

Biogrow Oat BG22™ Crispy Cereal – A Laboratory-tested Low GI & Low GL Cereal

Recent GI testing in collaboration with Glycemic Index Laboratories, Canada confirmed **Oat BG22™ Crispy Cereal** as a **LOW GI** food with a mean GI value of **49^a**, compared to Dextrose as control in 10 healthy subjects.



Dr Robert E. Steinert, Clinical Trial Manager & Scientist, DSM Nutritional Products, Switzerland.

“ For people with Diabetes, monitoring and being mindful about their total carbohydrate intake is important for achieving glycemic control. Based on the GI results, we also calculated the glycemic load or GL of the product, which measures both the quality and quantity of its carbohydrates. It was also found to be **LOW** with a value of **7.64^b**. One 30 g individual packet of **Oat BG22™ Crispy Cereal** contains only **1 carbohydrate exchange** with about **15.6 g of available carbohydrates**. **Oat BG22™ Crispy Cereal** is a snack solution with a low GI and a low GL and, a good alternative to commonly consumed sugary snacks. ”

Category	^a Glycemic Index (GI)	^b Glycemic Load (GL)
HIGH	≥ 70	≥ 20
MEDIUM	56 – 69	11 – 19
LOW	≤ 55	≤ 10

Source: Glycemic Index Foundation, www.gisymbol.com

Most cereal-based foods available in the consumer market are highly processed with excessive milling and heat treatment, which destroy partially or completely the structure of the grains. This will substantially increase digestibility of starch and its rate of absorption in the gut³.

Containing only 102 Calories, 1 packet (30 g) of **Oat BG22™ Crispy Cereal** provides 3 g of high molecular weight oat beta-glucan, more than 6 g total fiber and 4 g protein.

Healthy eating is important for everyone, including people living with diabetes. Enjoying healthy foods and staying active will help manage blood glucose levels and body weight. Incorporating low-GI, high-fiber (oat beta-glucan) & high-protein **Oat BG22™** into our daily diet can help us achieve healthy eating effortlessly.

This article is brought to you by **Legosan (Malaysia) Sdn. Bhd.** For more information, please visit www.biogrow.com.my or email your enquiry to info@biogrow.com.my.



Crispy Cereal (30 g x 12 packets) & (30 g x 28 packets) **1 packet (30 g) = 3 g beta-glucan**



2 scoops (≈ 18 g)
= more than
3 g beta-glucan

Oat Bran Powder Canister (480 g)

• Other Biogrow® Oat BG22™ family members •



Crispy Cereal (30 g x 12 's + 2 's) & (30 g x 28 's + 4 's)
1 packet (30 g) = 3 g beta-glucan

Oat Bran Powder Travel Pack (9 g x 30 's)
2 sachets (≈ 18 g) = more than 3 g beta-glucan

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Message by **Yayasan Jantung Malaysia** (The Heart Foundation of Malaysia):



Take 3 g of beta-glucan (soluble fiber) from **Biogrow Oat BG22™** daily, as part of your low fat and low cholesterol diet to help **Reduce Cholesterol**.

5 REASONS

Why you should choose **Biogrow Oat BG22™ Oat Bran Powder** or **Crispy Cereal** for your cholesterol & blood glucose problem?

- Both are made from **only natural ingredient(s) – Swedish oat bran**. Free of artificial ingredients, thickeners & fillers.
- 2 scoops / sachets (≈ 18 g) of oat bran powder or 1 packet (30 g) of crispy cereal provide **3 g or more high molecular weight oat beta-glucan⁴**. High molecular weight (≥ 2,200 kDa) oat beta-glucans can produce **higher viscosity effect** in the gut⁴.
- 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 GI⁵.
- 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.
- Proven cholesterol-lowering & blood glucose-regulating effect with **more than 30 clinical studies⁶**.

References:

- European Heart Journal (2011).
- Jenkins et al., Eur. J. Clin. Nutr. (2002).
- Holm J et al., J Cereal Sci. (1985)
- Wolever et. al. Am J Clin Nutr., 2010.
- Brummer et. al. Cereal Chem 2012, 89(5):255 – 261.
- http://www.oatwell.com/publications_oat.html

Colour Usage:

