



# BLOMMER CHOCOLATE COMPANY

## HEALTH & WELLNESS

### PREBIOTICS & FIBER

Fiber comes from carbohydrate sources and is the portion of food not digested by the human body. The bacteria in the digestive tract can use fiber as fuel and provide some energy locally, which improves gut health. In addition to the effects on gut health, studies show that dietary fiber can help increase satiety, decrease body weight, lower LDL cholesterol, prevent hypertension and decrease the risk of cardiovascular disease. Dietary fiber also decreases the risk of developing type-two diabetes.

Fiber is broken down into two categories: soluble and insoluble meaning one is water soluble and forms viscous gels while the other is not water soluble. Sources of soluble fiber are pectins, gums, mucilages, inulin and oligosaccharides and sources of insoluble fiber sources are cellulose, lignin and hemicellulose. Soluble fiber is a good prebiotic because it is a shorter chain molecule and easily fermentable by a person's gut, which feeds the good bacteria in the digestive tract; this means that they have a good synergy with probiotics. Prebiotics help to lower the intestinal pH, which makes it an inhospitable environment for pathogens to grow but encourage the growth of healthy bacteria like bifidobacteria (probiotic). Insoluble fiber does not easily ferment, but it contributes to stool bulk and regularity.



Blommer chocolate has made two chocolate products, Montana Milk and Dakota Dark chocolates, featuring prebiotic fiber in the form of inulin. Both Montana and Dakota also have calcium carbonate in them, a source of calcium, whose absorption is enhanced by the inulin. We also make a multitude of sugar free products with prebiotics in the form of inulin.

*Blommer*

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