



REGULAR Girl®

Clinical Evidence

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A synbiotic blend of clinically proven prebiotic fiber and probiotics that help maintain a healthy digestive balance.* Regular Girl combines the clinically proven benefits of the award winning and patented Sunfiber® brand of soluble dietary fiber with *Bifidobacterium lactis*. Created with the help of a woman nutritionist and dietitian.

Sunfiber® Clinical Evidence

Sunfiber is one of the most clinically researched fibers in the world. Clinical evidence supports claims related to regularity (addressing both occasional constipation and diarrhea), Irritable Bowel Syndrome, Prebiotic Benefits, Glycemic Index/Glycemic Control, Satiety and more. Sunfiber has a Grade A Consensus for reduction in diarrhea and a Level 1 evidence recommendation by Clinical Nutrition Supplements (2004). Below are just a few studies related to the benefits of Sunfiber. Feel free to contact us for a complete list of all clinical work.

Regularity and GI Conditions

- Fecal frequency significantly improved from 12.4 to 13.7 times over a two week period with intake of 5 grams Sunfiber / day. Frequency returned to constipated state following discontinuation of Sunfiber intake. Furthermore, fecal volume increased while fecal hardness decreased. Yamatoya, et. al. J Appl Glycosci 42:251–257, 1995
- Fecal frequency significantly increased from 3.67 to 5.21 times per week, and fecal quantity significantly increased ($p<0.01$) with intake of 5g Sunfiber / day, while no change in fecal hardness or odor was observed. Okazaki et. al. J. of Nutritional Food. 1999; 2: 1-8.
- Defecation frequency and fecal volume significantly increased ($p<0.01$) with intake of 7 grams Sunfiber. Tanaka et. al. J. of Nutritional Food, 3(2), 45-52, 2000.
- Bowel movements increased significantly ($p<0.01$) with intake of 5 grams Sunfiber over 4 week period. Reduction in laxative use and abdominal pain associated with chronic constipation was also observed. Polymeros D., et. al. Dig Dis Sci 2014; 59:2207-14.
- Intake of 3g Sunfiber per day was found to be as effective as lactulose laxative treatment in relieving stool withholding and constipation associated abdominal pain, and its use improves stool consistency. Lactulose laxative was found to have more side effects, including flatulence and bad taste. Ustundag, G. et. al. J Gastroenterol 2010; 21(4): 360-364
- Intake of 5g Sunfiber per day suppressed maltitol and lactitol induced diarrhea. Nakamura S. European J. of Clin Nutrition (2007),1-8.
- Intake of 5g Sunfiber per day significantly reduced symptoms of flatulence (55%), abdominal tension (4.7%) and abdominal spasms (35%) over three week period in both normal and obese subjects having IBS. Additionally, subjects showed improvements in cholesterol levels (12.2%), lipids (26.9%) and glucose levels (16%). Giaccari S., et. al. Clin Ter 2001; 152:21.
- Intake of 5g Sunfiber per day showed greater success (60%) compared to 30 grams wheat bran per day (40%) in relieving symptoms associated with diarrhea-predominant IBS, constipation-predominant IBS and changeable bowel habits. Parisi, G.C. et. al. Digestive Diseases and Sciences, Vol 47, No 8. 2002.
- Intake of 5g Sunfiber per day was effective in significantly reducing gastrointestinal, psychological and quality of life symptoms over 12 week period. Parisi, G.C. et. al. Digestive Diseases and Sciences, Vol 50, No 6. 2005.
- Symptoms associated with alternating constipation / diarrhea and diarrhea only in children with IBS improved by 82% and 58% respectively with the intake of 5g Sunfiber per day. Abdominal pain associated with IBS also improved by 68%. Paul, S.P. et. al. JPGN 2011; 5:53.
- Severity of IBS symptoms and concentration of methane production was significantly reduced ($p<0.01$) with intake of 5 grams Sunfiber per day. Furnari, M., et. al. Gastroenterol 2012; 142:S391.
- Intake of 5 grams Sunfiber per day showed a significant reduction in the severity of IBS symptoms (43%), abdominal pain scores (0 vs 4) and bowel habits (40%) in Children with IBS. Romano, C., et. al. World Gastroenterol 2013; 19:235-240.
- Severity of IBS symptoms, including bloating and bloating plus gas significantly improved ($p<0.035$) with intake of 6 grams Sunfiber per day over 12 week period. Niv et. al. Nutr Metabolism 2015.

