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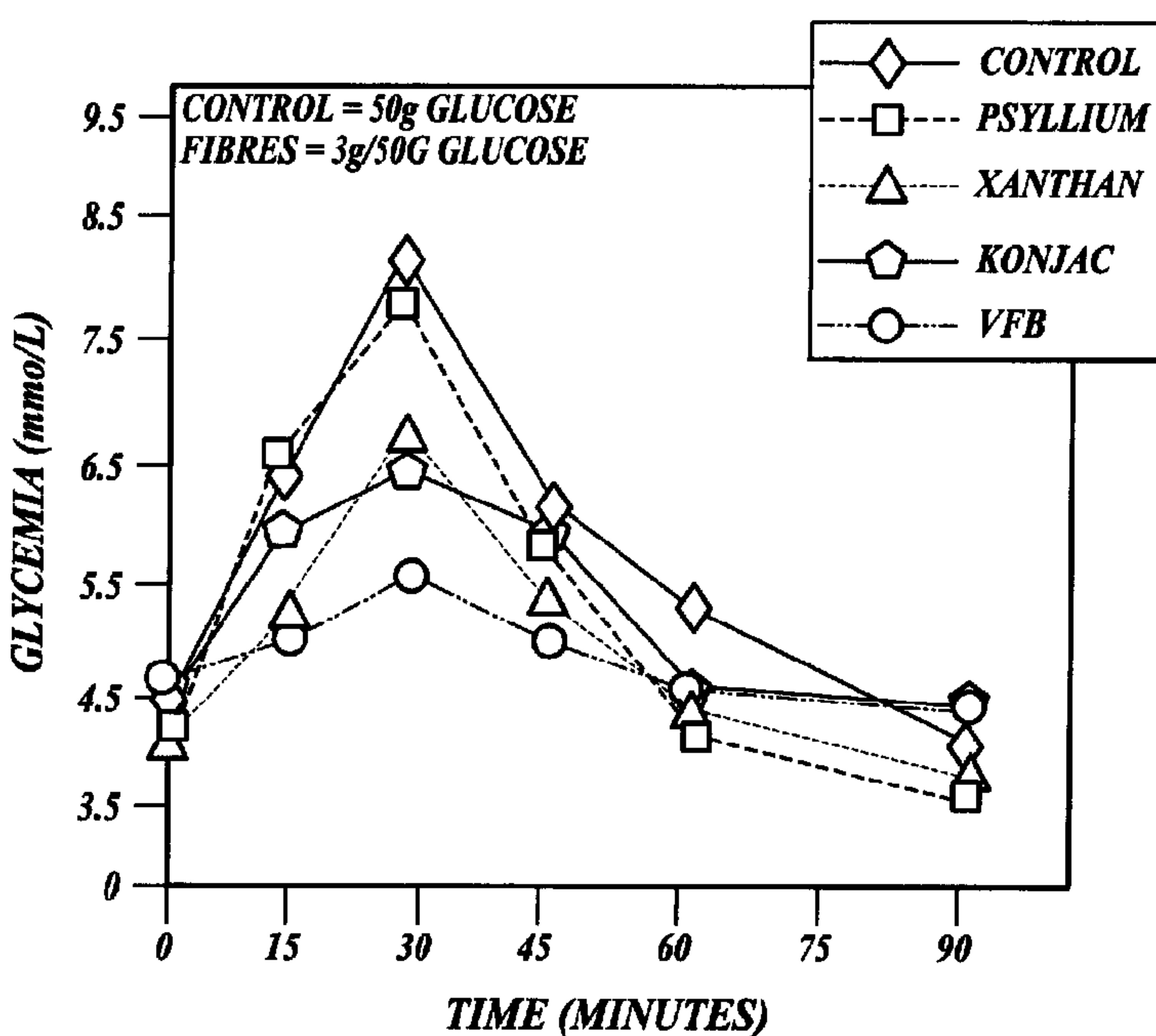
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### **POST-MEAL PLASMA GLUCOSE RESPONSE**



(57) Abrégé/Abstract:

One aspect of the invention provides dietary fiber compositions comprising effective amounts of glucomannan, xanthan gum, and alginate to produce a desired viscosity. The invention also provides food products comprising an effective amount of a dietary fiber composition. In other aspects, the invention provides methods for preparing a dietary fiber composition or a food product comprising a dietary fiber composition, and methods for promoting satiety, promoting weight loss, lowering blood glucose levels, or lowering blood cholesterol levels in a mammal.

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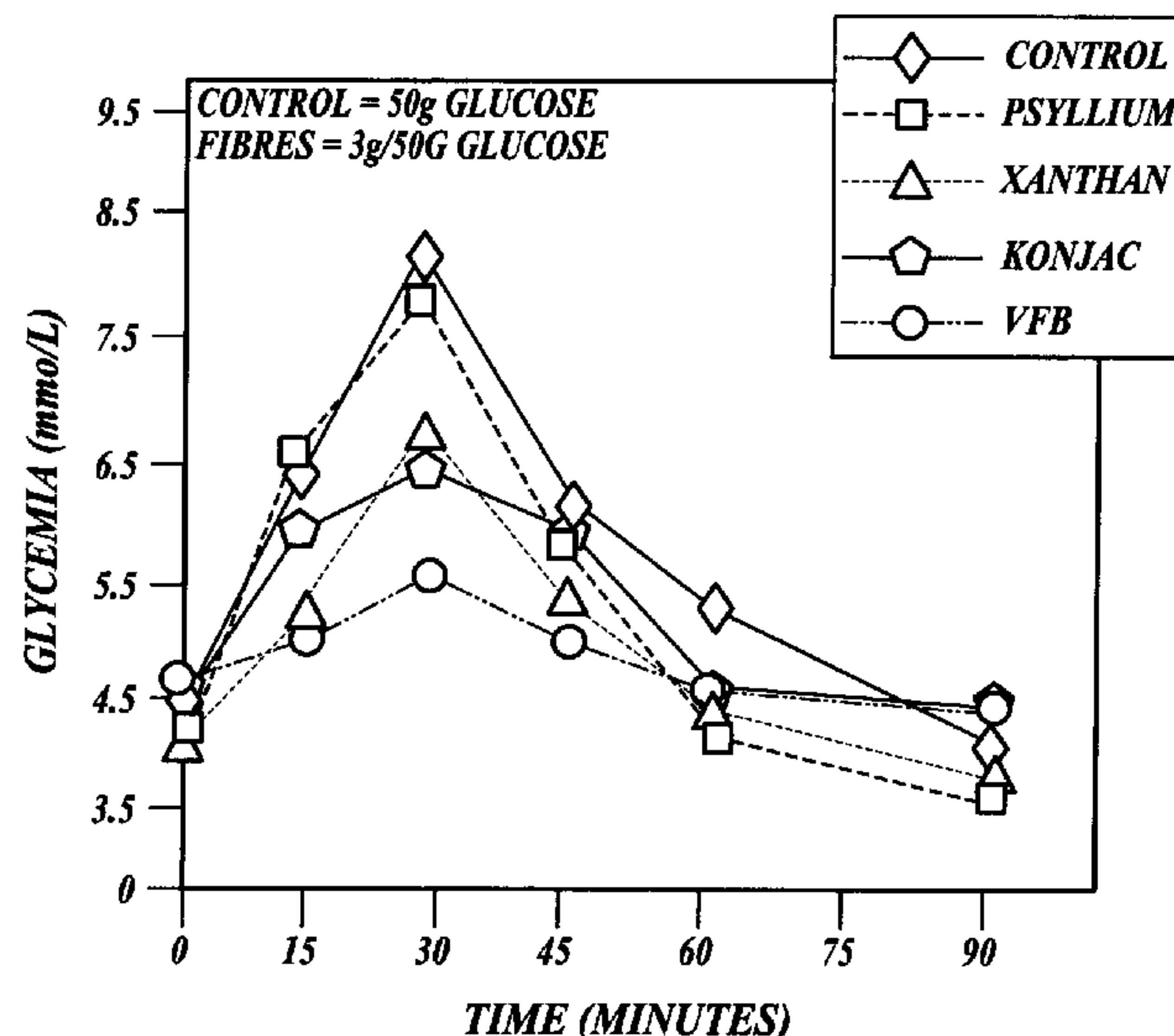
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(54) Title: DIETARY FIBER COMPOSITION COMPRISING GLUCOMANNAN, XANTHAN GUM, AND ALGINATE

## POST-MEAL PLASMA GLUCOSE RESPONSE



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(57) Abstract: One aspect of the invention provides dietary fiber compositions comprising effective amounts of glucomannan, xanthan gum, and alginate to produce a desired viscosity. The invention also provides food products comprising an effective amount of a dietary fiber composition. In other aspects, the invention provides methods for preparing a dietary fiber composition or a food product comprising a dietary fiber composition, and methods for promoting satiety, promoting weight loss, lowering blood glucose levels, or lowering blood cholesterol levels in a mammal.

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## DIETARY SUPPLEMENT, AND METHODS OF USE

### CROSS-REFERENCE TO RELATED APPLICATIONS

This application claims the benefit of U.S. Provisional Patent Application 5 No. 60/670,944, filed on April 12, 2005.

### FIELD OF THE INVENTION

The invention relates to dietary fiber compositions, and their use to suppress appetite, promote weight loss, and to lower blood glucose and cholesterol levels.

### BACKGROUND

10 Diabetes and hypoglycemia, a condition that may lead to the development of Type 2 diabetes, have become more and more common. It has been found that such conditions are due to increasing insulin resistance of the cells. Diabetic conditions are traditionally managed with insulin injections and various pharmaceuticals to regulate blood sugars. However, diet and weight-loss plays a major role in correcting many 15 metabolic abnormalities associated with diabetes (Yip et al. (2001) *Obesity Res.* 9:341S-347S). Intake of foods high with high glycemic index is known to lead to overeating and obesity (Ludwig et al. (1999) *Pediatrics* 103(3):E26). Therefore, it is preferable that any agent used in the management of diabetic conditions as well as weight-loss be low in glycemic index. It is most preferable if such agents reduce the 20 glycemic index of foods.

A reduction in carbohydrate intake is also required in successful management of diabetic conditions. Diet counseling is helpful, but diabetics experience more food cravings as they experience more frequent states of hypoglycemia (Strachan et al. (2004) *Physiol. Behav.* 80(5):675-82). Additionally, therapies lowering blood glucose levels in 25 diabetic patients are often associated with the undesirable side effect of body weight gain

(Schultes et al. (2003) *J. Clin. Endocrinol. Metabol.* 88(3):1133-41). It has been reported that diets high in soluble fiber may reduce the risk of diabetes through increased insulin sensitivity (Ylonen et al. (2003) *Diabetes Care* 26:1979-85). This may result from the possible role of dietary fiber in blood sugar regulation. It has also been reported that high viscosity meals produce a greater sense of fullness compared to low viscosity meals (Marciani et al. (2001) *Am. J. Physiol. Gastrointest. Liver Physiol.* 280:G1227-33).

Thus, there is a need for dietary fiber compositions that assist in the management of diabetic conditions by lowering blood sugar levels and promoting satiety. The present invention addresses this need and others.

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## SUMMARY

One aspect of the invention provides dietary fiber compositions. Typically, the dietary fiber compositions comprise effective amounts of glucomannan, xanthan gum, and alginate to produce a desired viscosity. In some embodiments, the dietary fiber composition has a viscosity of at least 2000 centipoise after 15 minutes under gastric conditions. In some embodiments, the dietary fiber composition has a viscosity of at least 10,000 centipoise after 15 minutes under intestinal conditions. Some embodiments of the dietary fiber composition comprise from about 48% to about 90% (w/w) glucomannan, from about 5% to about 20% (w/w) xanthan gum, and from about 5% to about 30% (w/w) alginate.

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In some embodiments, the invention provides a dietary fiber composition comprising effective amounts of glucomannan, xanthan gum and alginate to produce an initial viscosity of from about 1 to about 3000 centipoise and at least a three-fold increase in viscosity within 15 minutes after ingestion in a mammalian subject.

In some embodiments, the invention provides food products comprising an effective amount of a dietary fiber composition comprising glucomannan, xanthan gum, and alginate. Exemplary food products include, but are not limited to, dietary supplements and meal replacements. In some embodiments, the food product comprises from about 2% to about 10% (w/w) of the dietary fiber composition, and the dietary fiber composition comprises from about 48% to about 90% (w/w) glucomannan, from about 5% to about 20% (w/w) xanthan gum, and from about 5% to about 30% (w/w) alginate.

Another aspect of the invention provides a method for preparing a dietary fiber composition. In some embodiments, the methods comprise the step of combining

glucomannan, xanthan gum, and alginate to provide a dietary fiber composition comprising effective amounts of glucomannan, xanthan gum, and alginate. In some embodiments, the methods further comprise the step of granulating the dietary fiber composition. The dietary fiber composition prepared according to the methods of the 5 invention may comprise from about 48% to about 90% (w/w) glucomannan, from about 5% to about 20% (w/w) xanthan gum, and from about 5% to about 30% (w/w) alginate. In some embodiments, the methods for preparing a dietary fiber composition comprise the step of granulating the composition.

In another aspect, the present invention provides methods of reducing the initial 10 viscosity of a dietary fiber composition comprising glucomannan, comprising the step of granulating the dietary fiber composition.

In another aspect, the invention provides methods of reducing the initial viscosity of a dietary fiber composition comprising glucomannan and xanthan, comprising the step of adding an effective amount of alginate to the composition.

15 A further aspect of the invention provides methods for promoting satiety, promoting weight loss, lowering blood glucose levels, or lowering blood cholesterol levels in a mammal. In some embodiments, the methods comprise the step of administering to a mammal an amount of a dietary fiber composition effective to promote satiety, to promote weight loss, to lower blood glucose levels, or to lower blood 20 cholesterol levels in the mammal, wherein the dietary fiber composition comprises glucomannan, xanthan gum, and alginate. The dietary fiber composition administered according to these methods may comprise between about 48% and about 70% (w/w) glucomannan, between about 11% and about 13% (w/w) xanthan gum, and between about 9% and about 17% (w/w) alginate.

## 25 DESCRIPTION OF THE DRAWINGS

The foregoing aspects and many of the attendant advantages of this invention will become more readily appreciated as the same become better understood by reference to the following detailed description, when taken in conjunction with the accompanying drawings, wherein:

30 FIGURE 1 illustrates the effect of different sources of soluble fibers and viscous fiber blend (VFB) on the glycemic response to a 50 g oral glucose load, as described in EXAMPLE 2;

FIGURE 2A provides a comparison of subjective appetite ratings before each meal and bedtime snack at week 0 and week 3 in subjects provided with test breakfasts containing VFB cookies, as described in EXAMPLE 2. Data are expressed as means  $\pm$  SD. Significant differences at  $p<0.05$  are indicated by an asterisk;

5 FIGURE 2B provides a comparison of subjective appetite ratings before each meal and bedtime snack at week 0 and week 3 in subjects provided with control breakfasts, as described in EXAMPLE 2. Data are expressed as means  $\pm$  SD. Significant differences at  $p<0.05$  are indicated by an asterisk;

10 FIGURE 3A graphically illustrates the acute postprandial glucose response in subjects provided with control and test breakfasts as measured at the beginning of the study, as described in EXAMPLE 2;

15 FIGURE 3B graphically illustrates the acute postprandial glucose response in subjects provided with control and test breakfasts as measured during the third week of the study, as described in EXAMPLE 2;

20 FIGURE 3C graphically illustrates the postprandial insulin response in subjects provided with control and test breakfasts as measured at the beginning of the study, as described in EXAMPLE 2;

25 FIGURE 3D graphically illustrates the postprandial insulin response in subjects provided with control and test breakfasts as measured during the third week of the study, as described in EXAMPLE 2;

FIGURE 4 shows the area under the curves for postprandial glucose responses at week 0 and week 3 for control and VFB, as described in EXAMPLE 2. All data points are means  $\pm$  SD. Significant differences at  $p<0.05$  are indicated by an asterisk;

30 FIGURE 5 shows the area under the curves for postprandial insulin responses at week 0 and week 3 for control and VFB, as described in EXAMPLE 2. All data points are means  $\pm$  SD. Significant differences at  $p<0.05$  are indicated by an asterisk;

FIGURE 6 graphically illustrates the change in percent body fat in subjects that consumed a test breakfast in comparison to subjects that consumed a control breakfast over a three week period, as described in EXAMPLE 2;

35 FIGURE 7 graphically illustrates the viscosity profile of various fiber blends over time in distilled water, as described in EXAMPLE 8;

FIGURE 8 graphically illustrates the viscosity profile of various fiber blends over time under gastric conditions, as described in EXAMPLE 8; and

FIGURE 9 graphically illustrates the viscosity profile of various fiber blends over time under intestinal conditions, as described in EXAMPLE 8.

