

FREQUENTLY ASKED QUESTION



Question 1:

Can People with High Levels of Blood Uric Acid take Oat BG22?

Answer:

Oat BG22 is **high in protein**. Purines are by-products of protein. Oats have been categorized as foods which contain moderate to high purines. Those are diagnosed with gout and high blood uric acid should use this product with caution or consult a doctor first before consumption.

Question 2:

Besides Oat BG22, I'm also taking other supplements. If I were to take Oat BG22 half an hour before meal, can I take my supplements immediately after my meal?

Answer:

As long as there's a **30 min to 1 hour gap** between Oat BG22 and supplements, there should be no problem with this arrangement.

Question 3:

My current cholesterol level is 6.6 mmol/L and I'm experiencing high creatine kinase level using statin. Can Oat BG22 improve my cholesterol level?

Answer:

Oat BG22 offers you a safe & drug-free way to reduce your cholesterol effectively. Statin has been notoriously known to produce side effects such as causing muscle pain/damage (liver damage is one of them) if taken at high dose for long term. However, one should NOT stop taking statin without consulting a doctor first. Meanwhile, you can start taking Oat BG22, 3 scoops a day - one scoop before breakfast/lunch/dinner or anytime convenient. Please make sure there is at least a 30 minutes to 1 hour gap prior to your medication and other supplements.

[An elevated level of creatine kinase is seen in heart attacks, when the heart muscle is damaged, or in conditions that produce damage to the skeletal muscles or brain. There are three different forms of creatine kinase that can be measured: CK-MM (located in the skeletal muscles and heart), CK-MB (mainly located in the heart), and CK-BB (located in the brain). An elevated creatine kinase can signal a heart attack or other emergency.]

Question 4:

How much difference will it make if I take 2 scoops at once instead of 1 scoop twice a day?

Answer:

Not much of a difference actually. Either way the effect will be the same as long as you take 2 scoopful per day before meals.

Question 5:

I started taking Oat BG22 recently and I have to go to the toilet few times after consumption. Is this normal?

Answer:

It is absolutely normal to have frequent bowel movement after consuming Oat BG22 due to the high total dietary fiber content (40% per serving). Each serving contains 20% insoluble fiber which is also well known for its natural laxative properties. Please consume more water in order to ease bowel movement and to avoid constipation.

Question 6:

I read some articles regarding Beta Glucan, and it has 1-3D beta glucan and etc. May I know what the difference is? What is Oat Beta Glucan?

Answer:

Beta-glucan is a type of soluble fiber usually found in oats, barley, fruits and vegetables. No doubt there are many kinds of beta-glucan contained in our food, to know the source is important. The beta-glucan in Oat BG22 is from oat bran, with the structure of 1, 3-1, 4-glycosidic bonds, which makes it soluble in water and possesses cholesterol-lowering effect. Whereas, the 1, 3-1, 6-glycosidic-bonded-beta-glucan are normally found in yeast and medicinal mushrooms, which is not readily soluble in water and has only minimum cholesterol-lowering effect.

Question 7:

How do you recommend the dosage of Oat BG-22 if the customer has a total cholesterol level that is:

1. > 5.2 to < 6.5 mmol/L (Borderline)
2. > 6.5 mmol/L (High)
3. < 5.2 mmol/L (Normal)

Answer:

1. Take **2 to 3 scoops** a day. 1 or 2 scoops before breakfast and 1 scoop before lunch/dinner or anytime convenient.
2. Take **3 to 4 scoops** a day. 2 scoops before breakfast and 1 or 2 scoops before lunch/dinner or anytime convenient.
3. Take **2 scoops a day**. 1 scoops before breakfast and 1 scoop before lunch/dinner or anytime convenient.

Question 8:

Can pregnant women take Oat BG22?

Answer:

Yes, Oat BG22 is made of 100% oat bran powder with no added ingredients and it is regarded as generally recognized as safe (GRAS) food. It is suitable for all. However, if you still have any doubt, it is best that you consult your gynaecologist whether it is really suitable for you and does not interfere with any medication that you are taking during your pregnancy.

Question 9:

How does Oat BG22 help in losing weight? Can we take Oat BG22 to replace our meals? And how long does it take to see the effect?

Answer:

By taking Oat BG22 30 minutes or any time before meals, it helps limit our appetite by making us feel full longer. Hence, we will not tend to overeat. However, for best weight reduction, you will have to go hand in hand with enough exercise and cut down on fatty, oily foods.

Oat BG22 is not for meal replacement. You still need to take your normal meals, only in smaller portions. Well, it depends, if you are a discipline person and follow our instructions, you will lose weight in no time.

Question 10:

My mom's cholesterol level is 10. She is taking Oat BG22 a week ago like you recommended, 2 scoops a day. However, after taking it for 3 days, she got diarrhea at the evening. Is this normal thing to happen when taking this product?

Answer:

Yes, it is absolutely normal to have loose stool or mild diarrhea during the first few days of taking Oat BG22. This is because our body needs time to adapt to the high fiber diet. One serving (one scoop) of Oat BG22 contains 40% of total fiber. Not to worry, based on our feedbacks from customers, the diarrhea will go away few days later. In the meantime your mum needs to take more water/fluid due to frequent stool discharge.

Your mum's cholesterol is very high; therefore she needs to take 3 to 4 scoops of Oat BG22 every day. But before she can take that amount, please start off with 2 scoops first and slowly add to 3 scoops a day, then later on 4 scoops a day.

Question 11:

Is glucan similar to gluten? What is gluten?

Answer:

"Glucan" as in "beta-glucan" and "gluten" are totally different. Beta-glucan is a type of soluble fiber commonly found in oats, which has been extensively studied for its cholesterol-lowering benefit. According to MOH, EFSA & USFDA, 3g oat beta-glucan daily will be the effective dose to reduce cholesterol.

"Gluten" on the other hand, is a protein composite found in foods processed from wheat and related grain species, including barley and rye (source from Wikipedia). It is a common allergen

which might cause adverse allergic response to some individuals who have gluten-sensitivity. Gluten will only be a major thing to avoid if the individual is having celiac disease (an autoimmune bowel disease). Otherwise, it is completely not harmful to the human body.

Oat BG22 contains gluten, but only in trace amounts. If you are not having any of the diseases above, taking traces amount of gluten shouldn't be a problem at all.

Question 12:

What is the reason to consume Oat BG22 20 to 30 minutes before meal?

Answer:

The reason is to ensure better transit of the oat fiber towards the gut without the interference from food. To consume this way is also good for those who wants to limit their appetite for slimming purpose, because oat soluble fiber will produce satiety effect and to prolong stomach emptying time.