

Growing Healthy Hearts

Reducing cholesterol the safe way with oat fibre

How beta-glucan works

Oat beta-glucan favourably affects blood cholesterol and lipoprotein metabolism mainly by increasing viscosity in the small intestine. A study has proposed that viscous beta-glucan encapsulates bile acids which are then excreted through the faeces. Bile acids are normally recycled and sent back to the liver for reuse. Through faeces excretion, the body loses bile acids and the liver has to synthesize new ones. As cholesterol is required for bile acid formation, the liver will then extract cholesterol from the blood hence decreasing blood cholesterol levels.

Clinical evidence

Harvard University researchers conducted a review of 67 studies on the link between intake of different types of soluble fibre and blood cholesterol levels. The studies on oat products showed that eating an average of 5g of soluble fibre (beta-glucan) from oats for an average of 39 days reduced Low-Density Lipoprotein (LDL) levels by 3.6 percent. Another study concluded that eating 5g to 10g of soluble fibre per day is associated with a 10 to 15 percent reduction in LDL-cholesterol levels (which researchers estimate could lower heart disease risk by 10 to 15 percent).

Oat BG22 versus conventional oatmeal

Oat BG22 contains 22 percent beta-glucan which is five to 10 times more than your regular oatmeal. In order to achieve the optimum cholesterol-lowering benefit of

oats, at least 70g of oats must be consumed which is equivalent to two to three bowls everyday. That is certainly a mouthful in addition to a cost of added (hidden) sugar. With Oat BG22, all you need is just 14g (2 scoops) to achieve the full daily requirement of 3g beta-glucan. Unlike raw oats and oatmeal, Oat BG22 oat bran powder is easy to consume and dissolves readily in cold or warm water. No cooking or boiling is required.

Besides the cholesterol-lowering effect, Oat BG22 also contains magnesium, iron, is high in protein and can help regulate blood glucose levels which aid in lowering diabetes risks. Made of 100 percent premium-grade oat bran powder imported from Sweden, there is no added sugar, artificial additives or preservatives.



To take or not to take? That is a question millions of people worldwide ask their doctors when it comes to statins.

These cholesterol-lowering medications work wonders but are not without risks. The Food and Drug Administration of USA (USFDA) recently revised its safety information on statins and has stated that patients on statins may have an increased risk of raised blood sugar levels and the development of Type 2 diabetes. However, that doesn't mean you should stop taking statins but you should also seek professional advice and read up on natural remedies/alternatives.

Check out beta-glucan

Beta-glucan is a type of water soluble fibre substantially found in oats, especially in the oat bran which is the outer layer of the grain. Beta-glucan from oat bran has received worldwide approval for its effectiveness in lowering cholesterol and regulating blood glucose levels. According to our Malaysian Ministry of Health (MOH), the amount of beta-glucan recommended to achieve a cholesterol-lowering effect is 3g per day. Therefore, foods should provide at least 3g of oat beta-glucan per day in order to bear the cholesterol-lowering claim.