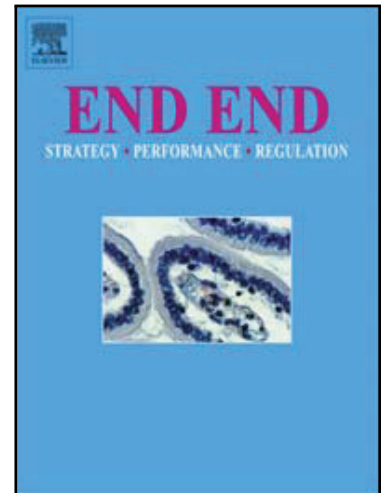


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Effects of Daily Consumption of Psyllium, Oat Bran and PolyGlycopleX[®] on Obesity-Related Disease Risk Factors: A Critical Review

Monica Jane BSc (Nutr) , Jenny McKay BSc (Nutr) ,
Sebely Pal PhD

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Highlights

- Many adults do not consume the recommended 25 -30 g of dietary fibre/day
- Clinical trials have shown 10-21 g of psyllium/day to improve blood lipids
- Clinical trials have shown 6-8 g of oat bran β -glucan/day to improve blood lipids
- Clinical trials have shown 10-15 g of PolyGlycopleX /day to improve blood lipids
- Effects of these fibres on weight, hypertension, blood glucose need clarification

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