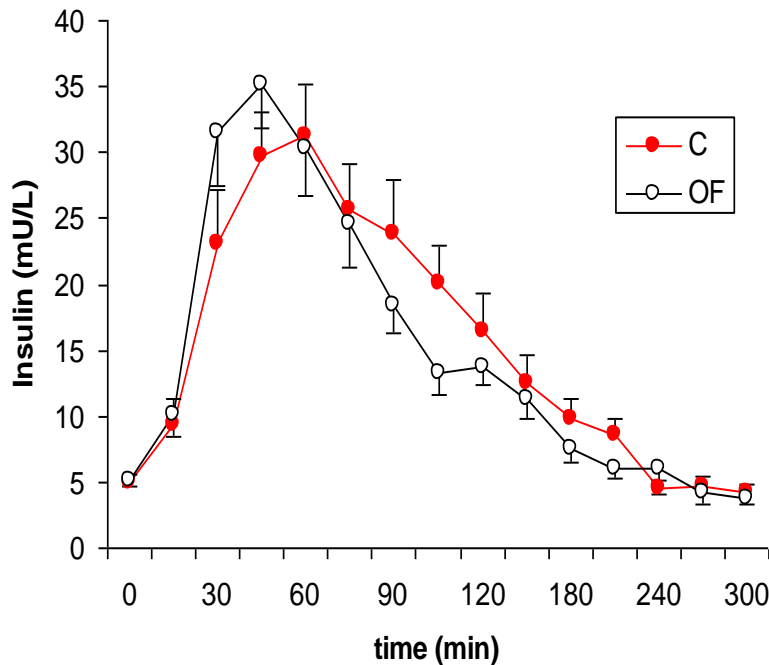
Weickert et al., Diabetologia 2005

Age 23 , BMI 21 kg/m², n = 14, normal glucose tolerance
oat or wheat fibre (10 g) with 50 g bread



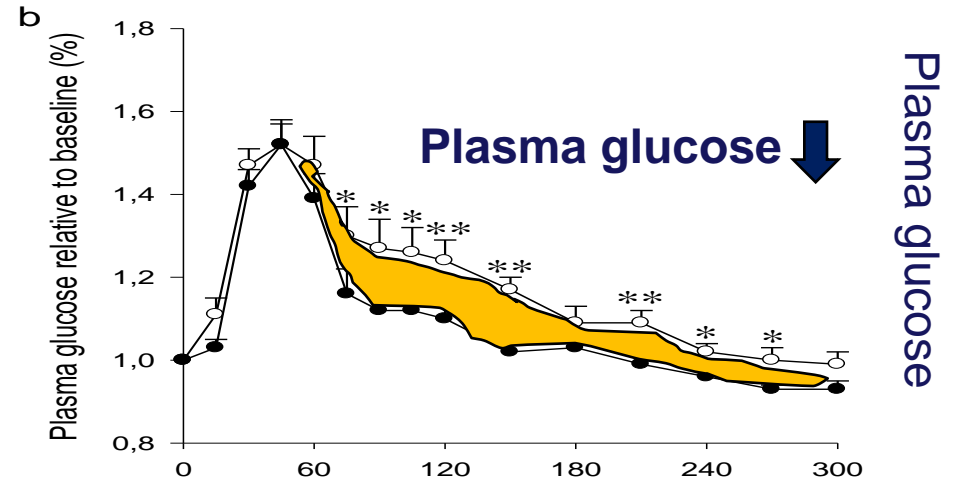
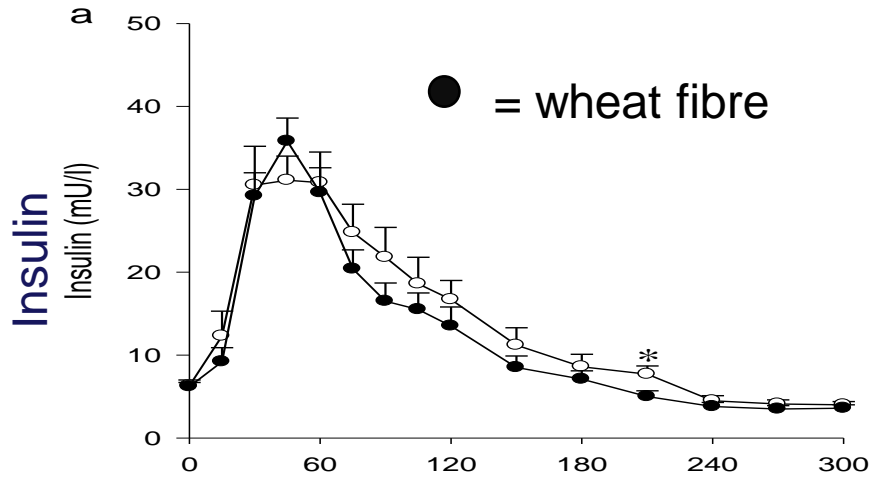
Weickert et al. Diabetologia 2005

