



Nordic Sugar
Member of Nordzucker Group

fibrex[®]

Health

Fibrex[®] can be used for fibre enrichment in various applications such as cereals, muesli, bars, fibre tablets and bakery products.





FibreX® is a pure sugar beet fibre and is a uniquely rich source of both soluble and insoluble fibre. The soluble fibre consists mainly of pectin and the insoluble fibre consists largely of cellulose.

FibreX decreases LDL cholesterol

Clinical trials have proven that FibreX significantly decreases LDL cholesterol and increases HDL-cholesterol, thereby reducing the risk of cardiovascular disease. FibreX can be used as a supplement in a cholesterol lowering diet.

FibreX prolongs satiety

After consumption of meals containing FibreX, the feeling of satiety is prolonged. Consumption of a FibreX supplemented meal will therefore reduce appetite.

FibreX does not affect mineral absorption

FibreX does not significantly affect zinc and iron absorption. Also addition of sugar beet fibre to the diet can improve the calcium balance without adverse effects on absorption of other minerals.

FibreX increases faecal output and SCFA production

The cell walls of beet fibre are mainly primary cell walls consisting of arabino-galactans and cellulose embedded in pectin. The homogeneous network of polysaccharides gives the beet fibre a high micro porosity and water retention capacity resulting in high fermentability by human faecal bacteria, increasing faecal output and short chain fatty acid (SCFA) production. SCFAs are important for a healthy good environment.

FibreX in enteral nutrition

FibreX used in enteral nutrition has proven to reduce hyperglycemia and is ideal for use in therapeutic liquid and formula diets. FibreX tolerate heat and homogenisation well and is suitable for canning.

For further information please see:

- Product specification
- Physiological effects and clinical results