

BOOSTING DIGESTIVE HEALTH AND STRENGTHENING DEFENSES

HI-MAIZE™ resistant starch and digestive health



Most people don't fully understand the importance of a well-functioning digestive system. In reality, if our digestion isn't working well, then neither are we.

One of the keys to optimal digestive health is ensuring that the healthy bacteria or 'bugs' which live naturally in our digestive system are operating at full strength. That's where a prebiotic such as resistant starch can play an important role. Prebiotics reach our lower digestive tract where they act as a fuel for the healthy digestive bacteria. [To learn more, read on.](#)



Promoting inner health

Many public health authorities including the World Health Organisation, U.S. National Academy of Sciences, European Food Safety Authority and Australia's National Health and Medical Research Council (NHMRC) recognise the benefits of resistant starch for digestive health.

When resistant starch reaches the bowel, it is broken down by the healthy bacteria naturally living there, generating a range of beneficial changes. These include producing special compounds which energise the cells lining the colon, creating a healthier internal environment for those bugs to work effectively and even helping to eliminate damaged cells.

The changes Hi-MAIZE™ resistant starch helps improve digestive health by:

- Beneficially increasing stool bulk and giving a mild laxative effect to promote 'regularity'. Studies have shown that in comparison with bran, resistant starch was well digested, produced an increase in daily stool weight and assisted passing².
- Encouraging the growth of healthy bacteria in the bowel – the 'prebiotic effect'.
- Producing compounds called short chain fatty acids (SCFA) - in particular butyrate – which not only energise the cells lining the colon but can also help keep them healthy. Resistant starch has been shown to produce butyrate levels twice that of wheat fibre and four times that of pectin³.
- Reducing intestinal pH and the production of potentially harmful ammonia and phenols⁴.
- Protecting the mucous layer within the colon which is believed to help protect colon cells - a promising indicator in the fight against bowel cancer⁵.

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Resistant starch as a prebiotic

A prebiotic is defined as “a selectively fermented ingredient that allows specific changes, both in the composition and/or activity in the gastrointestinal microflora that confers benefits upon host well-being and health.”⁶

Put simply, prebiotics like resistant starch are a source of 'food' or 'fuel' for the millions of friendly bacteria which live in our bowel and help fight off harmful bacteria entering the system. A prebiotic resistant starch like HI-MAIZE™ feeds the friendly bacteria and boosts their activity⁷.

Natural HI-MAIZE™ resistant starch

Made from a traditionally bred hybrid of corn that is naturally rich in resistant starch, HI-MAIZE™ invisibly adds fibre and resistant starch to a wide variety of foods including bread, pasta, noodles, snacks and breakfast cereals.

HI-MAIZE™ makes it easier for consumers to boost their fibre and

resistant starch intake – without having to change what they eat. It offers a simple, natural way for food companies to add value, even beyond the benefits traditionally associated with dietary fibre.

The Ingredient team can help with labelling and regulatory advice, as well as share consumer insights to help optimise the success of new or reformulated products. Just contact us now to get started.

Contact Ingredient to find out how we can help:

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