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## DETAILED DESCRIPTION

In one aspect, the invention provides dietary fiber compositions comprising glucomannan, xanthan gum, and alginate. As used herein, "glucomannan" refers to a water-soluble dietary fiber with  $\beta$ -(1,4)-linked-D-mannose and  $\beta$ -(1,4)-linked-D-glucose residues in approximately 3:1 ratio and various  $\alpha$ -linked galactose end groups. It is most 10 commonly isolated from konjac root (*Amorphophallus konjac*) but can also be isolated from other plant sources. "Xanthan gum" refers to an heteropolysaccharide containing glucose, mannose, potassium or sodium glucuronate, acetate, and pyruvate. "Alginate" refers to a mixed polymer of mannuronic and guluronic acid.

The dietary fiber compositions of the invention comprise effective amounts of 15 glucomannan, xanthan gum, and alginate. As used herein, an "effective amount" refers to an amount that produces the desired viscosity. Effective amounts of glucomannan, xanthan gum, and alginate are proportionate amounts of each of these components that produce the desired viscosity when combined. Effective amounts of the dietary fiber composition are amounts of the composition that produce the desired viscosity when 20 ingested. The proportions of glucomannan, xanthan gum, and alginate in the dietary compositions are generally selected to produce a fiber blend that has an initial viscosity that is palatable, but that increases in viscosity substantially over a 15 to 60-minute time period and that maintains or increases in viscosity under gastric or intestinal conditions. As used herein, the term "initial viscosity that is palatable" refers to a range of viscosity 25 from about 1 centipoise to about 3000 centipoise. Liquids with a viscosity of greater than about 3000 centipoise are difficult to ingest and are therefore considered to be non-palatable. As used herein, "initial viscosity" refers to the viscosity of the dietary composition in a 100-fold (w/w) excess of water at a temperature between about 4°C to about 25°C, for example, between about 16°C and about 25°C, or equivalent conditions. 30 "Viscosity under gastric conditions" refers to the viscosity of the dietary composition in a 70-fold (w/w) excess of gastric fluid at a temperature between about 16°C and about 25°C, or equivalent conditions. "Gastric fluid" refers to a solution having a pH of about

1.2 that is made by dissolving 2.0 g of NaCl and 3.2 g of pepsin in 7.0 mL of HCl and sufficient water to make 100 mL (see United States Pharmacopoeia). Gastric conditions may be simulated by adding 10 drops of phosphoric acid to 200 g of distilled water. "Viscosity under intestinal conditions" refers to the viscosity of the dietary composition in a 70-fold (w/w) excess of simulated intestinal fluid at a temperature between about 5 16°C and about 25°C, or equivalent conditions. "Simulated intestinal fluid" refers to a solution having a pH between about 7.5 and about 8.0 that is made as follows: 6.8 g of monobasic potassium phosphate is dissolved in 250 mL of water and mixed. 190 mL of 10 0.2N NaOH and 400 mL of water is added. This is followed by adding 10.0 g of pancreatin, mixing, adjusting the solution with 0.2N NaOH to a pH of 7.5 ± 0.1, and diluting with water to 1000 mL (see United States Pharmacopoeia).

In some embodiments, the dietary fiber composition has an initial viscosity of between about 1 centipoise (cps) and about 3000 cps (such as from about 200 cps to about 1000 cps or from about 400 cps to about 1000 cps). In some embodiments, the 15 dietary fiber composition has a viscosity under gastric conditions of between about 600 cps and about 5000 cps (such as from about 1000 cps to about 5000 cps or from about 1000 cps to about 3000 cps) after about 30 minutes. In some embodiments, the dietary fiber composition has a viscosity under intestinal conditions of between about 1500 cps and about 8000 cps (such as from about 2000 cps to about 6000 cps or from about 2500 20 cps to about 6000 cps) after about 30 minutes. In some embodiments, the dietary fiber composition comprises effective amounts of glucomannan, xanthan gum and alginate to produce an initial viscosity of from about 1 to about 3000 centipoise and a least a three-fold increase in viscosity within 15 minutes after ingestion by a mammalian subject, as described in EXAMPLE 1.

25 The proportions of glucomannan, xanthan gum, and alginate in the dietary fiber compositions may be from about 48% to about 90% of glucomannan (such as from about 60% to about 80%, or from about 60% to about 90%, or from about 65% to about 75%, or from about 50% to about 80%, or from about 50% to about 70%, or about 70%), from about 5% to about 20% of xanthan gum (such as from about 10% to about 20% or from 30 about 11% to about 13%, or from about 13% to about 17%, or about 13%, or about 17%), and from about 5% to about 30% of alginate (such as from about 10% to about 20% or from about 13% to about 17%, or about 13%, or about 17%). In some embodiments,

proportions of glucomannan, xanthan gum, and alginate in the dietary compositions are about 70% glucomannan, from about 13% to about 17% xanthan, and from about 13% to about 17% alginate, as described in EXAMPLES 1 and 8.

In some embodiments, the dietary fiber compositions are granulated. As used 5 herein, "granulation" refers to any process of size enlargement in which small particles are gathered together into larger, permanent aggregates. Granulation may be accomplished by agitation in mixing equipment, by compaction, extrusion, or globulation. The dietary fiber compositions may be granulated using various mesh sizes. The term "mesh" refers to the size of the particle as determined by its ability to pass 10 through a screen having holes of defined dimensions. The mesh sizes used herein are Tyler equivalents, as set forth in Table 21-12 of the Chemical Engineers' Handbook (5th ed., Perry & Chilton, eds.) The larger the granulation (i.e., the smaller the mesh size) of the dietary fiber composition, the longer it takes for a desired viscosity to be attained, as shown in EXAMPLE 1. In some embodiments, the dietary fiber composition is 15 granulated using a combined mesh size by separating granulated materials by their particle size, then recombining the particle-size separated granules to give the desired viscosity profile. For example, a combined mesh size of 30 to 60 is obtained by combining granules of 30 mesh (about 600 microns), granules of about 40 mesh (about 400 microns), and granules of about 60 mesh (250 microns).

20 The dietary fiber compositions of the invention are prepared in a form suitable for oral use according to any method known in the art for the manufacture of oral compositions. For example, the dietary fiber compositions may be prepared as tablets, troches, lozenges, aqueous or oily suspensions, dispersible/dispensable powders or granules (e.g., powders and granules that may be sprinkled on food), emulsions, hard or 25 soft capsules, syrups, elixirs or enteral formulas, or controlled-release compositions. For oral consumption, the dietary compositions may be added to a food or a beverage. For example, a powdered form of the dietary composition may be mixed with an ingestible liquid to form an aqueous beverage or mixed with cookie batter prior to baking. An exemplary formulation of the dietary fiber composition is as hard gelatin capsules, each 30 capsule comprising about 500 mg of the dietary fiber composition.

The dietary fiber compositions of the invention may further comprise additional components. For example, the dietary fiber compositions may additionally comprise

magnesium stearate, rice flour, xylitol, lecithin, medium chain triglycerides, flavors, stevia, and/or syloid silica. An exemplary dietary composition comprises about 48% (w/w) glucomannan, about 11% (w/w) xanthan gum, about 9% (w/w) alginate, about 31% (w/w) rice flour, and about 1% (w/w) magnesium stearate. Exemplary dietary fiber 5 compositions are described in EXAMPLES 1, 4, and 5.

In some embodiments, the dietary fiber compositions may include mulberry extract. Mulberry leaf has been shown to possess therapeutic effects on hypoglycemia (see, e.g., *Clin. Chim. Acta* 314 (1-2): 47-53). Therefore, the addition of mulberry extract may enhance the effect of the dietary fiber composition in the regulation of blood sugar 10 levels. However, the addition of mulberry extract dilutes the concentration of the dietary fibers in the compositions, and reduces the viscosity of the overall composition. Therefore, in some embodiments, the dietary fiber compositions of the invention do not include mulberry extract, or contain less than 3.5% of mulberry extract.

The dietary fiber compositions of the invention may be consumed before a meal, 15 during a meal, or after a meal. The dietary fiber compositions of the invention control hunger and induce satiety by providing high viscosity in the gastrointestinal tract. The blend of fibers maintain high viscosities under both the acidic conditions of the stomach and the alkaline conditions in the intestines. The dietary fiber compositions of the invention further assist in the management of diabetic conditions by lowering blood 20 glucose levels.

Another aspect of the invention provides food products comprising an effective amount of a dietary fiber composition comprising glucomannan, xanthan gum, and alginate. The food products of the invention may be dietary supplements or meal replacements. In some embodiments, the food products are provided as shakes or 25 smoothies. Typically, the food products of the invention comprise from about 2% to about 30% (such as from about 2% to about 20%, or from about 5% to about 15%, or from about 2% to about 10%) of a dietary fiber composition comprising glucomannan, xanthan gum, and alginate. Typically, the food products comprise between about 2 grams and about 15 grams of the dietary fiber per serving (such as between about 3 to 8 grams 30 or between about 3 and about 6 grams per serving). In some embodiments, the food products of the invention comprise about 9% (w/w) of a dietary fiber composition

comprising glucomannan, xanthan gum, and alginate, as described in EXAMPLES 3 and 7.

The food products of the invention may further contain additional components such as proteins or amino acids, carbohydrates, lipids, vitamins, minerals and co-factors, 5 natural or artificial flavors, dyes or other coloring additives, and preservatives. The term "vitamins" includes, but is not limited to, thiamin, riboflavin, nicotinic acid, pantothenic acid, pyridoxine, biotin, folic acid, vitamin B12, lipoic acid, ascorbic acid, vitamin A, vitamin D, vitamin E, and vitamin K. Also included within the term "vitamins" are cofactors and coenzymes such as coenzymes include thiamine pyrophosphates (TPP), 10 flavin mononucleotide (FMM), flavin adenine dinucleotide (FAD), nicotinamide adenine dinucleotide (AND), nicotinamide adenine dinucleotide phosphate (NADP) Coenzyme A (CoA) pyridoxal phosphate, biocytin, tetrahydrofolic acid, coenzyme B12, lipoyllysine, 15 11-cis-retinal, and 1,25-dihydroxycholecalciferol. The term "vitamins" also includes choline, carnitine, and alpha, beta, and gamma carotenes. The term "minerals" refers to inorganic substances, metals, and the like required in the human diet, including, but not limited to, calcium, iron, zinc, selenium, copper, iodine, magnesium, phosphorus, 20 chromium, manganese, potassium and the like, and mixtures thereof. The mineral may be in the form of a salt, an oxide, or a chelated salt.

Coloring agents include, but are not limited to, titanium dioxide, and dyes suitable 20 for food such as those known as FD&C dyes and natural coloring agents such as grape skin extract, beet red powder, beta-carotene, annatto, carmine, tumeric, chlorophyll, and paprika. The amount of coloring used may range from about 0.0% to about 3.5% dry weight of the total composition, depending on the saturation of the color.

Flavors incorporated in the composition may be chosen from synthetic flavor oils 25 and flavoring aromatics and/or naturals oils, extracts from plants, leaves, flowers, and fruits, and combinations thereof. These may include, but are not limited to, cinnamon oil, oil of wintergreen, peppermint oils, clove oil, bay oil, anise oil, eucalyptus, thyme oil, cedar leave oil, oil of nutmeg, oil of sage, oils of citrus fruits (including, but not limited to, lemon and orange) oil of bitter almonds and cassia oil. Suitable flavors include, but 30 are not limited to, vanilla, chocolate, mocha, coffee, ice cream, citrus (including lemon, orange, grape, lime, and grapefruit), apple, pear, peach, mango, strawberry, raspberry, cherry, plum, pineapple, and apricot. The amount of flavoring may depend on a number

of factors, including the organoleptic effect desired. Flavors may be present in an amount ranging from about 0% to about 10.0% dry weight based upon the dry weight of the composition. Exemplary food products of the invention are provided in EXAMPLES 2, 3, and 7.

5 In some embodiments, the food products of the invention do not include bilberry extract, lutein, and/or taurine. Some embodiments of the invention provide food products containing less than 28 g of whey protein or less than 8.9 g of fructose. Some embodiments of the invention provide food products containing more than 0.9 g of medium chain triglycerides.

10 In a further aspect, the invention provides methods for preparing a dietary fiber composition and methods of preparing a food product comprising a dietary fiber composition. In some embodiments, the methods of preparing a dietary fiber composition comprise the step of combining effective amounts of glucomannan, xanthan gum, and alginate to produce an initial viscosity of from about 1 to about 3000 centipoise 15 and at least a three-fold increase in viscosity within 15 minutes after ingestion. In some embodiments, the methods of preparing a dietary fiber composition further comprise the step of granulating the dietary fiber composition.

20 In some embodiments, the methods of preparing a food product comprising a dietary fiber composition comprise the step of adding an effective amount of a dietary fiber composition comprising glucomannan, xanthan gum, and alginate to a food product. The food products of the invention may be consumed once or several times a day.

25 In another aspect, the invention provides methods of reducing the initial viscosity of a dietary fiber composition comprising glucomannan. In some embodiments, the method includes the step of granulating the dietary fiber composition comprising glucomannan to produce a composition that has a reduced viscosity. In some embodiments, the dietary fiber further comprises xanthan gum and/or alginate. In some embodiments, the method includes the step of adding an amount of alginate to the composition comprising glucomannan effective to reduce the initial viscosity of the composition, while allowing the composition to increase in viscosity over time, such as 30 after a period of about 120 minutes.

Yet another aspect of the invention provides methods for promoting satiety, promoting weight loss, lowering blood glucose levels, or lowering blood cholesterol

levels in a mammal. In some embodiments, the methods comprise administering to a mammal an amount of a dietary fiber composition effective to promote satiety in the mammal, wherein the dietary fiber composition comprises glucomannan, xanthan gum, and alginate. In some embodiments, the methods comprise administering to a mammal 5 an amount of a dietary fiber composition effective to promote weight loss in the mammal, wherein the dietary fiber composition comprises glucomannan, xanthan gum, and alginate. In some embodiments, the methods comprise administering to a mammal an amount of a dietary fiber composition effective to lower blood glucose levels in the mammal, wherein the dietary fiber composition comprises glucomannan, xanthan gum, 10 and alginate. In some embodiments, the methods comprise administering to a mammal an amount of a dietary fiber composition effective to lower blood cholesterol levels in the mammal, wherein the dietary fiber composition comprises glucomannan, xanthan gum, and alginate.

Exemplary dietary fiber composition for use in the methods of the invention are as 15 described above. The dietary fiber compositions may be administered in any form. For example, they may be administered as capsules or they may be administered in a food product.

