

Abstract

2-Armed, Randomized, Double Blind, Placebo-Controlled Fat Excretion Study of the Patent Fibre Complex from Opuntia Ficus-Indica.

Introduction

Due to the high prevalence of obesity in industrialized countries, a reduction in body weight and calorie intake is of enormous importance for health. Because of the high physiological calorific value of 9.3 kcal/g, fat consumption accounts for the excess calorie intake.

The objective of this fat excretion study was to prove increased fecal fat excretion after intake of the Patent fibre complex in comparison to placebo, under the condition of standardized food intake.

Study Design,

This 2-armed, randomized, double blind and placebo-controlled study was conducted in Berlin, Germany with Caucasian subjects in their own free-living environment. In order to reduce individual food intake variations, subjects were advised to adhere to a specified diet plan containing a daily intake of 2500 kcal with a fat content of 30% (80g).

The effect of the Patent fibre complex on fat excretion, body weight, body mass index (BMI) and satiety were evaluated.

Study Results

A. Fat Excretion

the Patent fibre complex from Opuntia Ficus-Indica significantly increased fecal fat excretion. After consumption of the Patent fibre complex, the fat absorption was reduced by up to 26.6%.

B. Body Weight

After consumption of the Patent fibre complex, there was an average reduction in body weight of 0.72 kg within 3 days. In the placebo group there was no change in the average body weight. This group difference is statistically significant.

C. Feeling of Satiety

80% of subjects in the fibre complex arm reported a moderate (64%) or strong (16%) feeling of satiety. None of the subjects in the placebo arm reported similar feelings.

Conclusion

Compared to placebo, the fibre complex significantly increased fecal fat excretion, reduced body weight (and BMI) and increased feeling of satiety. These were all achieved together with a very good tolerability.

ProactolTM

clinically proven fat binder

Reference

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