

# A STUDY BY ALLAND & ROBERT CONFIRMS THE BENEFITS OF ACACIA GUM ON GUT HEALTH

Acacia gum, also known as gum arabic, has the advantages of being 100 % plant-based, sustainable, multifunctional... but its benefits on digestive health can also be added to the list. A recent study conducted by French company Alland & Robert, one of the leading manufacturers of acacia gum worldwide, proves it: more than eight in ten people who have consumed acacia gum every day for two months say that their intestinal well-being has improved.

**The results of the Alland & Robert study speak for themselves: 88 % of consumers saw a reduction in their bowel pain after two months of a daily acacia gum intake. Bloating was reduced for 75 % of them, and stomach aches were reduced for 65% of those tested.**

The study, commissioned by Alland & Robert, was conducted by an internationally leading institute specialized in clinical studies and consumer insight for the development of innovative products.

*"Intestinal disorders impact the daily lives of a large portion of the human population. At Alland & Robert, we wanted to explore the possibility that acacia gum would provide an answer to these needs. Thanks to this study, we can affirm that acacia gum contributes to the improvement of the gut health and therefore the general well-being of a large majority of those tested. It is very likely that acacia gum, a natural fiber, favorably feeds our microbiota, which has already been described in the scientific literature in connection with its prebiotic effects", Dr. Isabelle Jaouen, R&D Director of Alland & Robert.*



**Relatively unexplored until recently, intestinal disorders are the subject of increasing attention. Scientists now understand they may have an impact on the occurrence of many pathologies, from weight gain to chronic or autoimmune diseases, and even to dermatological problems. As a direct consequence, the market for food products dedicated to digestive wellness is exploding. By 2025, it is expected to reach \$ 59 billion<sup>1</sup>.**

<sup>1</sup>Source : Digestive Health Products Market by Ingredients, Product Type, Sales Channel, Region Global Industry Analysis, Market Size, Share, Growth, Trends, and Forecast 2018 to 2025. <https://www.firmarkets.com/report/digestive-health-products-market-by-ingredients-dairy-products-385973.html> February 20, 2020

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**"Multifunctional and versatile, acacia gum has many advantages. It can give texture, sweeten a taste or mask an aftertaste, and it can increase the fiber or prebiotic content with a very low-calorie intake. Today, our study shows that acacia gum is a good fit in products formulated to improve digestive comfort. This also confirms that acacia gum responds in an innovative way to the challenges encountered in many industries!",**  
**Violaine Fauvarque, Marketing Manager at Alland & Robert.**

**Acacia gum is a tree exudate coming from 2 particular varieties of acacias growing in the African Sahel desert: it is neither acacia sap nor resin.** It is produced by the acacia tree naturally or as a result of an incision made on its branches. Used for millennia as food or as an ingredient, and known for its beneficial effects, it is today a natural additive widely used in consumer products such as drinks, confectionery, food supplements, cosmetics and even inks or paints!

### DETAILS ABOUT THE ALLAND & ROBERT STUDY PROTOCOL

- > 240 participants in 3 groups with 3 different dosages of organic acacia gum, starting from 10 grams.
- > 57 % men and 43 % women ranging from 30 to 65 years old.
- > All declaring to suffer from intestinal disorders regularly and in the last month such as stomach aches, bloating, flatulence, accelerated or slowed down transit. During the study, no other treatment for digestive issues has been taken, including "soft" treatments such as essential oils, herbal teas, homeopathy.
- > Participants took powdered acacia gum once a day at breakfast.
- > Results were measured after 30 and 60 days of daily intake of acacia gum.
- > Each participant had to evaluate the impact on their symptoms, their daily life and their satisfaction regarding acacia gum.

### STUDY KEY FIGURES



**More than 70 %** of consumers felt an improvement of their intestinal comfort after 1 month. 70 % of consumers say the intake of acacia gum improves their quality of life.



**68 % of participants** would recommend a daily intake of acacia gum for digestive wellness.



**78 % of consumers** say the intake of acacia gum has a beneficial effect on their health.

### ABOUT ALLAND & ROBERT

Created in 1884, Alland & Robert is a French family company and pioneer in natural tree exudates. With a strong focus on acacia gum, an entirely natural additive and ingredient, Alland & Robert exports to over 70 countries through a network of 40 distributors, tripling its turnover over the last 10 years. With the aim of providing high-quality natural gums, Alland & Robert is fully committed to sustainable growth in line with its active corporate social responsibility plan. This vision is supported by a large network of raw material suppliers in Africa, compliance with international certifications, a dedicated R&D team and partnerships with internationally recognized universities including Montpellier University.