Exemplary methods of the invention are described in EXAMPLES 2 and 3. As shown in EXAMPLES 2 and 3, the methods of the invention produce significant 20 increases in insulin sensitivity, reduce body fat, and promote satiety and weight loss.

The following examples merely illustrate the best mode now contemplated for practicing the invention, but should not be construed to limit the invention

#### EXAMPLE 1

This Example describes the selection of fibers in an exemplary dietary fiber 25 composition referred to as a viscous fiber blend (VFB) that provides desirable viscosity profiles under gastric and intestinal conditions.

In formulating VFB, the main objective was to produce a fiber blend that would increase in viscosity substantially over a 30- to 60-minute time period. To enhance palatability, it is desirable for the initial viscosity of the fiber blend to be thinner and for 30 the maximum thickness of the fiber blend to occur in the stomach and intestines of the subject. Therefore, in selecting fibers, the blend also had to maintain or, more desirably, increase in viscosity under both gastric (acidic) and intestinal conditions. The high

viscosity at this point in the digestive system would contribute to a feeling of fullness and also help with blood sugar regulation by modulating carbohydrate absorption.

Table 1 shows the viscosity of different fibers tested separately: galactomannan (greater than 80% pure from fenugreek, made by FenuLife), glucomannan (greater than 80% pure from Konjac root), guar gum (commercially sourced galactomannan extract of *Cyamopsis tetragonoloba*), xanthan gum (commercially sourced extracellular heteropolysaccharide from *Xanthomonas* bacteria), alginate (commercially sourced medium viscosity sodium alginate from *Ascophyllum nodosum*, and commercial fiber (consisting of 69% glucomannan, 17% xanthan, 9% carrageenan, and 8% guar, supplied by Dr. Vuksan, and described in U.S. Patent App. No. 20050020535). Two grams of each fiber composition was blended with 200 g of water. Viscosity measurements (in centipoise) were recorded at several time intervals.

Table 1. Viscosity Results of Fibers Analyzed Separately

15

	Viscosity (centipoise) at Different Time Points(minutes)										
	5	10	15	20	25	30	45	60	75	90	120
Galactomannan (FenuLife)	0	0	50	50	100	200	300	400	450	550	600
Xanthan	1400	1250	1200	1300	1250	1150	1150	1100	1100	1100	1000
Guar Gum	2950	-	3600	3750	3800	3800	3850	3850	4000	3950	3950
Glucomannan	4900	-	33000	35750	38000	38750	40500	43000	42500	43250	44000
Commercial Fiber	550	800	1000	1100	1150	-	1350	1550	1550	1750	1900
Alginate	0	0	0	0	0	0	0	0	0	0	0

Alginate and galactomannan were the least viscous. Xanthan and guar gum reached their maximum thickness almost immediately. Glucomannan displayed a substantial increase in viscosity over time. However, it seemed excessively thick for our purposes, so we analyzed how glucomannan reacted in combination with other less viscous fibers. Viscosity results for combined fiber blends are shown in Table 2.

**Table 2. Viscosity Results of Fibers Analyzed in Combination**

	Viscosity (centipoise) at Different Time Points(minutes)										
	5	10	15	20	25	30	45	60	75	90	120
Glucomannan / Alginate (50:50)	200	400	700	1100	1500	2000	3050	3800	4200	4700	5400
Glucomannan / Xanthan (50:50)	1150	1300	1100	1150	1150	1050	1050	1100	1100	1100	1100
Glucomannan / Galactomannan (50:50)	1050	-	2100	3900	4600	4750	5400	5600	5800	5850	5950
Guar Gum / Alginate (50:50)	450	700	950	1100	1250	1350	1550	1700	1750	1820	1900
Glucomannan / Alginate (75:25)	900	2200	3900	-	4700	5450	9500	14500	15600	15800	16300

Alginate, xanthan and galactomannan had a strong thinning affect in combination with glucomannan. Xanthan's property of immediately reaching maximum viscosity carried over when combined with glucomannan. The drawback with this blend is that the initial viscosity was too thick and it did not continue to thicken over time. The alginate and glucomannan blend preserved the characteristic of glucomannan in that it continued to thicken over time. However, the initial viscosity was a bit too watery and it thickened too rapidly. The guar gum and alginate blend did not produce adequate viscosity.

From these results, it was determined that glucomannan was a desirable ingredient for the fiber blend due to its high viscosity property. It also had a very smooth texture which enhanced palatability. Alginate helped moderate the strong thickening characteristic of glucomannan and it also achieved a more palatable viscosity during the initial stages of ingestion. Xanthan, too, was selected as part of the blend since it was the only fiber that seemed to curb and thin out glucomannan near the end of the viscosity test (30-60 minutes). Guar gum and galactomannan did not exhibit any new properties that would contribute to the quality of VFB, therefore they were not selected as part of the fiber blend.

The final composition of VFB created was from 48%-90% glucomannan, from 5%-20% xanthan gum and from 5%-30% alginate. When glucomannan, xanthan, and alginate are combined at these ratios to produce VFB, this composition exhibits unexpectedly high viscosity values after 120 minutes when blended with water, as shown

in FIGURE 7, and described in EXAMPLE 8. The VFB also produces unexpectedly high viscosity values after 10 minutes when blended with gastric juice, as shown in FIGURE 8, and described in EXAMPLE 8.

At a lower glucomannan ratio, the product would not reach desired thickness. At 5 a higher xanthan ratio, the product also did not reach the desired thickness. At a lower xanthan ratio, the fiber blend thickened too quickly. Alginate also had an important role in enhancing palatability by decreasing viscosity during the initial stages of the product.

In a preferred embodiment, VFB compositions were produced that contained 60%-80% glucomannan, 10%-20% xanthan gum and 10%-20% alginate that had the 10 desirable characteristics mentioned above. For example, a VFB composition was produced that contained 70% glucomannan, 13% xanthan gum and 17% alginate with desirable characteristics as described herein. Another VFB composition was produced that contained 70% glucomannan, 17% xanthan gum and 13% alginate, with similar desirable properties.

15 The viscosity profile of VFB (70% glucomannan, 13% xanthan gum and 17% alginate) in comparison to a competing commercial fiber is presented in Table 3.

Table 3. Viscosity Profile of VFB vs. Commercial Fiber Blend

	Viscosity (centipoise) at Different Time Points(minutes)									
	5	10	15	20	25	30	45	60	75	90
VFB	600	900	1000	1100	1250	1300	1500	1650	1750	1850
Commercial Fiber	550	800	1000	1100	1150		1350	1550	1550	1750

20

The viscosity profile of VFB (70% glucomannan, 13% xanthan gum and 17% alginate) in comparison to a competing commercial fiber in a smoothie is presented in Table 4. Five grams of fiber were added to a smoothie mix (see EXAMPLE 6 for composition of exemplary smoothie) and 350 g of distilled water was then added.

25

**Table 4. Viscosity Profile of VFB vs. Commercial Fiber Blend in Smoothie**

	Viscosity (centipoise) at Different Time Points (minutes)									
	5	10	15	20	25	30	45	60	90	
VFB	2575	3525	4100	4450	4815	5300	6000	6700	7350	
Commercial Fiber	865	1050	1140	1290	1375	1400	1690	1725	2050	

One of the differences between VFB and the commercial fiber is how they react  
5 under simulated digestive conditions. As shown in Tables 5 and 6, VFB has the ability to increase in thickness under gastric conditions. Table 5 compares the viscosity profiles of VFB (70% glucomannan, 13% xanthan gum and 17% alginate) and the commercial fiber when 2 grams of fiber is added to 200 g of distilled water with 10 drops of phosphoric acid.

10

**Table 5. Viscosity Comparison of VFB and Commercial Fiber under Gastric Conditions**

	Viscosity (centipoise) at Different Time Points (minutes)						
	5	10	15	20	25	30	45
VFB	1000	2800	4100	5100	6150	6500	7150
Commercial Fiber	400	800		2400	3500	4450	6750

Table 6 compares the viscosity profiles of VFB (70% glucomannan, 13% xanthan gum and 17% alginate) and the commercial fiber in a smoothie product under gastric conditions. Five grams of Commercial Fiber or 4 g of VFB were added to a smoothie mix (see EXAMPLE 6 for composition of exemplary smoothie) and 350 g of gastric fluid was then added.

**Table 6. Viscosity Comparison of VFB and Commercial Fiber in Smoothie under Gastric Conditions**

	Viscosity (centipoise) at Different Time Points (minutes)							
	5	10	15	20	25	30	45	60
VFB	1500	1850	2150	2450	2550	2600	2950	3600
Commercial Fiber	1550	1900	1950	2200	2300	2350	2700	3325

5 Table 7 compares the viscosity profile of VFB (70% glucomannan, 13% xanthan gum and 17% alginate) compared with the commercial fiber under intestinal conditions. 2 g of fiber were added to 200 g of intestinal fluid. Intestinal fluid was made by dissolving 6.8 g of monobasic potassium phosphate in 250 mL of water, mixing, and adding 190 mL of 0.2N NaOH and 400 mL of water. 10.0 g of pancreatin was added, 10 followed by mixing and adjusting the pH with 0.2N NaOH to a pH of 7.5 ± 0.1. The solution was diluted with water to 1000 mL (United States Pharmacopoeia).

**Table 7. Viscosity Profile Comparison of VFB and Commercial Fiber under Intestinal Conditions**

15

	Viscosity (centipoise) at Different Time Points (minutes)								
	3	5	10	15	20	25	30	45	60
VFB	2600	6600	15000	35000	39250	41000	66500	69500	72000
Commercial Fiber	1150	1350	1700	2250	2600	3000	3000	5850	7900

Table 8 compares the viscosity profile of VFB (70% glucomannan, 13% xanthan gum and 17% alginate) compared with the commercial fiber under intestinal conditions. Five grams of commercial fiber or 4 g of VFB were added to a smoothie mix (see 20 EXAMPLE 6 for composition of exemplary smoothie) and 350 g of intestinal fluid was then added.

**Table 8. Viscosity Profile Comparison of VFB and Commercial Fiber in Smoothie under Intestinal Conditions**

	Viscosity (centipoise) at Different Time Points (minutes)									
	3	5	10	15	20	25	30	45	60	
VFB	1250	2200	4200	5250		6800	9000	15700	16600	
Commercial Fiber	1150	1300	1450	1750	1900	2100	2250	2350	3350	

5 These test results show that under simulated gastric and intestinal conditions, the VFB fiber blend thickened more than the commercial fiber blend, indicating that VFB has a higher viscosity than the commercial fibers in the stomach and may continue to thicken under intestinal conditions.

10 In order to create a product that is more appealing to the consumer, granulated VFB was used to further delay viscosity during the initial stages of ingestion. Granulation is achieved through addition of 30-60% (w/w) water to the VFB blend, and then drying off the added water. This process is typically performed through mechanical granulators, fluid-bed granulator/dryers, mechanical agglomerators, or simple mixing followed by oven or vacuum drying.

15 Non-granulated VFB is quite fine and tends to clump when added with water. It absorbs moisture so quickly that the water actually encapsulates the powder. However, granulated VFB avoids this problem as the larger granules remain separated from each other when wet. Slowly the slurry thickens as the VFB granules gradually dissolve into water.

20 Determining the proper mesh size of VFB is important in the granulation process. 30 mesh particles are about 600 microns in diameter, 40 mesh particles are about 400 microns in diameter, 50 mesh particles are about 300 microns in diameter, 60 mesh particles are about 250 microns in diameter, and 80 mesh particles are about 180 microns in diameter. Although it slows viscosity increase, the granulated VFB product still increases to the desirable thickness responsible for generating that full feeling and also regulating blood sugar levels by slowing down absorption of carbohydrates in the intestines. The larger the granulation (i.e., the smaller the mesh size), the more the increase in viscosity is delayed, as shown in Table 9.

**Table 9. Viscosity Comparison of VFB Granulated Using Different Mesh Sizes**

	Viscosity (centipoise) at Different Time Points (minutes)						
	5	10	15	20	30	60	120
Granulated VFB mesh size 30 (stirred)	0	35	100	195	425	3760	45240
Granulated VFB mesh size 40 (stirred)	55	220	490	2095	6545	28780	>90000
Granulated VFB mesh size 60 (stirred)	590	4295	12090	28755	53035	82630	>90000
Non-granulated VFB (blended)	612.5	1126	2356	3367.5	7880	19400	48860
Non-granulated VFB (stirred)	190	620	5073	7150	15380	56990	>90000
Granulated VFB combined mesh size 30-60	95	315	1115	4330	11215	48800	>90000

5 A combination of 30-60 mesh size granulated VFB product consisting of a 1:1:1 combination of 30, 40, and 60 mesh size granules is desirable. A larger proportion of the smaller mesh will delay the increase in viscosity even more.

#### EXAMPLE 2

10 This Example describes that consumption of an exemplary dietary fiber composition (VFB) of the invention results in improvements in insulin sensitivity and reductions in body fat.

15 A 5%-10% loss in body fat can decrease the risk factors associated with the metabolic syndrome (Krauss et al. (2000) *Circulation* 102(18):2284-99). Common weight-loss strategies, such as pharmacological treatments, hypocaloric diets and fad diets do not target appetite, are difficult and costly to maintain, do not address many of the metabolic abnormalities associated with obesity and type 2 diabetes, and result in weight regain and reestablishment of comorbidities once they are discontinued.

20 Prospective studies demonstrate that high dietary fiber is strongly and inversely related to body weight, satiety, and energy intake (Stevens et al. (1987) *Am. J. Clin. Nutr.* 46(5):812-7; Blundell & Burley (1987) *Int. J. Obes.* 11 Suppl. 1:9-25; Howarth et al. (2001) *Nutr. Rev.* 59(5):129-39). Evidence also suggests that high soluble fiber intake is associated with improvements in insulin sensitivity and glycemia (Salmeron et al. (1997) *Diabetes Care* 20(4):545-50; Salmeron et al. (1997)

*JAMA* 277(6):462-77; Jenkins et al. (1967) *Lancet* 2(7999):1251; Doi et al. (1979) *Lancet* 1(8123):987-8; Shima et al. (1982) *Nutr. Rep. Int.* 26:297-302). Consumption of purified, highly viscous fibers (Brand et al. (1991) *Diabetes Care* 14(2):95-101; Wolever et al. (1992) *Diabet. Med.* 9(5):451-8) such as guar gum (Jenkins et al. (1977) 5 *Lancet* 2(8042):779-80; Aro et al. (1981) *Diabetologia* 21(1):29-33) and glucomannan (Vuksan et al. (2000) *Diabetes* 49(1):9-14) has resulted in improved insulin sensitivity in subjects with insulin resistance, type 2 diabetes, and the metabolic syndrome (Chiasson et al. (1996) *Diabetes Care* 19(11):1190-3; Frost et al. (1998) *Metabolism* 47(10):1245-51).

10 It is thought that viscous fiber slows digestion and absorption and affects acute and long-term glycemic control and thus leads to appetite control (Meyer (1955) *Ann. NY Acad. Sci.* 63:15-32; Penicaud et al. (2002) *Curr. Opin. Clin. Nutr. Metab. Care* 5(5):539-43) and increased insulin sensitivity. Insulin is known to help regulate fat metabolism and also plays a key role in diabetes. Lowering insulin levels also makes 15 people feel less hungry and this could also explain its link to weight loss.

20 The present study tested the hypothesis that a metabolically controlled low-fat diet that is supplemented with a blend of highly viscous dietary fibers would improve postprandial glycemic control and insulin secretion as a result of a decrease in body weight and percent body fat. According to the hypothesis, the highly viscous dietary fibers provide mechanical effects (for example, by affecting gastric distension, gastric emptying, gastrointestinal transit time, nutrient absorption rate, and nutrient contact with gastro-intestinal tract), as well as metabolic effects (for example, by affecting hormone secretion, glycemic and insulin responses, short-chain fatty acids, and fecal energy excretion).

