The science behind

Results from a double-blinded randomised controlled trial involving 26 individuals with Irritable Bowel Syndrome (IBS) who had been following a low FODMAP diet showed that a three week intervention with urgut led to improved outcomes in their gut and mental health (1). The daily serve (40g) of ur gut also increased dietary fibre intake to levels recommended in the Australian Dietary Guidelines (ADG). (2, 3).

Our research has shown that resistant starch intake in people with IBS who were following a low FODMAP diet was below recommended levels (4). In response, the ECU scientists designed a study to test a new dietary fibre powder with a unique formula and a gradient dosage, whose effects have been identified in the double-blinded randomised controlled trial for four weeks. This study (5) incorporated assessment of diet quality, gut microbiota, mental health, sleep and quality of life. Twenty six people with IBS were randomly assigned into either the urgut group or a placebo group and consumed the corresponding dietary powder for three weeks, after completing a one week baseline observation (5).

At the start of the study, participants had good sleep patterns that were not disrupted throughout the trial. Sleep was measured using a ReadiBand, a sleep capture device that tracks sleep data. Similarly, gut symptom severity was monitored using a validated questionnaire and low to moderate level gut symptoms were maintained (1).

urgut beneficially altered gut microbial composition. ur gu improved GI-specific anxiety and sexual subscale of quality of life, with ove urgut etary patterns and quality maintained. Participants in the urgut group reported less energy and protein consumption than their baseline levels (1). ECU scientists want to share this dietary fibre product with more people to support the gut health of the Australian community (6).

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