

## Press Release

### Happy gut, happy life

**SternLife launches three powdered dietary fibre supplements for food and beverage enrichment.**

**Norderstedt (Germany), March 2020: SternLife has developed three new fibre-rich prebiotic powder supplements which are ideal for product concepts targeting the gut health trend. The “Heart”, “Slimming” and “Fibre Plus” variants deliver the most important ingredients for a healthy gut by combining soluble and insoluble dietary fibres. They can be used to fortify foods as well as beverages. “Heart” and “Slimming” contain special prebiotic dietary fibres for which health claims can be made, while “Fibre Plus” is a pre- and probiotic, as it not only includes prebiotic dietary fibres but also probiotic bacterial strains.**



More and more consumers know that dietary fibre plays a key role in gut health and wellbeing. The immune system, in particular, benefits from a healthy intestine. However, few people are able to eat enough fibre-rich food every day to keep their gut in good condition. Food and beverage manufacturers can bridge this nutritional gap with high-quality, functional products that are fortified with dietary fibres.

#### **All the best for a healthy heart**

A portion of SternLife’s “Heart” prebiotic supplement supplies 34 percent of the recommended daily fibre intake.<sup>1</sup> Prebiotics are indigestible food components that nourish the gut flora and help to shift the balance towards the “good” intestinal bacteria. As the supplement contains beta-glucans, thiamine and mango powder too, it enables

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<sup>1</sup> D-A-CH standard value: 30g dietary fibre per day

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manufacturers to target the heart health market. Beta-glucans support normal cholesterol levels, while thiamine contributes to normal heart function. In addition, the patented mango fruit powder can have a positive impact on blood circulation in the capillaries.

### **A healthy weight to feel good**

With its appealing mango-orange flavour, the ready to use “Slimming” powder just needs to be mixed with water and enjoyed before a meal. “Slimming” includes glucomannan, which triggers a feeling of satiety before meals and contributes to weight reduction as part of a low-calorie diet. Extracts of green tea and green coffee both give an extra boost to the metabolism. The supplement also has a prebiotic effect, and one portion supplies approximately 29 percent of the recommended daily fibre intake.<sup>1</sup>

### **For added wellbeing**

In addition, SternLife has developed “Fibre Plus”, a high-fibre pre- and probiotic. Its neutral taste means that “Fibre Plus” can be added to various foods, such as cereals and yogurt, as well as beverages. It contains probiotic *Lactobacillus acidophilus* bacteria, which promote healthy gut flora, and its prebiotic dietary fibres supply 26 percent of the recommended daily intake.<sup>1</sup> A patented plant extract from *Perilla frutescens* (Shiso) additionally ensures that the dietary fibres are well-tolerated and thus contribute to good digestion and overall wellbeing.

Astrid Pomrehn, Product Developer at SternLife, explains: “Since public awareness of the gut and its importance for health, the immune system and general wellbeing has grown, pro- and prebiotic foods are quite literally on everybody’s lips. A growing number of consumers want to maintain a healthy intestinal flora and supply it with the right nutrients. Our new high-quality, powdered fibre supplements offer lots of possibilities for interesting applications and product positionings.”



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### About SternLife

SternLife GmbH & Co. KG develops and manufactures functional foods and food supplements. The company's portfolio ranges from powder preparations, functional bars and snacks to capsules and tablets. Brands and private labels benefit from its comprehensive know-how in the innovative health, sport and lifestyle nutrition sector and from its range of products tailored to specific target groups. SternLife is a member of the independent, owner-managed Stern-Wywiol Gruppe, one of the most successful enterprises with international operations in the world of food and feed ingredients. When developing new products, SternLife's functional food experts have access to the pooled skills of eleven specialist companies and some 100 R&D experts in the Stern Technology Centre, with its broad range of applications technology. SternLife products are made in the group's own state-of-the-art manufacturing facilities located in various parts of Germany.

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