25 *Methods*

1. *Subjects:* There were 11 participants in the study. The inclusion criteria are shown in Table 10, the baseline profile of the participants is shown in Table 11.

**Table 10. Inclusion Criteria**

Risk Factor	Inclusion Criteria
Hypertension	Blood Pressure: 135/95 mm Hg = 145
Hyperinsulinemia	Fasting Plasma Insulin: > 53 pmol/L
Impaired Glucose Tolerance	2 Hour Post Challenge (Blood) Glucose: 7.8-11.0 mmol/L
Overweight	Body Mass Index: < 30 kg/m <sup>2</sup>
Dyslipidemia	High Density Lipoprotein: Men <0.9 mmol/l, women < 1.2 mm/l Triglycerides: 2.3-4.5 mmol/l
Other	Absence of coronary heart disease, visceral obesity, not taking medications for hyperglycemia, hyperlipidemia or hypertension, less than 2 alcoholic drinks/day, non-smokers

**Table 11. Participant Profile**

5

Parameter	Baseline Profile
Fasting Plasma Insulin	98 ± 13 pmol/l
2-Hour Postprandial Plasma Insulin	439 ± 68 pmol/l
Serum Cholesterol	5.2-6.7 mmol/l
Exercise	Sedentary
Mean Age	55 ± 4 years (range: 46-61)
Body Mass Index	28 ± 1.5 kg/m <sup>2</sup>
Waist to Hip Ratio	Men: 0.98 ± 0.2 (waist: 96 ± 12 cm) Women: 0.91 ± 0.4 (waist: 87 ± 19 cm)

2. *Design:* Randomized, double blinded, placebo-control, crossover design. During the 6-week run-in period, participants consumed the National Cholesterol Education Program Therapeutic Lifestyle Changes (TLC) diet. The experimental phase 10 of the study consisted of two successive 3-week treatment periods, separated by a 2-week washout period (with the TLC diet). During the first treatment period, subjects were randomly assigned to either a TLC diet with the viscous fiber blend (VFB) or wheat bran (WB) alone control. For the second treatment period, participants were crossed over. At week 0 and week 3, participants came to the clinic and consumed a test or control 15 breakfast, and postprandial glucose and insulin was assessed along with body weight and % body fat. At the beginning and end of each experimental period, participants were tested for glucose and insulin concentrations at 0, 30, 45, 60, 90, 120, and 180 minutes

after a test or control breakfast. Insulin sensitivity was calculated as previously described (Matsuda & DeFronzo (1999) *Diabetes Care* 22:1462-70). Body fat was determined by infra-red interactance (Futrex-5000) at week-0 and week-3.

3. *Test Breakfasts:* In a crossover design, participants with reduced insulin sensitivity and the metabolic syndrome were assigned to consume a metabolically controlled diet enriched with either 0.5g/100 kcal of highly viscous dietary fiber (VFB, test breakfast) or matched wheat bran control (control breakfast) over two 3-week periods, separated by a 2-week washout period. The control breakfast consisted of 49 g of wheat bran Cookies, 52 g of bran flakes, 250 mL of 2% milk, and 8 g of butter. The test breakfast consisted of 58 g VFB cookies (containing approximately 10% VFB fibers, 25% sucrose, with a nutrient profile of about 6% protein, 14% fat, 60% available carbohydrates, 1.5% ash, and 2.8% moisture), 69 g bran flakes, 250 mL 2% milk, and 8 g of butter. The two breakfasts were isocaloric and identical in appearance and taste. The nutrient profile of the two breakfasts differed only in the type of fiber, as shown in Table 12.

Table 12. Nutrient Profile of Control and Test Breakfast

	Control Breakfast	Test Breakfast
Energy	673 Kcal	678 Kcal
Protein	10.3%	11.2%
Total Fat	29.0%	28.6%
Available Carbohydrate	61.1%	59.2%
Total Fiber	12.0 g	11.4 g
Soluble Fiber	1.2 g	5.4 g

1. *Rheology:* Table 13 shows the viscosity of 5 different viscous soluble fiber sources compared to viscous fiber blend (VFB). Measurements of the samples were taken by a Brookfield viscometer (Middleboro, MA ) on a 1% solution at 24 hour using an "F" spindle at a shear rate of 30 per second. Data are the mean of 3 or more repetitions (cps = centipoises).

Table 13. Viscosity Comparison of Different Soluble Fiber Sources

Soluble Fiber Source	Viscosity (centipoise)
Kappa C.	2000
Phyllum	6000
Xanthan	12,000
Guar	17,000
Konjac 98%	41,000
VFB	112,000

2. *Glycemic Response:* FIGURE 1 and Table 14 show the effects of 5 administering 3 g of various sources of soluble fibers and VFB administered on the glycemic response to a 50 g oral glucose load. The control is a 50 g oral glucose load alone.

10 Table 14. Effects of Different Soluble Fiber Sources on Area Under the Curve Glucose Response

Soluble Fiber Source	Under the Curve Glucose Response (mmol/L)
Control	113
Phyllum	100
Xanthan	81
Konjac 98%	80
VFB	39

3. *Appetite Control:* FIGURES 2A-B and Table 15 show a comparison of subjective appetite ratings before each meal and bedtime snack at week 0 and week 3 in 15 subjects provided with test breakfasts with VFB (FIGURE 2A) and control breakfasts (FIGURE 2B). Data are expressed as means  $\pm$  SD. Significant differences at  $p<0.05$  are indicated by an asterisk.

**Table 15. Comparison of Appetite Ratings in Subjects Provided With Test Breakfasts and Control Breakfasts**

	Appetite Score							
	Before Breakfast		Before Lunch		Before Dinner		Before Snack	
	Week 0	Week 3	Week 0	Week 3	Week 0	Week 3	Week 0	Week 3
<b>VFB Treatment</b>								
MEAN	-2.18	-1.55	-1.64	-1.45	-2.18	-1.36	0.09	0.00
SEM	0.23	0.16	0.20	0.21	0.12	0.20	0.25	0.27
<b>Control</b>								
MEAN	-2.36	-2.09	-1.55	-1.73	-2.09	-2.00	0.36	0.27
SEM	0.20	0.25	0.16	0.19	0.21	0.23	0.24	0.27

5        4. *Glucose:* FIGURES 3A-B and Table 16 show a comparison of the acute postprandial glucose response in subjects provided with control and test VFB breakfasts. Subjects were given either the control breakfast or the test breakfast everyday for three weeks. Their blood glucose response was measured at the beginning of the study (week 0) and at the end of the study (week 3). All data points are means  $\pm$  SD. Significant  
10 differences at  $p<0.05$  are indicated by an asterisk.

FIGURE 4 shows the area under the curve (AUC) for postprandial glucose response at week 0 and week 3 for control and VFB. All data points are means  $\pm$  SD. Significant differences at  $p<0.05$  are indicated by an asterisk.

15        **Table 16. Comparison of Blood Glucose Levels in Subjects Provided with Control and Test Breakfasts**

	Blood Glucose (mmol/L)							
	0 min	30 min	60 min	90 min	120 min	150 min	180 min	AUC
<b>Week 0: Control</b>								
MEAN	6.28	10.63	11.66	11.26	10.18	9.09	7.67	663.75
SEM	0.56	0.65	0.61	0.77	0.90	1.01	0.97	45.01
<b>Week 0: VFB Treatment</b>								
MEAN	6.62	10.17	11.30	11.66	10.28	8.50	7.62	594.48
SEM	0.75	0.49	0.32	1.07	1.20	1.27	1.26	39.22
<b>Week 3: Control</b>								
MEAN	6.03	10.06	11.48	11.14	10.08	8.69	7.61	666.39
SEM	0.64	0.83	0.72	0.83	0.87	1.07	1.07	46.13
<b>Week 3: VFB Treatment</b>								
MEAN	6.01	8.86	9.91	9.30	8.71	7.51	6.46	451.38
SEM	0.59	0.42	0.56	0.85	0.83	0.86	0.80	28.28

5. *Insulin*: FIGURES 3C-D and Table 17 show a comparison of the postprandial insulin response in subjects provided with control and test VFB breakfasts. Subjects were given either the control breakfast or the test breakfast everyday for three weeks. Their blood insulin response was measured at the beginning of the study (week 0) and at the end of the study (week 3). All data points are means  $\pm$  SD. Significant differences at  $p<0.05$  are indicated by an asterisk.

FIGURE 5 shows the area under the curve (AUC) for postprandial insulin response at week 0 and week 3 for control and VFB. All data points are means  $\pm$  SD. 10 Significant differences at  $p<0.05$  are indicated by an asterisk.

Table 17. Comparison of Insulin Levels in Subjects Provided with Control and Test Breakfasts

	Blood Insulin (pmol/L)				
	0 min	45 min	90 min	180 min	AUC
<b>Week 0: Control</b>					
MEAN	78.58	1436.58	1015.08	567.50	139.68
SEM	5.32	149.03	142.08	61.65	16.05
<b>Week 0: VFB Treatment</b>					
MEAN	80.67	1263.25	820.00	472.92	121.61
SEM	5.91	126.49	110.81	48.37	13.94
<b>Week 3: Control</b>					
MEAN	78.33	1420.42	949.75	515.25	138.81
SEM	7.85	161.39	137.58	58.68	17.60
<b>Week 3: VFB Treatment</b>					
MEAN	70.00	808.75	479.75	256.25	69.46
SEM	6.25	65.72	44.71	46.63	6.85

15

6. *Percent Body Fat*: An infrared interactance Futrex-5000® system (Futrex Inc, Gaithersburg, MD) was used to assess body composition. FIGURE 6 and Table 18 illustrate the change in percent body fat from week 0 to week 3 during the control in which participants consumed the control breakfast compared to the period in which 20 participants consumed the test breakfast. Data are represented as means. Significant differences at  $p<0.05$  are indicated by an asterisk.

Table 18. Change in Percent Body Fat in Subjects Provided Control or Test (VFB) Breakfasts

Breakfast	Change in Percent Body Fat From Week 0 to Week 3	
	MEAN	SEM
Control	-1.4	0.7
VFB treatment	-2.8*	0.4

5

*Conclusions*

Areas under the curves for glycemia (-23.13.5% vs. 0.42.3%, P=0.000022) and insulinemia (-40.54.5% vs. 2.02.9%, p=0.000012) were significantly reduced with VFB, compared to control. These decreases translated into a significant increase in insulin sensitivity after consumption of VFB compared to control (55.99.2% vs. 9.74.5%, P=0.00056). In addition, body fat was reduced by 2.8% from baseline following the 3 week period with VFB, compared to the control group, which experienced 1.4% body fat reduction (p<0.05). We concluded that prolonged consumption of VFB reduces body fat in individuals with impaired insulin sensitivity in the metabolic syndrome. A possible explanation includes an improvement in insulin sensitivity.

15

**EXAMPLE 3**

This Example provides an exemplary embodiment of a meal replacement product comprising a dietary fiber composition of the invention.

An exemplary dietary fiber blend (VFB) was made by combining glucomannan (greater than 80% pure from Konjac root), Xanthan gum (commercially sourced extracellular heteropolysaccharide from *Xanthomonas* bacteria), and alginate (commercially sourced medium viscosity sodium alginate from *Ascophyllum nodosum*). The composition of an exemplary dietary fiber blend (VFB) is shown in Table 19.

Table 19. VFB Fiber Blend Composition

25

Ingredient	Amount
Glucomannan	3500 mg (70%)
Xanthan Gum	850 mg (17%)
Alginate	650 mg (13%)
Total	5000 mg

A meal replacement product was formulated with the VFB fiber blend as shown in Table 20.

5 Table 20. Meal Replacement Composition

Ingredient	Amount
Whey protein	44%
Fructose	14%
VFB fiber blend	9%
Xylitol	8%
Flavor	8%
Lecithin	7%
Vitamins and Minerals	6%
Medium chain triglycerides	4%

10 Table 21 shows the vitamin and mineral provided per serving of the meal replacement product (RE = retinol equivalent units, NE = niacin equivalent units, mcg = microgram, mg = milligram).

Table 21. Vitamin and Mineral Provided Per Serving

Vitamin A	630	RE
Vitamin D	2.5	Mcg
Vitamin E	4.4118	Mg
Vitamin C	20	Mg
Thiamine	750	Mcg
Riboflavin	800	Mcg
Niacin	12	NE
Vitamin B6	750	Mcg
Vitamin B12	0.75	Mcg
Folacin	120	Mcg
Pantothenic acid	2.5	Mg
Biotin	75	Mcg
Calcium	400.5736	Mg
Phosphorus	250	Mg
Iron	2.77324	Mg
Iodide	40	Mcg
Magnesium	120	Mg
Copper	0.5	Mg
Zinc	6	Mg
Potassium	399.6344	Mg

Sodium	354.3036	Mg
Manganese	1	Mg
Selenium	20	Mcg
Chromium	20	Mcg
Molybdenum	25	Mcg

The flavor of the meal replacement can include, but is not limited to, any of the following: chocolate, strawberry, vanilla, pineapple, mango, peach, orange, mocha, and cherry. This meal replacement is a powder form. Each serving is 57 grams, to be mixed with a glass of water. One serving is taken at breakfast and at lunch in place of a regular meal.

#### EXAMPLE 4

This Example illustrates the effects on volunteers of consuming a meal replacement product comprising the dietary fiber composition (VFB) of the invention.

A middle-aged male volunteer took the meal replacement product described in EXAMPLE 3 twice a day for a 9-month trial. At the start of the trial, the volunteer weighed 247.2 pounds, had a BMI of 36, a waist measurement of 45.25 inches, a hip measurement of 47.25 inches, and a body fat measurement of 27.7%. At the end of the 9-month trial, the volunteer weighed 223.75 pounds, has a waist measurement of 43 inches, a hip measurement of 45.5 inches, and a body fat measurement of 25.7%. The volunteer complained of stomachache, loose stools, and hunger in the evening when he did not take the meal replacement.

A middle-aged female volunteer took the meal replacement product described in EXAMPLE 3 twice a day for a 9-month trial. At the start of the trial, the volunteer weighed 170 pounds, had a BMI of 30.3, a waist measurement of 36.5 inches, a hip measurement of 43 inches, and a body fat measurement of 46.6%. At the end of the 9-month trial, the volunteer weighed 156 pounds, had a waist measurement of 33.5 inches, and a hip measurement of 41 inches. The volunteer complained of diarrhea during the first 2 days of the trial and found herself drinking more water due to thirst.

A middle-aged female volunteer took the meal replacement product described in EXAMPLE 3 twice a day for a 9-month trial. At the start of the trial, the volunteer weighed 162.5 pounds, had a BMI of 27.9, a waist measurement of 37 inches, a hip measurement of 43 inches, and a body fat measurement of 41.9%. At the end of the 9-month trial, the volunteer weighed 141 pounds, had a waist measurement of 34 inches,

a hip measurement of 41 inches, and a body fat measurement of 35.3%. The volunteer complained of minor headache during the first two weeks of the trial.

A middle-aged female volunteer took the meal replacement product described in EXAMPLE 3 twice a day for a 9-month trial. At the start of the trial, the volunteer weighed 172 pounds, had a BMI of 27.7, a waist measurement of 35.75 inches, a hip measurement of 43 inches, and a body fat measurement of 41.6%. At the end of the 9-month trial, the volunteer weighed 143 pounds, had a waist measurement of 31 inches, and a hip measurement of 38.25 inches. The volunteer found the diet plan reasonable and flexible.

10

#### EXAMPLE 5

This Example provides an exemplary embodiment of a dietary fiber composition (VFB) of the invention formulated as gelatin capsules.

An exemplary dietary fiber composition was formulated as 2 piece hard-gelatin capsules, with each capsule containing 500 mg of the composition shown in Table 22.

