

PRO1521: Efficacy of pea hull fibre supplementation on gastrointestinal transit time-induced reduction in proteolytic fermentation and enhancement of wellness in older adults, individuals with lifestyle related chronic disease and overweight children

The market for fibre ingredients has been dominated by soluble fibres such as dextrans and fructans. However, the use of these highly fermentable fibres, with their potential unpleasant gastrointestinal side effects, is currently experiencing a backlash in the popular press, medical and nutrition communities, and research literature. In addition, the US Food and Drug Administration (FDA) is excluding such soluble fibres from the dietary fibre content listed on the Nutrition Facts label in the US due to insufficient research for specific health benefits in healthy people (e.g. improved laxation). This provides a significant market advantage for insoluble fibre sources such as hull fibres. Pea hull fibre, a primarily insoluble fibre, has been shown to exert a significant laxation in long-term care residents, constipated children, and adults with chronic disease. However, research is needed to show the benefits of pea hull fibre in healthy individuals and how pea hulls work to promote wellness. The purpose of this project is to study the effects of pea hull fibre on gastrointestinal function, appetite, and wellness, as well as gut bacteria (microbiota) and its health effects in children, older adults, and people with chronic disease. Three studies examining the health effects of pea hull are currently in progress with results expected in early 2018.