

# Manage Weight Gain by Adding Prebiotic Fiber to Your Daily Routine

*Boost Your Diet this National Nutrition Month with Prebiotin Prebiotic Fiber*



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HARRISBURG, Pa., March 26, 2019 /PRNewswire/ -- You know that making smart food choices and exercising on a regular basis can help you avoid unwanted weight gain, but did you know that your gut microbiome can also have an impact on weight? It is made up of trillions of bacteria and plays an important role in your health by helping improve digestion and overall health. [Prebiotin Prebiotic Fiber](#) can help with this part of your diet equation.

Weight gain and obesity can be caused by a number of factors, from poor diet, to high stress and sleep problems. A lesser known cause of weight gain and obesity is an unhealthy mix of colon bacteria in the digestive track, a condition called [dysbiosis](#). Causes include a diet high in meat, saturated fat, processed food, and sweets, as well as binge drinking, stress, and long-term antibiotic use, all of which increase the bad bacteria in the gut.

A higher concentration of bad bacteria can weaken the gut wall, allowing toxins to seep into the blood stream, reaching the liver and circulatory system. These toxins can lead to chronic inflammation throughout the body and contribute to high blood pressure, heart disease, and poor blood sugar regulation, all in addition to weight gain.

Fortunately, the bacteria in the gut can be managed to create a healthier microbiome. Adding a daily prebiotic supplement, such as [Prebiotin® Prebiotic Fiber](#), can create a more beneficial balance of bacteria, which in turn, can help you to maintain a healthy diet and keep off unwanted pounds.

Prebiotin is derived entirely from 100% chicory root, with no added fillers, flavor enhancers, or preservatives. The purified fiber, known as oligofructose-enriched inulin (OEI), ferments in the colon and nurtures desirable bacteria strains like *bifidobacteria* and *lactobacilli*.

Research supports taking Prebiotin to fight obesity. In a [study](#) with 30 obese women, researchers found that taking prebiotic fiber caused positive changes in the gut

microbiome, including increased levels of two beneficial bacteria that are associated with a decrease in fat mass and decreased risk of diabetes.

Prebiotin may also help reduce obesity in children. In recent research conducted at the University of Calgary Canada, scientists gave 42 obese or overweight children either eight grams of oligofructose-enriched inulin (the ingredient in Prebiotin) or a placebo once a day for 16 weeks. The results: annual projected body weight increase in the prebiotic group of 6.6 pounds—in the healthy range. By contrast, the projected increase in the placebo group was 17.6 pounds, triple the expected yearly weight increase.

**Prebiotin Prebiotic has the ability to support weight loss in the following ways:**

- Reduces appetite by decreasing the amount of hunger hormone produced in the gut
- Increases the release of satiety or fullness hormones produced in the wall of the small intestine to give an earlier sense of fullness when eating
- Helps to strengthen the gut wall
- Supports better blood sugar control with less insulin resistance
- Reduces inflammation in the gut and body

Many of us are looking to manage excess weight and work towards a healthier lifestyle.

Since March is National Nutrition Month, now is the perfect time to introduce Prebiotin into your daily health regimen. [Prebiotin's Weight Management](#) supplement features the standard Prebiotin formula at higher recommended doses, to offer weight management benefits. It is designed to be used with every weight-loss or obesity treatment program.

Adding Prebiotin to a program that fits your lifestyle is one easy step that can help you maintain your weight while you get the many benefits of adding more fiber to your diet.

For more detailed information on prebiotics and weight management, please see Prebiotin's latest post <https://www.prebiotin.com/prebiotic-supplements-controlling-weight/>

Jackson GI Medical/Prebiotin was founded by visionary gastroenterologist Dr. Frank Jackson in 2008 and is dedicated to the responsible development and marketing of medically-credible nutritional supplements backed by third-party research. Located in Harrisburg, PA, the company can be reached at 855-466-3488 or online at <http://www.prebiotin.com>.

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