15

Table 22. VFB Capsule Composition

Ingredient	Amount
Glucomannan	350 mg (47.62%)
Xanthan Gum	85 mg (11.56%)
Alginate	65 mg (8.84%)
Rice Flour	228 mg (31.02%)
Magnesium Stearate	7 mg (0.95%)
Total	735 mg

#### EXAMPLE 6

20

This Example provides an exemplary embodiment of a dietary fiber composition of the invention formulated as an appetite control powder.

An exemplary dietary fiber composition was formulated as an appetite control power. Each bottle contains 182 g, which represents 26 servings. The contents per serving of the appetite control powder are shown in Table 23.

25

Table 23. Contents per Serving of SlimStyles Appetite Control Powder

Ingredient	Amount
Glucomannan	3.5 mg (50%)
Xanthan Gum	0.65002 mg (9.29%)
Alginate	0.85001 mg (12.14%)
Xylitol	0.72898 mg (10.41%)
Lecithin	0.04998 mg (0.71%)
Medium Chain Triglycerides	0.04998 mg (0.71%)
Natural Orange Juice Flavor	0.72002 mg (10.29%)
Orange Flavor	0.36001 mg (5.14%)
Stevia Powder	0.07497 mg (1.07%)
Syloid Silica	0.01603 mg (0.12%)
Total	7 mg

## EXAMPLE 7

5 This Example provides an exemplary embodiment of a dietary fiber composition (VFB) of the invention formulated as a meal replacement smoothie.

An exemplary dietary fiber composition was formulated as a meal replacement smoothie. The contents per serving of the meal replacement smoothie are shown in Table 24.

10

Table 24. Contents per Serving of SlimStyles Meal Replacement Smoothie

Ingredient	Amount
Whey protein	24.5 g (42.87%)
Ca (from Ca citrate)	77 mg (0.67%)
Total Ca	400.5736 mg
Mg (from Mg citrate)	120 mg (1.38%)
Iron (from Fe fumarate)	2.5 mg (0.01%)
Zn (from Zn citrate)	6 mg (0.03%)
Se (rice chelate)	20 mcg (0.01%)
Cr (from Cr chelate)	20 mcg (0.00%)
Cu (from Cu chelate)	0.5 mg (0.01%)
Mo (from Mo citrate)	25 mcg (0.01%)
Mn (from Mn citrate)	1 mg (0.01%)
Potassium citrate	20 mg (0.10%)
I (KI)	40 mcg (0.00%)
P (Calcium phosphate dehydrate)	250 mg (2.63%)
Na (sodium chloride)	55 mg (0.24%)
Beta Carotene	6300 iu (0.04%)

Ingredient	Amount
Vitamin D2	100 iu (0.00%)
Vitamin E (acetate)	6 iu (0.01%)
B1 thiamin HCl	0.75 mg (0.00%)
B2 riboflavin	0.8 mg (0.00%)
B3 niacinamide	12 mg (0.02%)
Pantothenic acid (Ca Panto)	2.5 mg (0.01%)
Folic Acid	0.12 mg (0.00%)
B6 pyridoxine HCl	0.75 mg (0.00%)
B12 cyanocobalamin	0.5 mcg (0.00%)
Biotin	75 mcg (0.01%)
Vitamin C	20 mg (0.04%)
Glucomannan	3.5 g (6.12%)
Xanthan Gum	0.65 g (1.14%)
Sodium Alginate	0.85 g (1.5%)
Stevia	150 mg (0.26%)
Fructose	7 g (12.25%)
Xylitol	0.72898 mg (10.41%)
Chocolate Flavor	1.3 g (2.27%)
Cocoa	1 g (1.75%)
Coffee (Rich blend)	2.3 g (4.02%)
Cream Flavor	1.1 g (1.92%)
Lecithin	4.4 g (7.70%)
Medium Chain Triglycerides	2.4 g (4.20%)
Total	(100%)

#### EXAMPLE 8

This Example describes a comparison of the viscosity profile of an exemplary fiber blend (VFB) to other fiber blends under various conditions.

5 Methods: A formulation of viscous fiber blend (VFB) was created which included 70% glucomannan (konjac), 13% xanthan and 17% alginate, as described in EXAMPLE 1. The VFB was compared with a konjac/xanthan (70:30) fiber blend and a konjac/alginate (70:30) fiber blend in distilled water, gastric conditions and intestinal conditions as follows.

10 Compositions tested:

- (1) VFB: konjac (70%)/ xanthan (13%)/ alginate (17%)
- (2) KX: konjac (70%)/xanthan (30%)
- (3) KA: Konjac (70%)/alginate (30%)

15 Viscosity Profile Experiments: 5 g of test material was mixed with 350g of fluid (either distilled water, gastric, or intestinal juice). The sample was blended for 30 seconds

on low speed 2 on a Proctor/Silex blender. Viscosity readings were taken at 5, 10, 15, 20, 30, 45, 60, and 120 minutes. Gastric and intestinal fluids were prepared according to Universal Sample Preparation (USP) methodology.

Results:

5 Table 25 and FIGURE 7 compare the viscosity profile of VFB compared with KX and KA under normal conditions (distilled water). Table 26 and FIGURE 8 compare the viscosity profile of VFB compared with KX and KA under gastric conditions. Table 27 and FIGURE 9 compare the viscosity profile of VFB compared with KX and KA under intestinal conditions. As shown in FIGURE 7, 8 and 9, the KA (konjac/alginate 70:30) 10 fiber blend consistently has the lowest viscosity of the three fiber blends tested. Under neutral and gastric conditions the KX (konjac/xanthan 70:30) reaches maximum viscosity quickly (e.g., within about 15-20 minutes). The VFB blend (konjac (70%)/ xanthan (13%)/ alginate (17%)) starts at about the same viscosity as KA under neutral conditions, increases in viscosity over time under both gastric and intestinal conditions, and 15 eventually reaches a greater viscosity than KX under neutral and gastric conditions. This combination also produces unexpectedly high viscosity values after 10 minutes when blended with gastric juice. Therefore, the addition of alginate to the KX combination unexpectedly provides a decrease in viscosity of VFB at neutral conditions, and results in a greater viscosity than KX alone over time.

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Table 25. Viscosity Profile Comparison of VFB and Various Fiber Blends in Distilled Water

Fiber blend	5min	10min	15min	20min	30min	60min	120min	avg temp	pH
KX: konjac/xanthan (70:30)	53380	49080	47870	43950	49810	49251	47440	20.2	6.05
KA: konjac/alginate (70:30)	3960	11470	16730	18420	25940	43530	78850	20.2	6.35
VFB (konjac/xanthan/alginate (70:13:17))	4230	9230	16700	34970	43170	46010	90000	20.8	6.17

**Table 26. Viscosity Profile Comparison of VFB and Various Fiber Blends Under Gastric Conditions**

Fiber blend	5min	10min	15min	20min	30min	60min	120min	avg temp	pH
KX: konjac/xanthan (70:30)	35500	48020	70150	75400	78720	83290	87680	20.3	1.46
KA: konjac/alginate (70:30)	3210	11820	17664	18820	23580	29130	43460	20.2	3.85
VFB (konjac/xanthan/alginate (70:13:17)	44880	90000	116500	123600	135200	139600	249000	20.5	3.69

**5 Table 27. Viscosity Profile Comparison of VFB and Various Fiber Blends Under Intestinal Conditions**

Fiber blend	5min	10min	15min	20min	30min	60min	120min	avg temp	pH
KX: konjac/xanthan (70:30)	90000	nd	nd	nd	167500	156800	166200	20.2	7.88
KA: konjac/alginate (70:30)	6990	14470	16350	26030	29110	36600	40900	20.1	7.89
VFB (konjac/xanthan/alginate (70:13:17)	51490	70180	78640	84100	79480	90000	91900	20.5	7.92

While the preferred embodiment of the invention has been illustrated and 10 described, it will be appreciated that various changes can be made therein without departing from the spirit and scope of the invention.

## CLAIMS:

1. A granulated dietary fiber composition comprising granules, wherein each granule comprises from about 60% to about 80% (w/w) glucomannan, from about 10% to about 20% (w/w) xanthan gum, and from about 5% to about 20% (w/w) alginate.
2. The granulated dietary fiber composition of Claim 1, wherein the dietary fiber composition has a viscosity of at least 2,000 centipoise after 15 minutes under gastric conditions, wherein the viscosity under gastric conditions is determined in a 70-fold (w/w) excess of gastric fluid having a pH of 1.2 measured at a temperature between 16°C and 25°C.
3. The granulated dietary fiber composition of Claim 1, wherein the dietary fiber composition has a viscosity of at least 10,000 centipoise after 15 minutes under intestinal conditions, wherein the viscosity under intestinal conditions is determined in a 70-fold (w/w) excess of simulated intestinal fluid having a pH of 7.5 ± 0.1 measured at a temperature between 16°C and 25°C.
4. The granulated dietary fiber composition of Claim 1, wherein each granule comprises from about 70% to about 80% (w/w) glucomannan, from about 10% to about 20% (w/w) xanthan gum, and from about 10% to about 20% (w/w) alginate.
5. The granulated dietary fiber composition of Claim 1, wherein each granule comprises from about 70% to about 80% (w/w) glucomannan, from about 10% to about 20% (w/w) xanthan gum, and from about 13% to about 17% (w/w) alginate.
6. The granulated dietary fiber composition of Claim 1, wherein each granule comprises about 70% (w/w) glucomannan, from about 13% to about 17% (w/w) xanthan gum, and from about 13% to about 17% (w/w) alginate.
7. The granulated dietary fiber composition of Claim 6, wherein each granule comprises about 70% (w/w) glucomannan, about 13% (w/w) xanthan gum, and about 17% (w/w) alginate.

8. The granulated dietary fiber composition of Claim 6, wherein each granule comprises about 70% glucomannan, about 17% (w/w) xanthan and about 13% (w/w) alginate.

9. The granulated dietary fiber composition of Claim 1, wherein the composition comprises granules of from about 30 mesh to about 60 mesh.

10. The granulated dietary fiber composition of Claim 9, wherein the composition comprises a combination of granules selected from the group consisting of 30 mesh, 40 mesh, and 60 mesh granules.

11. A food product comprising an effective amount of a granulated dietary fiber composition comprising from about 60% to about 80% (w/w) glucomannan, from about 10% to about 20% (w/w) xanthan gum, and from about 5% to about 20% (w/w) alginate.

12. The food product of Claim 11, wherein the food product is a dietary supplement or a meal replacement.

13. The food product of Claim 11, wherein the food product comprises from about 2% to about 20% (w/w) of the dietary fiber composition.

14. The food product of Claim 11, wherein the granulated dietary fiber composition comprises from about 70% to about 80% (w/w) glucomannan, from about 10% to about 20% (w/w) xanthan gum, and from about 10% to about 20% (w/w) alginate.

15. The food product of Claim 11, wherein the granulated dietary fiber composition comprises from about 70% (w/w) glucomannan, from about 13% to about 17% (w/w) xanthan gum, and from about 13% to about 17% (w/w) alginate.

16. A method for preparing a granulated dietary fiber composition comprising the steps of:

- (a) mixing from about 60% to about 80% (w/w) glucomannan, from about 10% to about 20% (w/w) xanthan gum, and from about 5% to about 20% (w/w) alginate ;
- (b) adding from about 30% to about 60% (w/w) water to the mixture of step (a);
- (c) granulating to product wet granules; and
- (d) drying to produce a granulated dietary fiber composition.

17. The method of Claim 16, further comprising selecting granules having, a granule size ranging from about 30 mesh to about 60 mesh.

18. The method of Claim 16, wherein step (a) comprises mixing from about 70% to about 80% (w/w) glucomannan, from about 10% to about 20% (w/w) xanthan gum, and from about 10% to about 20% (w/w) alginate.

19. The method of Claim 16, wherein step (a) comprises mixing about 70% (w/w) glucomannan, from about 13% to about 17% (w/w) xanthan gum, and from about 13% to about 17% (w/w) alginate.

20. The granulated dietary fiber composition of Claim 1, wherein the alginate is a medium viscosity alginate.

21. The food product of Claim 11, wherein the alginate is a medium viscosity alginate.

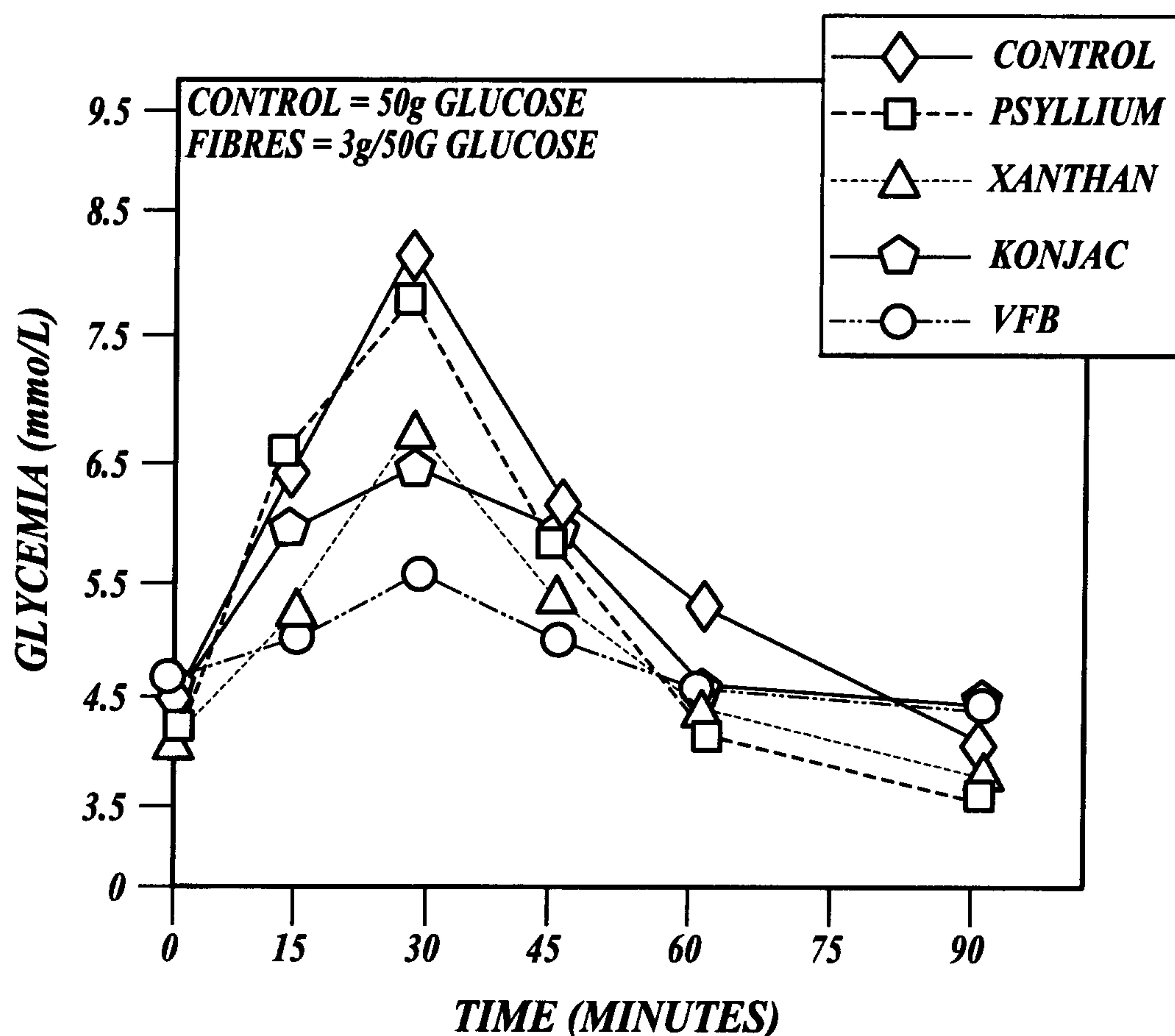
22. The method of Claim 16, wherein the alginate is a medium viscosity alginate.

