Nutrim® Overview

Nutrim® was developed over 10 years ago by Dr. George Inglett at the USDA. Over 50 years of research has shown oats to be beneficial for lowering cholesterol. Oat and oat extracts have also been shown to help maintain healthy blood sugar levels. Nutrim® is concentrated for the most beneficial portion of oats called beta glucans.

The Nutrim® product and dosing qualifies for the FDA heart health claim. Nutrim® is a concentrated whole food oat product, so it is well tolerated and accepted at high doses.

Active Constituent:

Beta Glucan

Mechanisms of Action:

Oat beta glucans have been shown to increase bile synthesis and excretion. Bile is the main way in which the body disposes of cholesterol. Beta glucans have been shown to bind to bile and carry it out of the body, keeping it from being reabsorbed.[1]

Oat beta glucans have been shown to bind to dietary fats, such as saturated and trans fatty acids, and carry them out of the body.[2] Dietary saturated and trans fatty acids have been associated with elevated cholesterol levels.

Oat beta glucans are broken down by good bacteria, which creates beneficial compounds that have been shown to block the production of cholesterol. Oats and oat beta glucan concentrates have also been shown to have beneficial effects on blood sugar balance[3,4,5], blood pressure[6,7], and satiety[8].

FDA Heart Health claim:

Nutrim® qualifies for the FDA heart health claim, "Soluble fiber from foods such as Nutrim® oat bran, as a part of a diet low in saturated fats and cholesterol, may reduce the risk of coronary heart disease."

Nutrim® Safety:

Nutrim® has no other added ingredients in the powder besides concentrated oat bran. It has acquired a GRAS (Generally Recognized As Safe) status by the FDA. "A GRAS substance, therefore, is one that has a long, safe history of common use in foods, or that is determined to be safe based on proven science." A GRAS substance is one which also "...has a proven track record of safety based either on a history of use before 1958 or on published scientific evidence, and that need not be approved by the FDA prior to being used." [http://www.fda.gov]

There are no known contraindications. There have been no reports of overdose. Flatulence is occasionally reported with the use of oat beta glucans.

One study utilized Nutrim® at high doses [8 scoops/day] and stated it was well accepted and tolerated.[9] This same study also showed Nutrim®, along with moderate exercise and a diet low in saturated fat and high in monounsaturated fat, produced a significant increase in HDL cholesterol [27.8%] and a decrease in LDL cholesterol [27.3%] compared to the placebo group. The Nutrim® group also experienced an improvement in their blood sugar and weight loss.

Another study using oat beta glucans incorporated into a fruit drink not only showed it to be effective for lowering cholesterol, but it did not seem to have a negative effect on the plasma levels of fat soluble antioxidants.[10]

References:

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10. Naumann E, et al. "B-Glucan incorporated into a fruit drink effectively lowers serum LDL-cholesterol concentrations." Am J Clin Nutr 83 (2006): 601-5.

Contact Us:

If you have any further questions or concerns, feel free to call us at 1-800-862-0438.

To talk with a product specialist directly, call 1-800-862-0438 extension 9 .

You can also find us online at http://www.oathealth.com.