

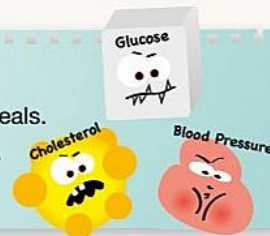
Love Your Heart, Prevent Diabetes

Recent National Health and Morbidity Survey showed that **15.1%** of the adult population is diabetic equating to **2.6 million** Malaysians. Cardiovascular Disease (CVD) is a major complication of diabetes and the leading cause of early death among people with diabetes.

Being diabetes-free does not make your heart 100% safe. Having the **Evil Trio** puts you at risk of heart disease even if you do not have full-blown diabetes.

You are one step closer to the **Evil Trio** if you are having any of the risk factors listed below:

1. **Blood glucose level:** above 5.6 mmol/L before meals or above 7.8 mmol/L two hours after meals.
2. **Total cholesterol level:** above 5.2 mmol/L or LDL ('bad')-cholesterol level: above 2.6 mmol/L.
3. **Blood pressure level:** above 130/80 mmHg.



Managing Diabetes with **Oat BG22™ high molecular weight** oat beta-glucan

The health benefits of soluble fiber oat beta-glucans have been extensively studied, with the most well-known benefit of lowering blood cholesterol. Products made of oat bran such as oat bran powder and crispy oat cereals consist of exceptional amounts of oat beta-glucan. Many health professionals promote its inclusion in diets for individuals suffering from or who are at-risk for Type-2 Diabetes.

European Food Safety Authority (EFSA) has concluded: **"The consumption of oat beta-glucan contributes to the reduction of blood glucose rise after a meal."**

Malaysian Ministry of Health (MOH) also approves the health claim: **"Oat soluble fiber (beta-glucan) helps to lower the rise of blood glucose, provided it is not consumed with other food."**

The **Viscosity Effect** produced by oat beta-glucans in the gut has been shown to aid in managing diabetes in 2 ways:

- (1) **Oat beta-glucan slows down the increase in blood sugar level after a meal by delaying digestion and uptake of carbohydrates in the gut.** Ingested oat beta-glucans form a gel which makes the contents of the stomach and the small intestine more viscous. Through this, the absorption of dietary sugar into the blood stream takes longer thus preventing sudden fluctuations in blood glucose levels. The same effect can also be achieved with a diet low in Glycemic Index (GI value < 55)^{1,2}.
- (2) **Positive glycemic response produced by ingesting oat beta-glucan has been shown to improve insulin sensitivity,** which may prevent the incidence of Type-2 diabetes. A consistent decrease in insulin secretions was dose-dependently observed in overweight individuals in response to oat beta-glucan, with significant changes reported at a dose of 4 g of oat beta-glucans in a meal^{1,2,3}.

In summary, a daily intake of **3 – 5 g** of oat beta-glucan has been shown to help normalize blood sugar and help reduce bad cholesterol effectively. **Start your prevention programme today by adopting a healthy lifestyle and incorporating oat beta-glucan into your daily diet.**

5 REASONS Why You Should Choose Biogrow Oat BG22™ Oat Bran Powder or Crispy Cereal for Your Cholesterol & Blood Glucose Problem?

1. Both are made of **only natural** ingredient(s) – **Swedish oat bran**. Free of artificial ingredients, thickeners & fillers.
2. 2 scoops / sachets (≈ 18 g) of oat bran powder or 1 packet (30 g) of crispy cereal provide **3 g or above high molecular weight oat beta-glucan**⁴. Oat beta-glucans with high molecular weight (≥ 2,200 kDa) can produce **higher viscosity effect** in the gut⁴.
3. **Very rich in fiber & Low in GI**. Both choices offer a balanced combination of soluble fiber (for cholesterol control) and insoluble fiber (for the maintenance of gut health). Both are laboratory-tested low in GI, with the cereal only less than 55⁵.
4. **Good solubility & viscosity effect**. The powder dissolves very well in cold or lukewarm water. Both powder and crispy cereal are scientifically shown to produce good viscosity (gelling) effect in the gut for optimal cholesterol-lowering effect⁴.
5. Proven cholesterol-lowering & blood glucose-regulating effect with **more than 30 clinical studies**⁶.

This article is contributed by **Legosan (Malaysia) Sdn Bhd**.
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