23. The method of Claim 16, wherein the granulating at step (c) is accomplished by at least one of agitation in mixing equipment; compaction; extrusion; or globulation.

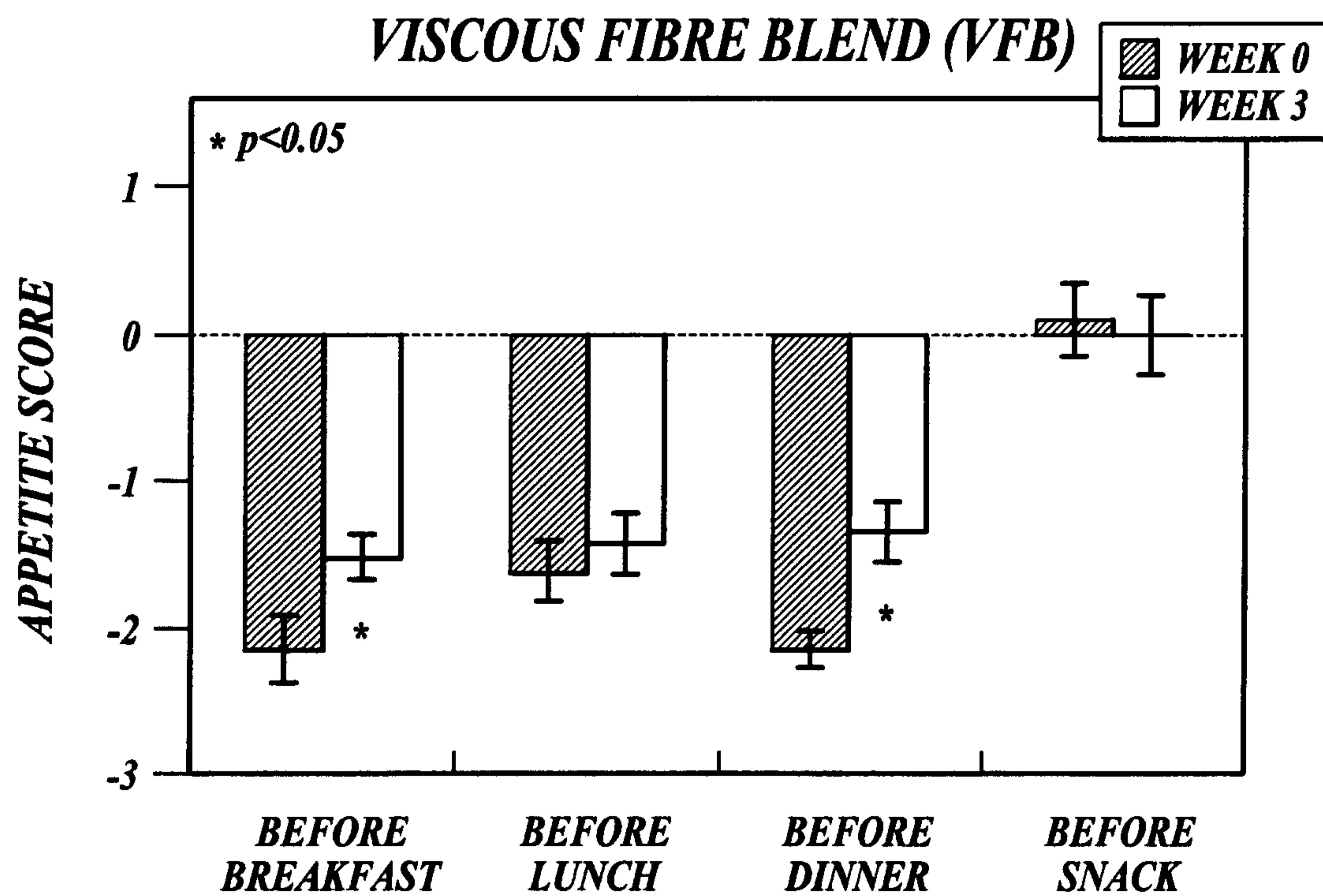
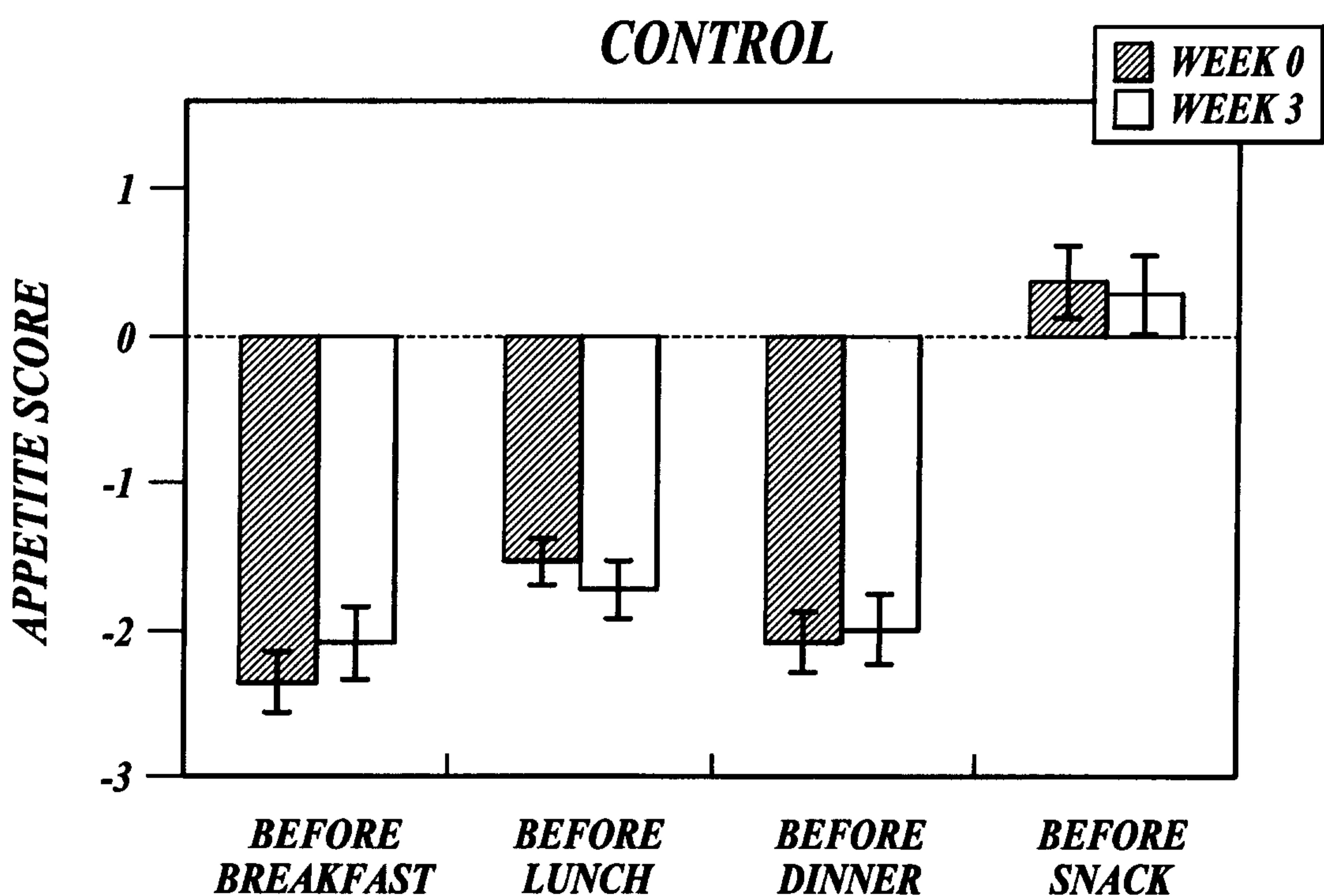
24. The method of Claim 16, wherein the drying at step (d) is accomplished by use of at least one of a fluid-bed dryer, an oven or vacuum drying.

25. A granulated dietary fiber composition comprising granules produced by any one of the methods of Claims 16-19, 22-24.

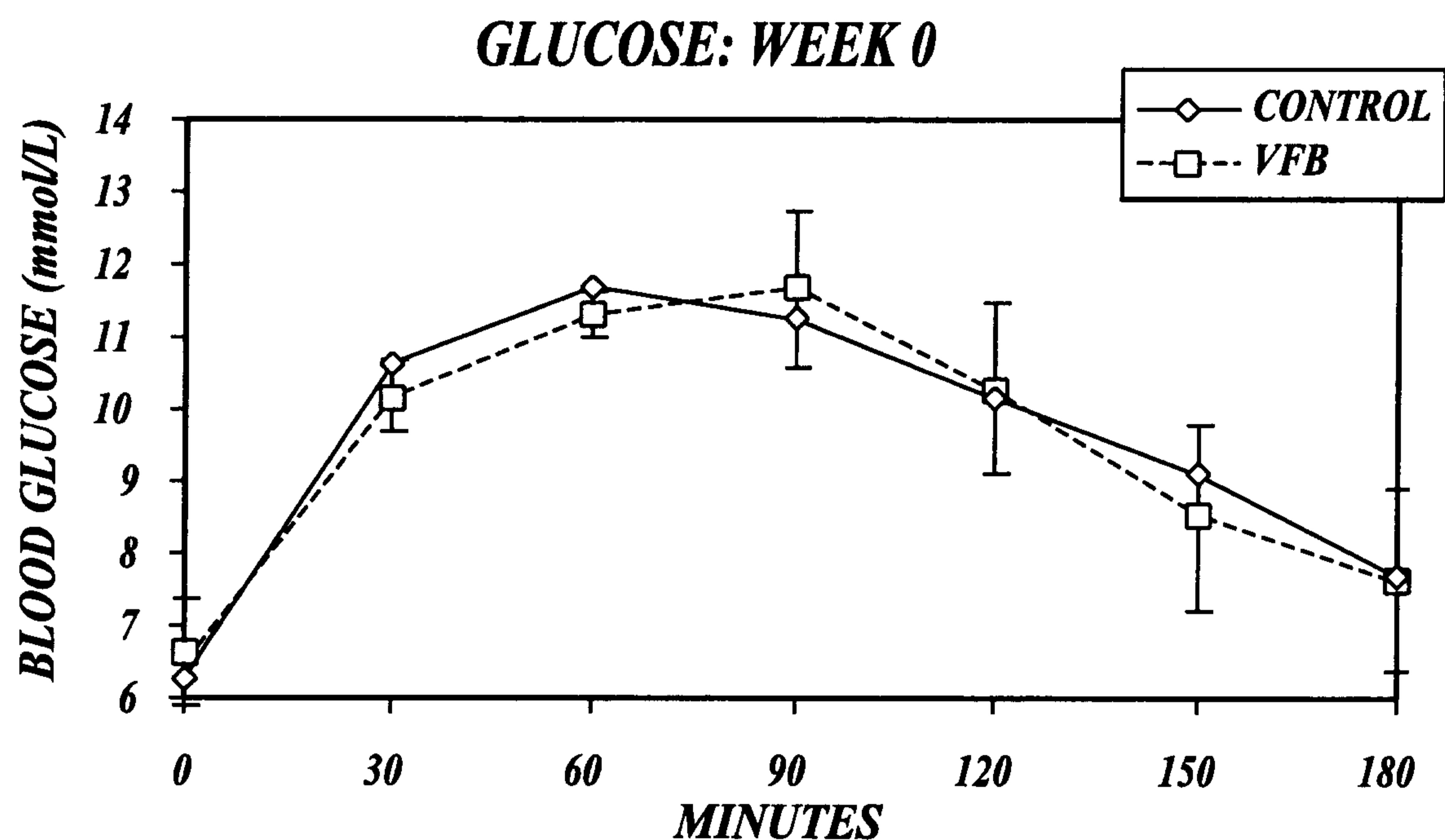
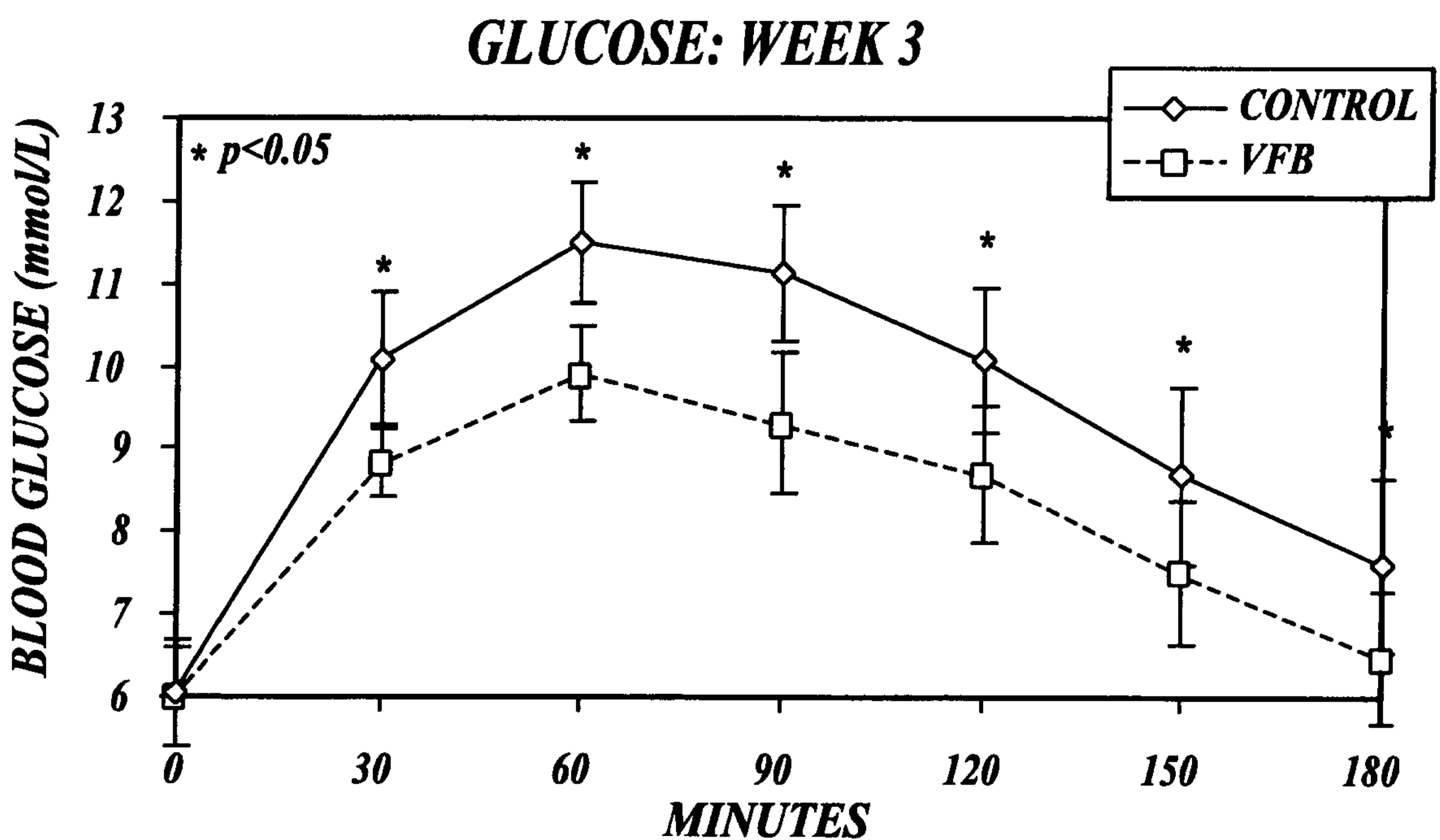
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***POST-MEAL PLASMA GLUCOSE RESPONSE******Fig.1.***