Day 1:

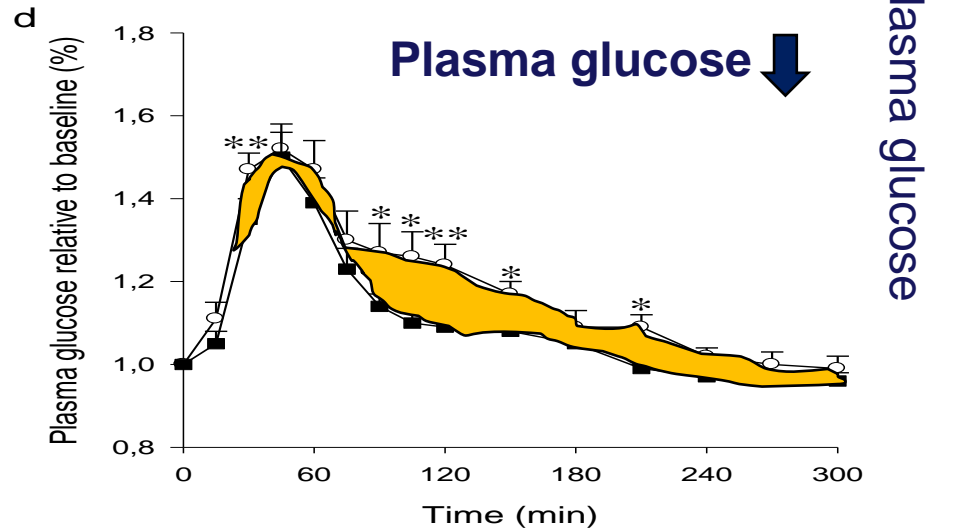
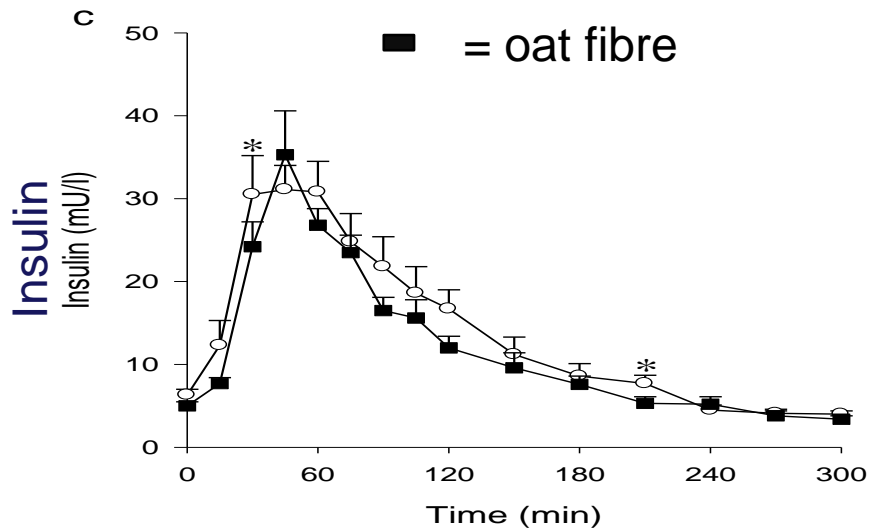


Isolated wheat fibre (10g) in 50g bread meal had no significant effect on insulin or glucose or GIP/GLP-1

