Impact of different fibre mixtures on blood glucose response

No registrations found.

Ethical review	Positive opinion
Status	Recruitment stopped
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON22947

Source
NTR

Brief title
IRENA

Health condition

Healthy adults

Sponsors and support

Primary sponsor: Nutricia Research BV
Source(s) of monetary or material Support: Nutricia Research BV

Intervention

Outcome measures

Primary outcome

Blood glucose response

Secondary outcome

Safety and gastrointestinal tolerance

Study description

Background summary

In this study, the effect of 5 different fibre mixtures on glucose response is assessed. In addition, safety and gastrointestinal tolerance will be monitored. Thirty-five healthy volunteers will consume these 5 study products in a randomized cross-over manner (>48 hours between each session).

Whole grain cereal had a lower glucose peak value compared to rice cereal. The glycaemic response overall (AUC) did not differ between the five different fibre mixtures. No safety and tolerance issues regarding the consumption of the five fibre mixtures were identified during the study.

Study objective

The addition of a specific fibre mixture to a breakfast cereal will impact the blood glucose response.

Study design

acute changes in blood glucose levels measured 8 times over a period of 3 hours.

Intervention

Duration of intervention: approximately 3 weeks

Intervention: 5 different breakfast cereals will be consumed by subjects in a randomized, cross-over design. Duration of intervention: approximately 3 weeks

Contacts

Public
Nutricia Research BV
Clinical Studies Platform
Uppsalalaan 12

Maaike Hofman
Utrecht 3584 CT
The Netherlands
+31 (0)302095000

Scientific
Nutricia Research BV
Clinical Studies Platform
Uppsalalaan 12

Maaike Hofman
Utrecht 3584 CT
The Netherlands
+31 (0)302095000

Eligibility criteria

Inclusion criteria

Age 18-30 years

Male or female volunteers

BMI between 18-25

Diagnosis: self- assessed as healthy, confirmed by medical questionnaire during screening

Provide written informed consent

Non-smokers

Exclusion criteria

Diabetes Mellitus

History of heart disease and/or high blood pressure

Individuals who have any food intolerance or allergic reactions

Individuals currently taking regular medication or nutritional supplements (incl. vitamins) other than the contraceptive pill.
Having participated in a drug or dietary intervention trial within the last 2 months prior to first test session

Non-native English speakers

Individuals with a history of neurological or psychiatric illness

Pregnant or lactating females

Frequent breakfast skippers

Study design

Design

Study type:	Interventional
Intervention model:	Crossover
Allocation:	Randomized controlled trial
Masking:	Double blinded (masking used)
Control:	N/A , unknown

Recruitment

NL

Recruitment status:	Recruitment stopped
Start date (anticipated):	01-11-2013
Enrollment:	35
Type:	Actual

Ethics review

Positive opinion

Date:	11-11-2013
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL4132
NTR-old	NTR4285
Other	: DGS.1.C/B/0 / Nutricia Research
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Study results

Summary results
NA