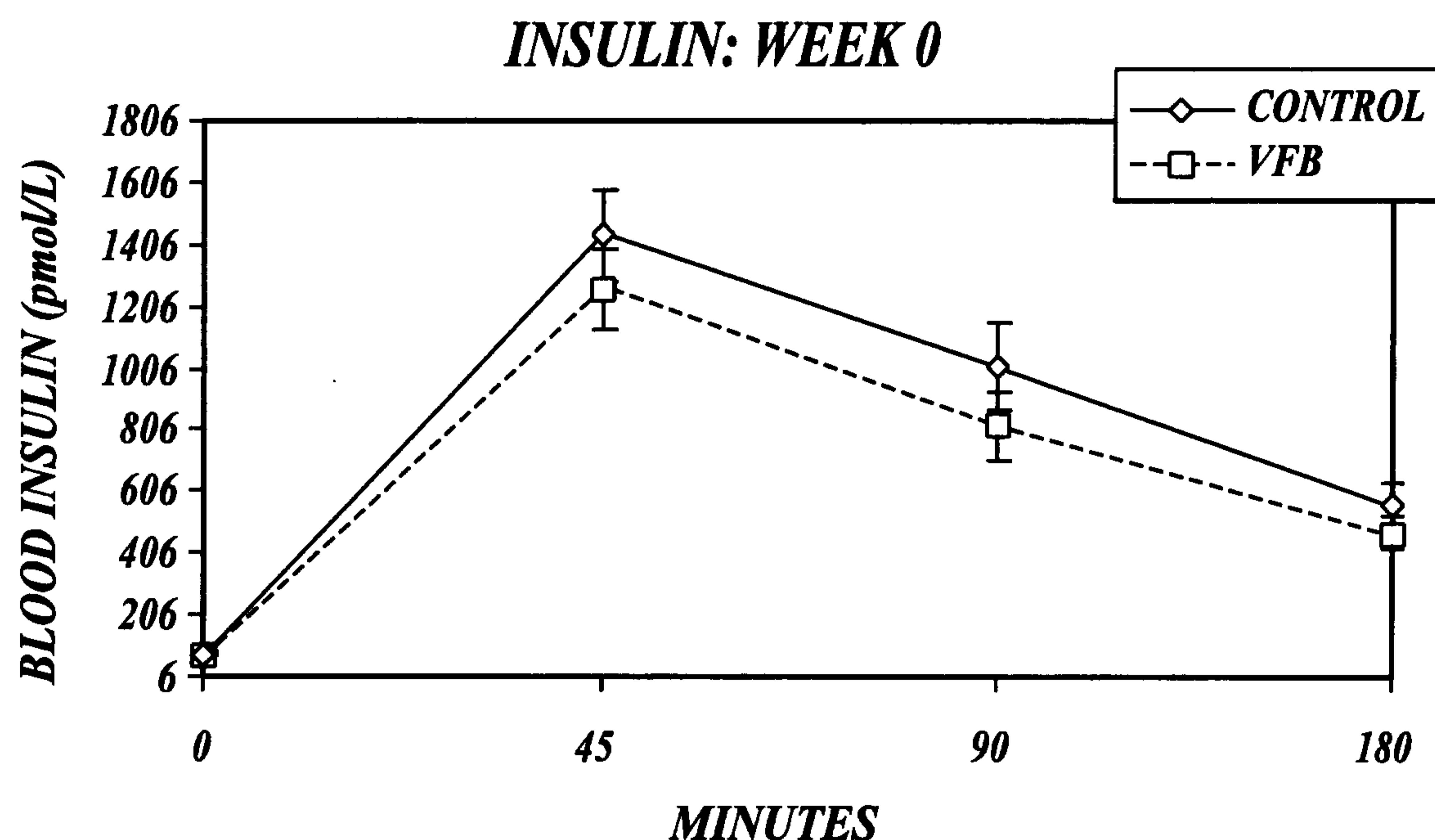
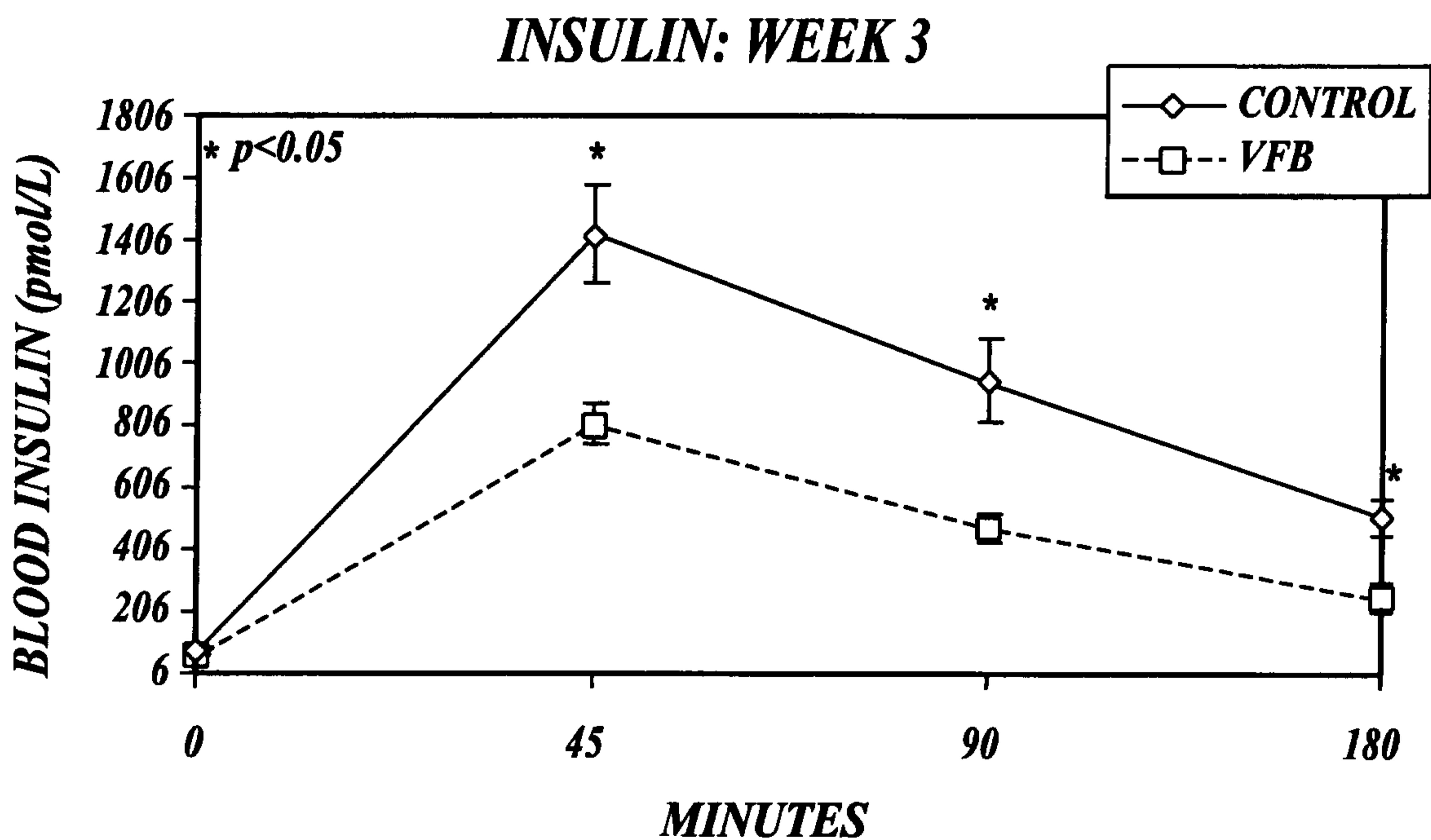
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*Fig. 2A.**Fig. 2B.*

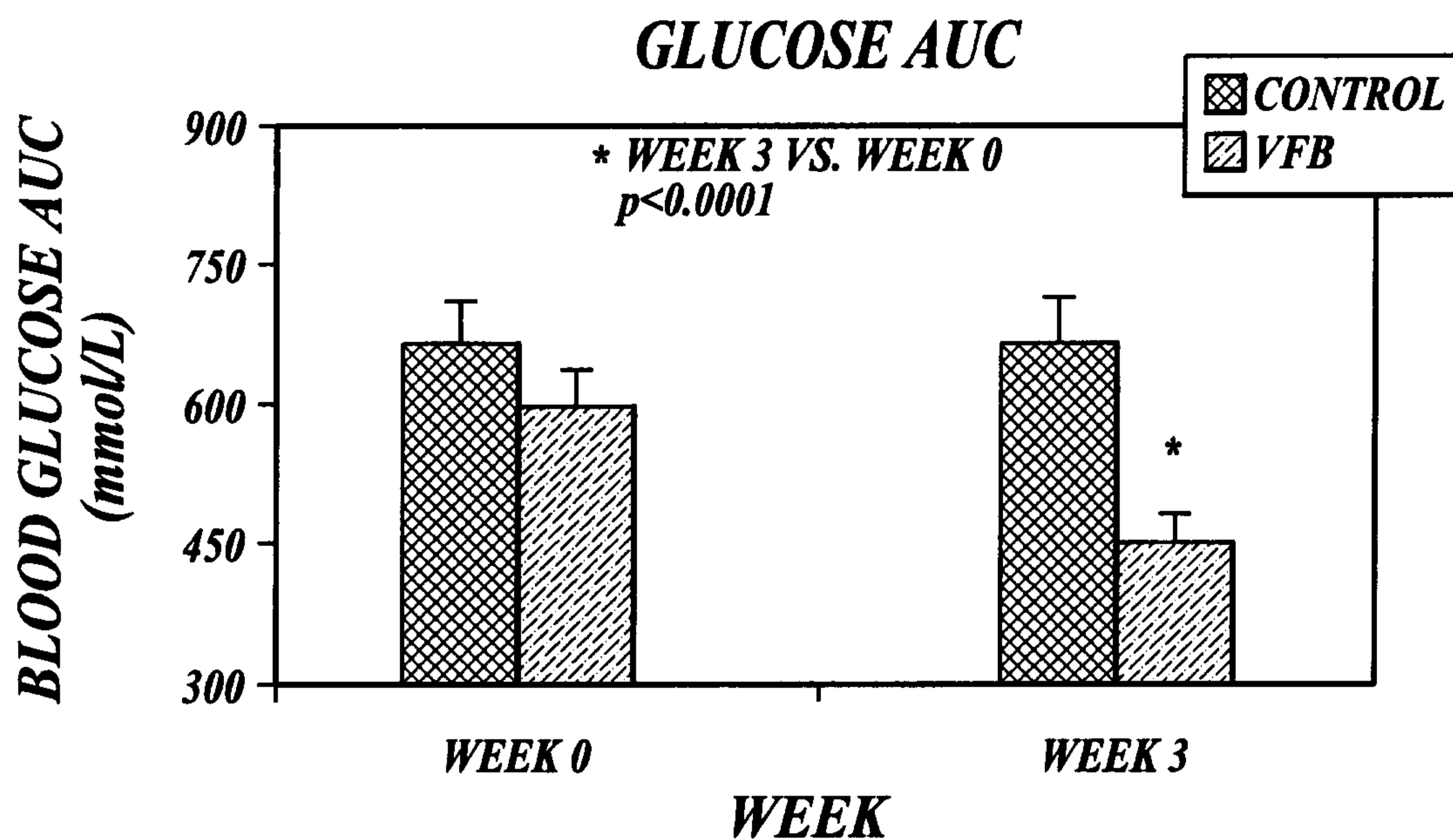
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**Fig. 3A.****Fig. 3B.**

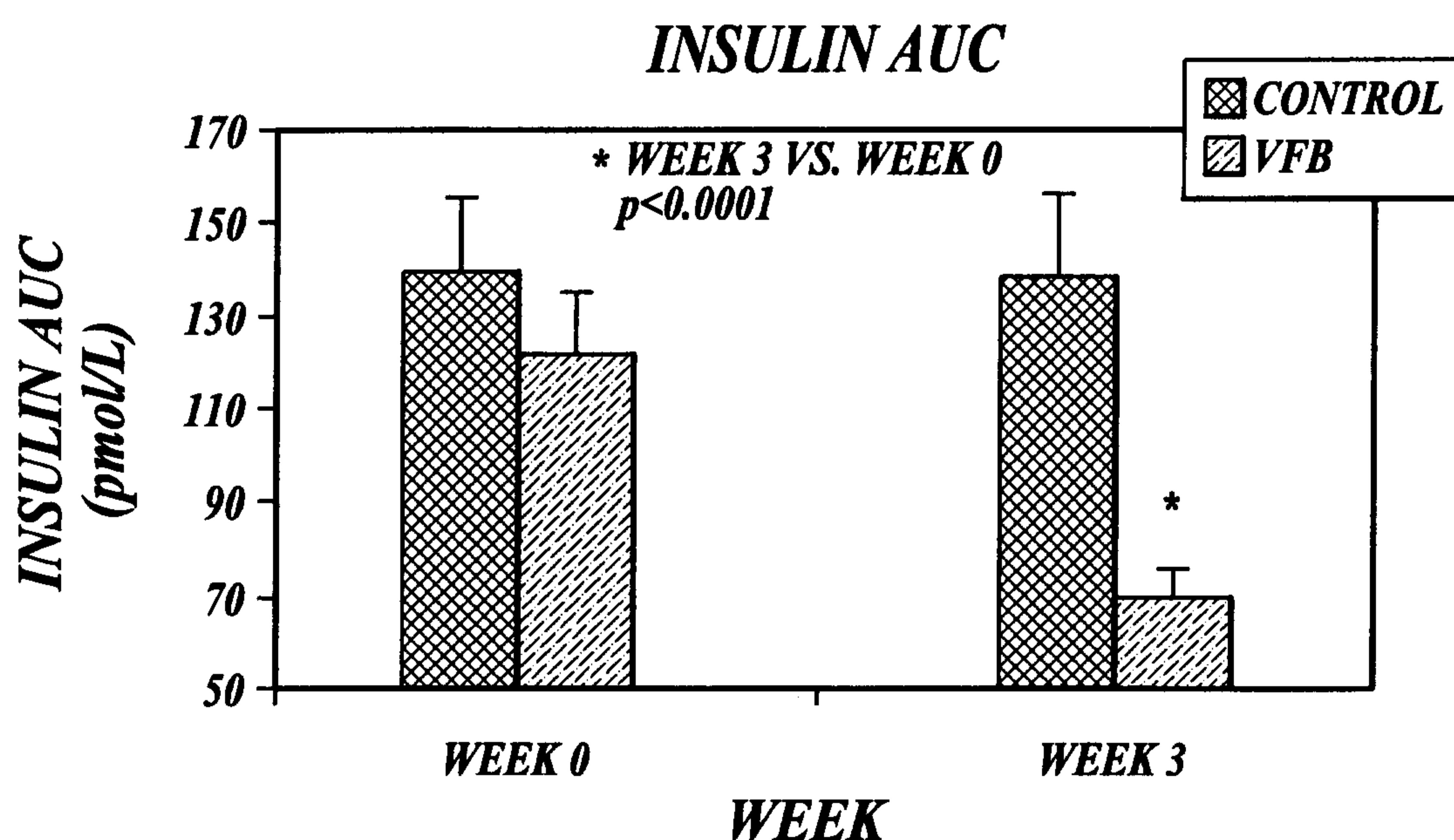
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**Fig.3C.****Fig.3D.**

