



SMALL MOLECULE TECHNOLOGIES, INC.

MOLECULES & HEALTH

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Dietary Fiber for Diabetes



The 2014 National Diabetes Statistics Report put out by the Centers for Disease Control and Prevention, reported that 29.1 million people in the United States currently have diabetes, representing 9.3% of the total population. What is of greatest concern, however, is the fact that 8.1 million people, or 27.1% of people with diabetes, do not even know that they are diabetic.^{1,2} There are an additional 80 million Americans (35% of people age 20 or older) that have prediabetes and are at risk of eventually becoming diabetic, yet only 7.3% have been told they are prediabetic.^{1,2} Based on these numbers, a new person is diagnosed with diabetes every 19 seconds in the United States. Fortunately, there are

plenty of proactive steps that you can take to lower your risk of developing diabetes or to improve your health status if you do have diabetes.

Effects of high blood sugar

When you eat a meal, especially one high in sugar or carbohydrates, your body experiences a

rise in the levels of glucose (sugar) in the blood stream. Normally, when blood glucose levels rise, the body produces insulin to help return the blood glucose levels to a normal level. People with diabetes either do not produce enough insulin or do not respond very well to the insulin, meaning their blood glucose levels remain elevated. When your blood glucose is constantly elevated, it has many negative effects throughout the body, contributing to many of the conditions that are frequently associated with diabetes including slow wound healing, macular degeneration, heart disease, neurological problems, kidney disease, poor circulation, and more. Elevated blood glucose levels can cause some of these problems directly, but it can also cause them indirectly by altering cellular



metabolism and increasing production of free radicals that contribute to oxidative stress, inflammation, and cellular damage.

Dietary Fiber and Diabetes^{3,4}

- People with diabetes have an increased risk of heart disease and high fiber diets are known to reduce cardiovascular risk^{5,6}
- The fiber used in Small Molecule Technologies Prebiotic Fiber has been shown to help lower triglycerides, bad cholesterol, and blood sugars following a meal and help with reducing visceral fat⁷⁻¹⁰
- Long term use of low-glycemic index fiber-rich foods have been shown to improve blood glucose control and reduce the number of hypoglycemic events in people with Type-1 diabetes¹¹
- Increasing fiber intake has been shown to lower levels of C-reactive pro-



tein (CRP), an important indicator of inflammation and increased cardiac risk, both of which are common complications of diabetes^{12,13}

Benefits of Small Molecule Technologies Prebiotic Fiber

- Unlike many fiber supplements, Small Molecule Technologies Prebiotic Fiber has a low-glycemic index and is free of sugars and artificial sweeteners that can contribute to metabolic imbalances including diabetes.¹⁴⁻¹⁶
- Some prebiotic fibers like inulin from chicory root and fructooligosaccharides (FOS) break down into simple high-glycemic index sugars when heated or exposed to acidic foods. Small Molecule Technologies Prebiotic Fiber uses digestion-resistant maltodextrin that has been shown to remain stable without breaking into simple sugars when heated or exposed to acidic foods like tomato sauce and orange juice, meaning that it keeps its low-glycemic index when you cook with it.¹⁶
- Uses a slow-fermenting fiber that does not cause the gas and bloating commonly seen with equivalent doses of rapidly fermenting fibers like inulin

or FOS^{16,17}

- Odorless, flavorless, and dissolves completely so it can be added to virtually any recipe – both foods and beverages – without altering the taste or texture
- Free of common allergens including gluten, eggs, soy, and dairy so can safely be used by people with food sensitivities
- Helps promote healthy intestinal bacteria that help improve digestion, absorption of nutrients, immune health, and inflammatory conditions while reducing the risk of developing diabetes and obesity.^{3,4,18-20}

Small Molecule Technologies Prebiotic Fiber makes it easy to boost you and your family's daily fiber intake. Start incorporating it into your cooking, or simply mix it in with your favorite soft foods and beverages. This is a simple and cost-effective way to help keep you and your family healthy.



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