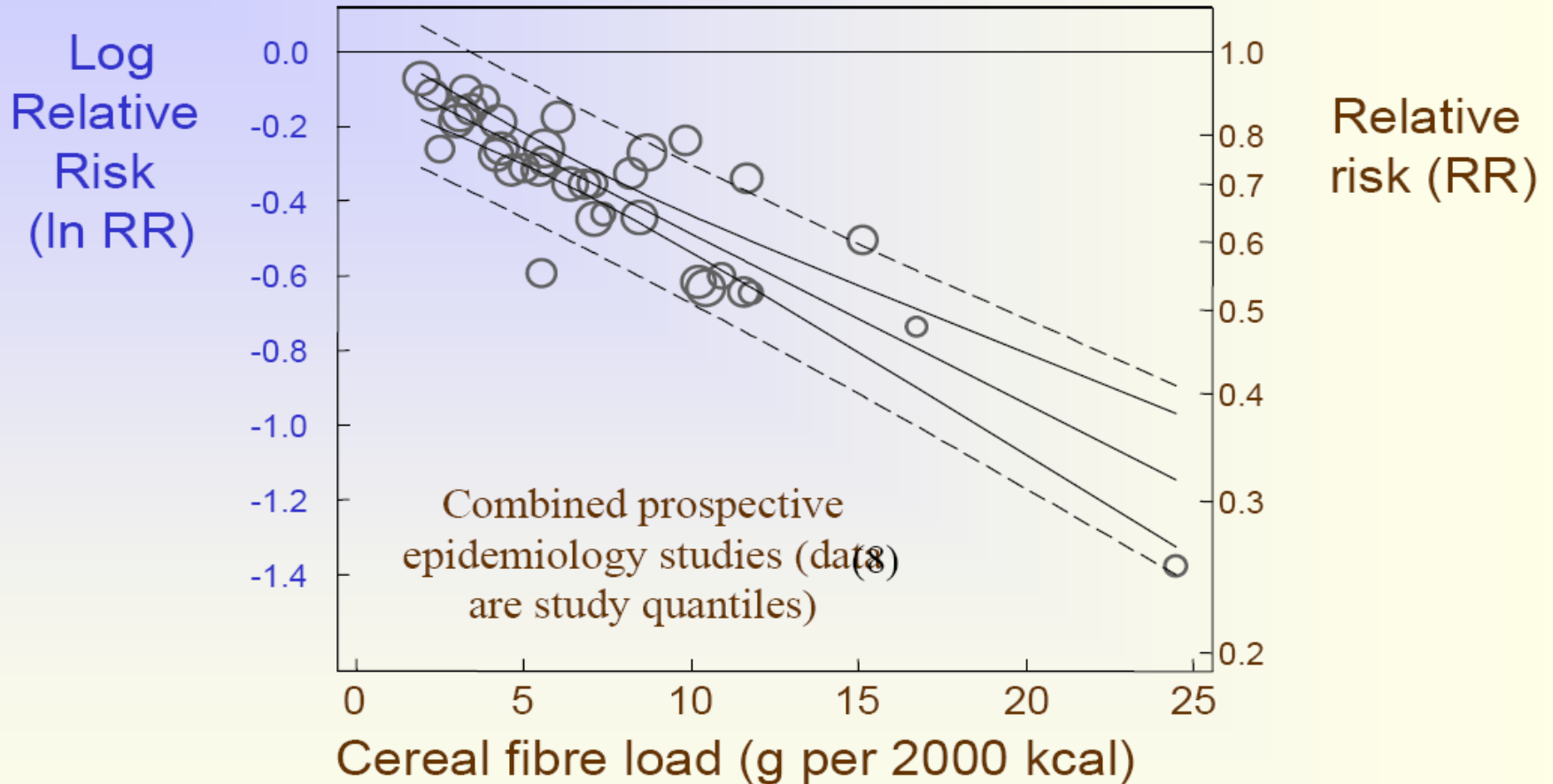
10g isolated oat fibre (OF) in 50g bread meal speeds up the acute release of GIP, but not GLP-1



Day 2: Increase of insuline sensitivity



Risk for diabetes decrease with fibre intake



***SANACEL*[®] a fibre concentrate**

Guidelines on fibre intake

- ✓ **DGE** recommends at least **30 g** of dietary fibres per day
- ✓ National Consumption Study II showed that 68% of the mens and 75% of the womens intake in Germany is a lot less

***SANACEL*[®] a fibre concentrate**

Guidelines on fibre intake

- ✓ recommendations from the US National Academy of Sciences, Institute of Medicine, suggest that adults should consume **20–35 g** of dietary fibre per day, but the average American's daily intake of dietary fibre is only 12–18 grams

SANACEL[®] a fibre concentrate

Guidelines on fibre intake

- ✓ **WHO** recommends consumption of foods containing **> 25 g** of total dietary fibres/day
- ✓ It's easy to reach the recommended daily intake of dietary fibres with ***SANACEL***[®] !

SANACEL[®] a dietary fibre concentrate



**400 g of bread
= 30 g of SANACEL[®]**



**1,5 kg of apples
= 40 g of SANACEL[®]**



**1,5 kg of lettuce
= 30 g of SANACEL[®]**

CFF „By your side“

CFF GmbH & Co. KG

E-Mail: cff@cff.de

Arnstaedter Strasse 2

Telefon: +49 36783 882- 0

D - 98708 Gehren

Fax: +49 36783 882- 252

Thank you for your attention.