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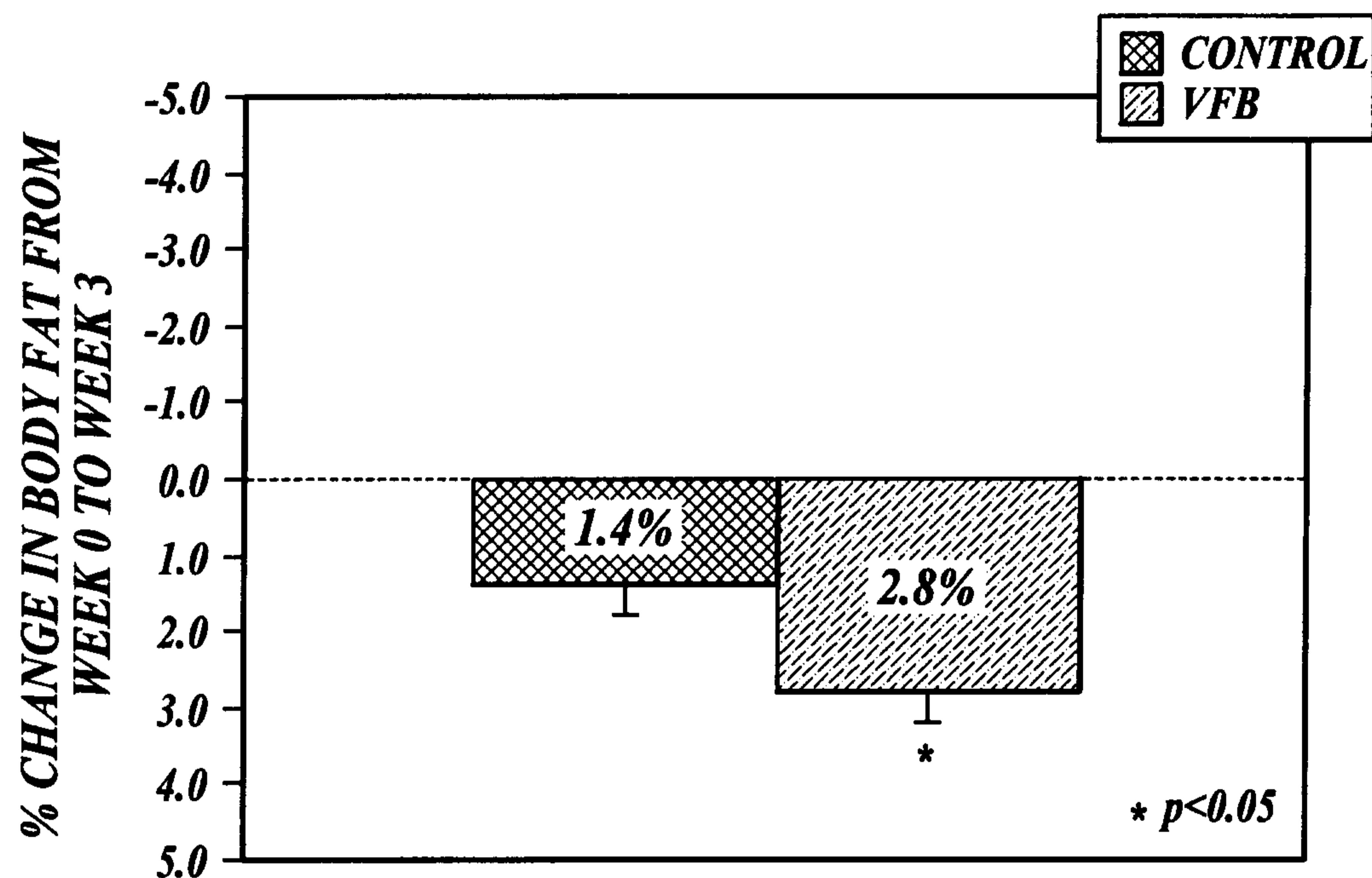


*Fig. 4.*



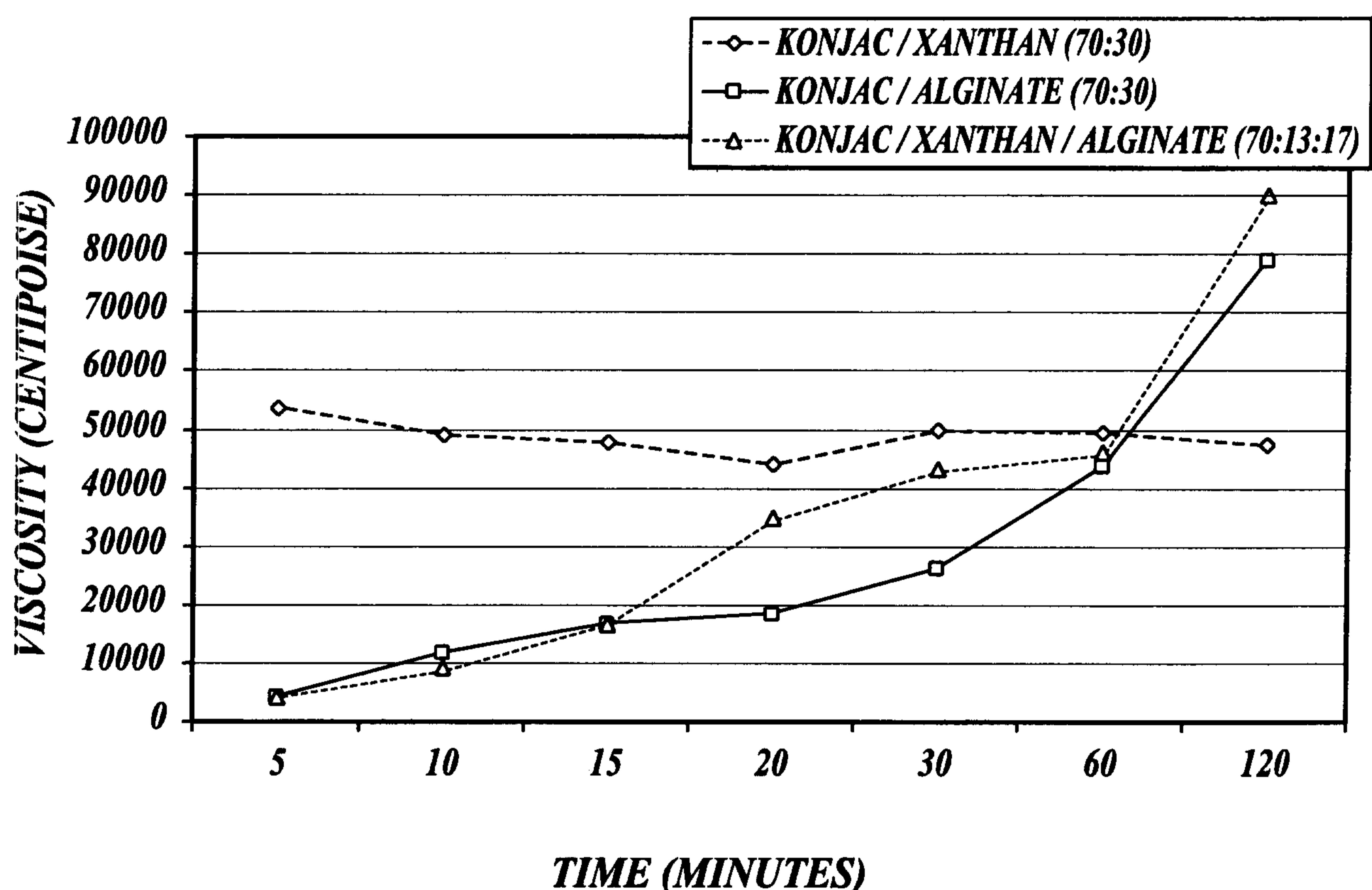
*Fig. 5.*

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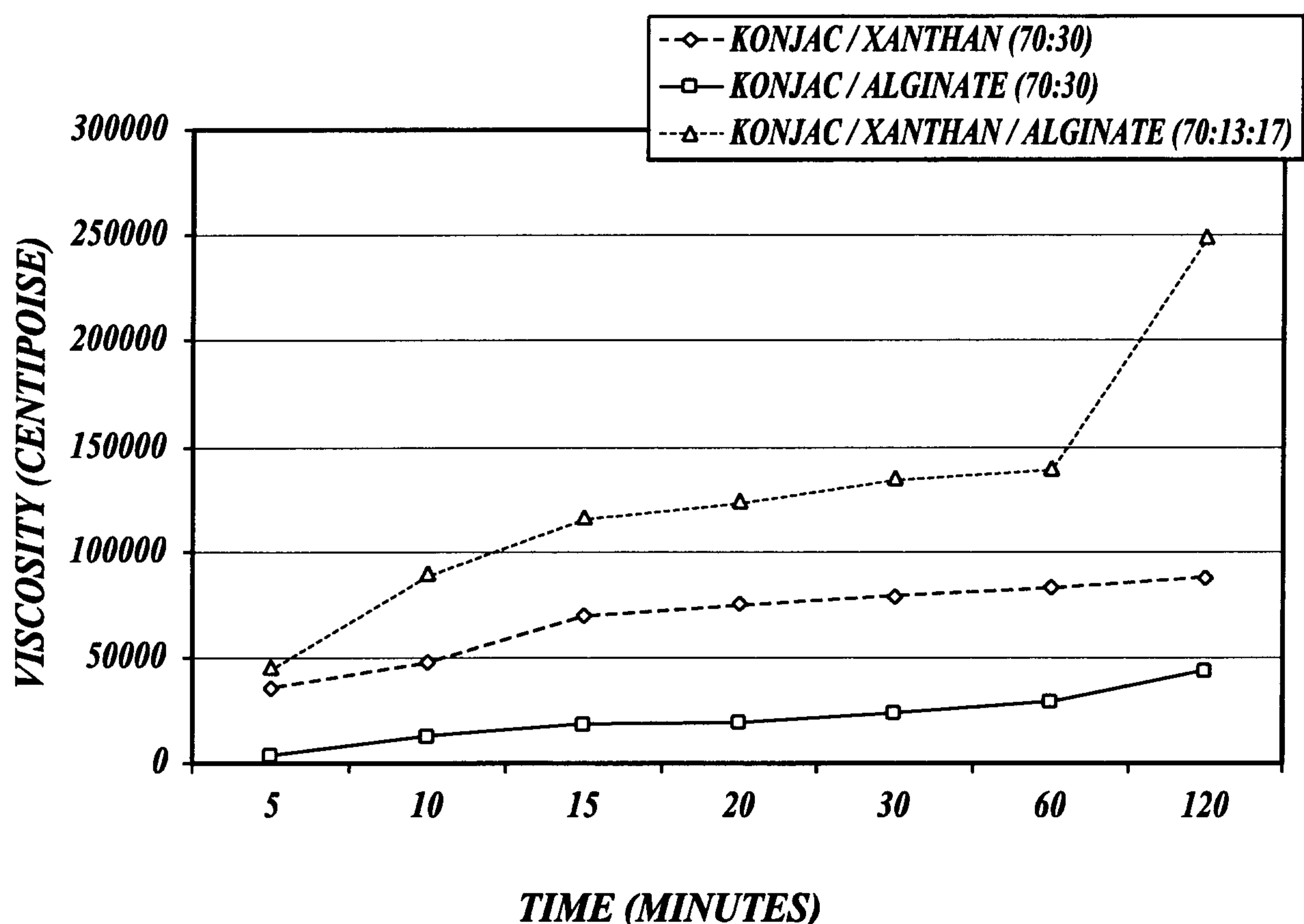


*Fig. 6.*

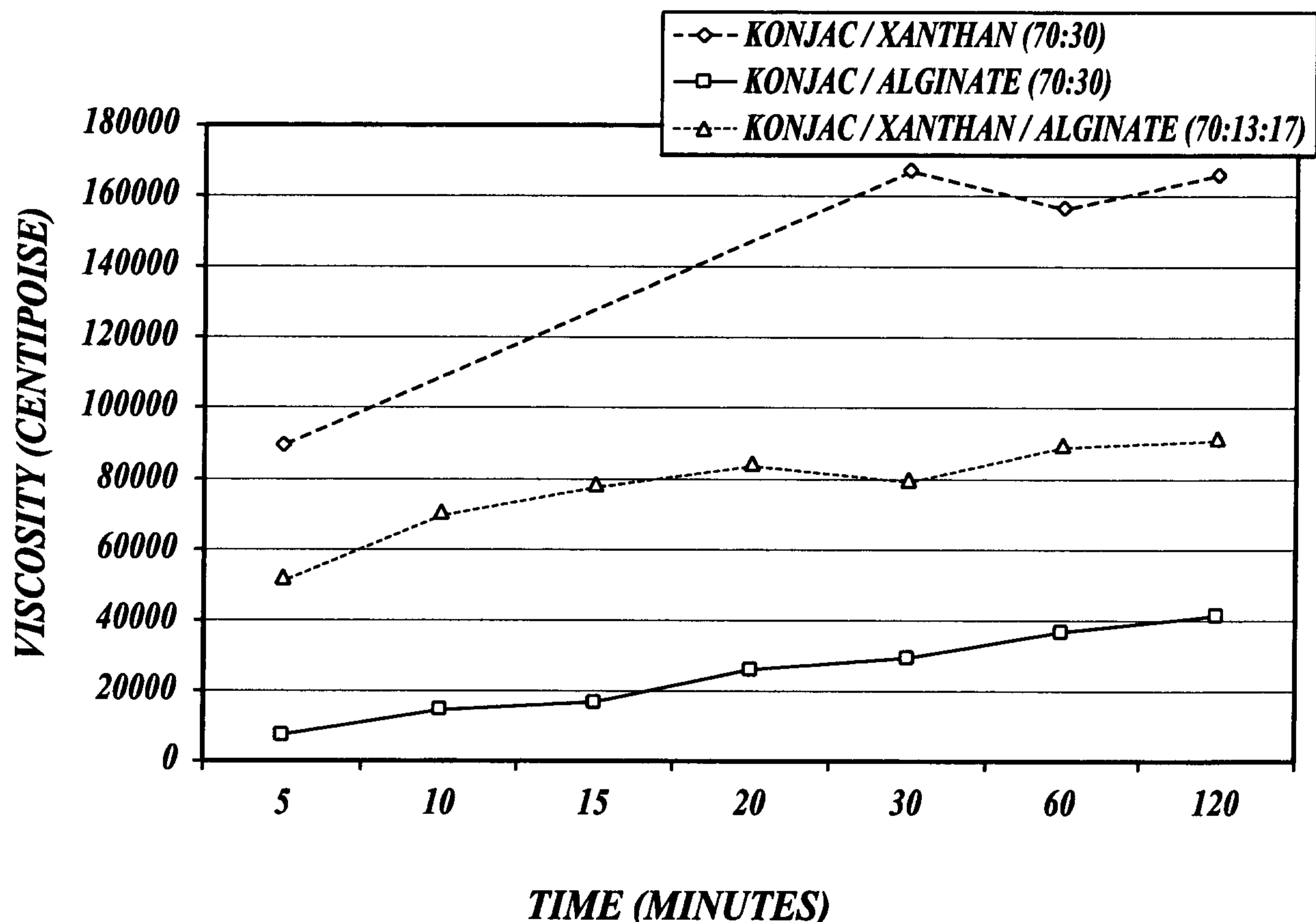
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***VICOSITY PROFILE OF TEST SAMPLES WITH DI WATER******Fig. 7.***

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***VICOSITY PROFILE OF TEST SAMPLES IN GASTRIC JUICE******Fig.8.***

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**VICOSITY PROFILE OF TEST SAMPLES IN INTESTINAL JUICE****Fig. 9.**

## POST-MEAL PLASMA GLUCOSE RESPONSE