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- Intake of 5 grams Sunfiber per day resulted in significant improvement in use of laxatives, stool form / consistency and colonic transit time. Furthermore, significant improvements in abdominal bloating was observed in males and the number of evacuations in women. Russo, L. et. al. Saudi J Gastroenterol 2015; 21:104-10.
- Daily intake of 5 grams Sunfiber leads to a favorable impact on constipation prevention of the similar magnitude achieved with laxatives. Kapoor, M. et. al. J. of Functional Foods 33 (2017) 52-66.
- Intake of 5 grams Sunfiber improves stool form, decreases diarrhea, regulates gut microbiota and may improve mental quality of life. Yasukawa, et. al. Nutrients 2019, 11, 2170.

Prebiotic Effects

- Volunteers taking Sunfiber in a functional food had significantly increased numbers of *Bifidobacteria* (from 14.7% to 31.7%) and *Lactobacillus* (from 67% to 94%). Okubo et al 1994.
- Intake of Sunfiber (6 g/day) for two weeks significantly increased *Bifidobacterium* and butyrate producing bacteria in the large intestine. Ohashi, Y., et. al. Beneficial Microbes, 2014; 1-6.
- Sunfiber helped significantly increase the relative levels of Bifidobacteria compared to placebo. Yasukawa, et. al. Nutrients 2019, 11, 2170.
- Sunfiber was found to increase the concentration of Bifidobacterium in the gut of athletes. Kapoor, et al. J Func Food. 2020. 72;104067.

Satiety

- Intake of 3.72 grams Sunfiber resulted in a significant increase in satiety feelings. Energy intake was significantly reduced by 101 kcal before ($p=0.046$) and 71 kcal after ($p>0.05$) two week adaptation period. Park, S. et. al. Obes Facts 2012; 5:58.
- Intake of 2 grams Sunfiber with yogurt significantly increased perception of satiety over 2 week period. Acute post meal perception of satiety was observed with intake of 5 gram Sunfiber, and entire daily caloric intake decreased by 20%. Acute post meal perception of satiety effects with intake of 6 grams Sunfiber was significantly greater compared to equal dose of other soluble fibers. Rao, T.P, et. al. Br J Nutr 2015; 113:1489-1498.
- Intake of 2.6 grams Sunfiber with protein fortified yogurt resulted in significant reduction in appetite ratings, and energy intake from subsequent meals was significantly reduced by 274 kj. Luch, A., et. al. Food Quality Preference 2010; 21: 402-409.

Iron Absorption

- Intake of 5g synbiotic blend of prebiotic fiber and probiotics (Regular Girl®) significantly improved response to iron supplementation within 4 weeks in Iron Deficient / Non anemic female athletes in-training. J Diet Sup Sandroni, A., et al. 2021. 22:1-15.

Other Research

- A pilot study examined the impact of the gut microbiome on fertility. They provided 10 g of Sunfiber per day to women who were undergoing *in vitro* fertilization and found 58.2% became pregnant. Komiya, S. et al. 2020. 67:105-111.

Bifidobacterium lactis Clinical Evidence

Regular Girl contains 8 billion CFU of *Bifidobacterium lactis*. Trusted by many of the world's leading manufacturers of nutritional products. These probiotic cultures have proven stability and are internationally recognized as safe for consumption and proven clinical benefits.

- B Lactis was given to people who received a virus and its influence the immune response compared to placebo group. Effect of probiotic on innate inflammatory response and viral shedding in experimental rhinovirus infection – a randomized controlled trial. Turner et al. Beneficial Microbes. 2017. 8:207-215.
- B lactis was investigated for its impact on the chances of getting a cold compared to placebo. Probiotic supplementation for respiratory and gastrointestinal illness symptoms in healthy physically active individuals. West et al. Clin Nutrition. 2014. 33:581-587.
- *B. lactis* (as component of five-strain formulation) was found to reduce the antibiotic-induced disturbance of total microbiota population. A randomize double blind, controlled trial of probiotics to minimize the disruption of fecal microbiota in healthy subjects undergoing antibiotic therapy. Engelbrektsen, A.L., et. al. 2007.
- *B. lactis* (in a two-strain formulation) beneficially modulates intestinal microbiota in healthy elderly people. Microbiological effects of consuming a synbiotic containing Bifidobacterium lactis, determined by real-time polymerase chain reaction and counting of viable bacteria. Bartosch, S., et. al. Clin Infectious Diseases. 2005. 40:28-37.
- *B. lactis* results in faster IgG induction than control, indicating stimulation of specific immunity by B. lactis BL-04 (Danisco Memorandum 2010).
- Immunomodulatory effects of probiotic bacteria DNA: IL-1 and IL-10 response in human peripheral blood mononuclear cells. Lammers, K.M., et al. FEMS Immunology and Medical Microbiology. 2003. 38:165-172.