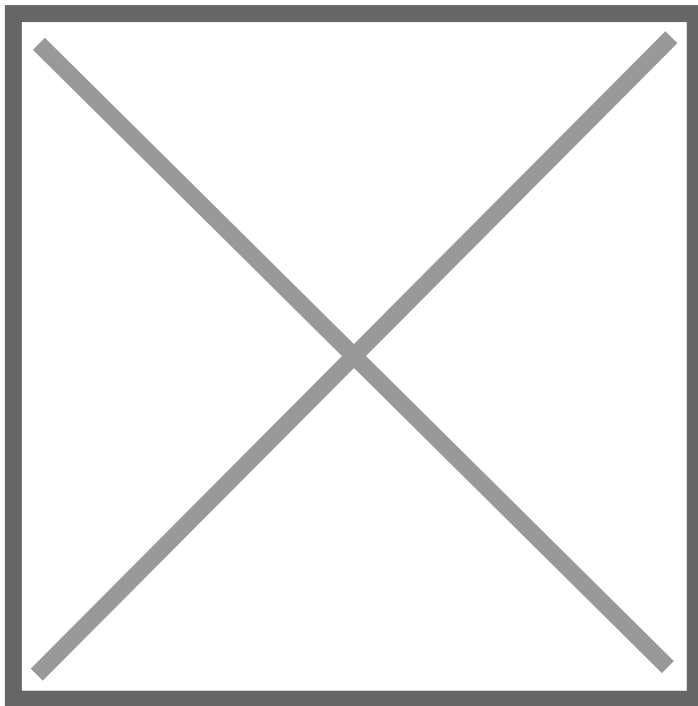


## Weight management benefits of chicory root fibres confirmed via systematic review

09 January 2025 | News

**These findings are of key importance, as they demonstrate that chicory root fibre inulin and oligofructose are effective**



**These findings are of key importance, as they demonstrate that chicory root fibre inulin and oligofructose are effective**

A new systematic literature review with meta-analyses, conducted by Reimer et al<sup>[i]</sup>, demonstrates that chicory root fibre intake promotes a significant reduction in body weight, body mass index (BMI), fat mass, waist circumference and, to a certain extent, body fat percentage. Based on this review, there is now even stronger evidence to show that supplementation with chicory root fibre can lead to clinically meaningful reductions in body weight and other weight management parameters.

Obesity is a major risk factor for diet-related non-communicable diseases. With one in eight people in the world living with obesity and 2.5 billion adults overweight,<sup>[ii]</sup> weight management has become a global health priority. With this in mind, these findings are of key importance, as they demonstrate that chicory root fibre inulin and oligofructose are effective and should be incorporated into products that aim to deliver science-based, positive results.

Included in the systematic review with meta-analyses, considered the strongest methodology in the hierarchy of scientific evidence, were 32 randomised controlled trials and almost 1200 participants. The studies were selected based on an extensive literature search and review process that followed the guidelines of the Cochrane Handbook for Systematic

Reviews and Interventions<sup>[iii]</sup> and the PRISMA standards of quality for reporting systematic reviews and meta-analyses<sup>[iv]</sup>. The inclusion criteria for the studies were based on the consumption of chicory root fibre in randomised controlled trials that were designed to gauge its effect on body weight, BMI, total body fat, body fat percentage, or waist circumference in adults of all health conditions.

Body weight was the primary outcome parameter for the systematic review with meta-analyses. This was determined in 29 of the trials that involved 1184 adults, and these demonstrated that supplementation with chicory root fibre resulted in a statistically significant and clinically meaningful 2 per cent reduction in body weight compared with the placebo. A prior<sup>[1]</sup> subgroup analysis based on chicory root fibre dose also highlighted a significant reduction in body weight at a dose of 10g/d<sup>[2]</sup>. In addition, the review revealed that the effectiveness of chicory root fibre on weight loss was not reduced over time, but became even more pronounced. The researchers further reported that weight loss was achieved independent of the health status of the individual.

Alongside reduced weight, chicory root fibre was shown to support reductions in BMI, fat mass and waist circumference parameters. Also, when the supplementation lasted for at least 8 weeks<sup>[3]</sup>, a reduction in body fat percentage was noted.

Commenting on the findings, Prof. Dr Raylene Reimer, University of Calgary, Canada, said: "Prebiotics have been investigated for their ability to modulate the gut microbiota and affect various aspects of metabolic health. This systematic review and meta-analyses show that inulin-type fructans, specifically those derived from chicory root, beneficially impact multiple facets of body weight management. Given the positive outcomes seen across a wide range of participants, chicory root prebiotic fibre could be an important tool to help promote improved weight management."