

## **Gut Microbiome, Digestive Health and Beyond – The Unique Role of Prebiotics from Chicory Root**

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### **Abstract**

Interest in prebiotics and their beneficial effects on the gut microbiota is stronger than ever before. One in two consumers worldwide say they are aware that bacteria within the digestive system may be beneficial to health. And they are right, new and emerging science shows that the microbiota strongly interacts with its gut environment and various important body functions, with relevance to human health and well-being.

Foods and dietary approaches with prebiotic inulin and oligofructose from chicory root can modulate the composition of the microbiota, leading to a selective increase in bifidobacteria. Such observations over 20 years ago gave birth to the prebiotic concept. Meanwhile the selective shift in gut microbes and resulting prebiotic fermentation has been linked with various health effects: prebiotic inulin and oligofructose from chicory root have shown to support immune health, improve digestive health and wellness, increase calcium absorption for bone health and improve blood glucose management and more; emerging research sees effects on brain functions and mood.

Today, inulin and oligofructose are recognised by the International Scientific Association for Probiotics and Prebiotics (ISAPP) as proven prebiotics with long-standing evidence for their selective increase in bifidobacterial and related health benefits. And as such they find application in a wide range of food and drink products including dairy, baked goods, powder applications, special nutrition, meal replacements, baby nutrition and more to support digestive health and beyond.

Key learnings from this presentation shall include: (1) The gut microbiota and its relevance to human health, (2) the prebiotic concept as a mean to support a healthy microbiota, and (3) the unique role of the plant-based prebiotics inulin and oligofructose from chicory root.

### **PRESENTER BIOGRAPHY: SILKE ULLMANN**

Silke Ullmann received a Bachelor degree in Nutrition Science in Germany. Afterwards, she moved to the US where she graduated with a Master of Public Health in Nutrition. Silke lived in the US for 12 years gaining valuable experience in the food industry. In 2016, she joined BENEO and the BENEO-Institute Team in Germany as Manager Nutrition Communication. She has spoken on BENEO-Institute's behalf at several conferences targeting customers, scientists as well as health care professionals.