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Bean extract shows weight management potential, says new study

By Stephen Daniells, 14-Nov-2013

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Extracts from white beans (*Phaseolus vulgaris*) may enhance the results of weight loss and management diets, according to a new study.

Twelve weeks of supplementing a weight loss diet led to an average weight loss of 2.91 kg, compared to only 0.92 kg of weight loss in the weight loss plus placebo group, report researchers from the UK and Germany in the journal *Obesity*.

In addition, during an addition 12 weeks of 'weight management' when participants were allowed to eat freely, 73.5% of the participants successfully maintained their body weight.

The study used the PhaseLite (Phase 2 Carb Controller) ingredient developed by Pharmachem Laboratories, and manufactured by InQpharm. The new study is said to be the largest in terms of sample size and the longest single clinical study conducted on the white bean extract. The study was funded by InQpharm.

"These findings confirm that Phase 2 not only reduces the absorption of calories from carbohydrates, but also helps to reduce food cravings for sweet foods and chocolates," said Mitch Skop, Senior Director of New Product Development, Pharmachem Laboratories. *"This contributes greatly to the success of the weight loss regimen, as well as a happy and alert lifestyle."*

Body composition improvements

Barbara Grube, MD, lead researcher of the study, said that, in addition to the weight management benefits, the researchers also discovered other secondary efficacy parameters. *"For instance, after 12 weeks, the active group lost significantly more body fat mass and waist circumference compared to the placebo group,"* she said.

"From this data, we conclude that the reduction in body weight was due to the loss of fat mass, instead of muscles," she added. *"Improvement in body composition was also shown in the significant reduction in waist measurement in the active group compared to the placebo group."*

The study involved 123 subjects adhering to a mildly hypocaloric diet for 12 weeks and randomized to receive either the bean extract (3 grams per day) or placebo. After this initial 12 week period, 49 of the participants continued on to a single arm, open label weight management trial for an addition 12 weeks.

"Subjects in the weight management study were advised to maintain a nutritionally balanced diet, but there were no restrictions to food and energy intake," they wrote. *"Over 24 weeks, 73.5% of subjects managed to maintain their weight. This is encouraging evidence that the weight management effects of [PhaseLite] can be replicated in a noncontrolled setting, mimicking daily life. In the weight management study, the dosage was standardized at 2 tablets, three times a day, so that data analysis can be done on a population who were on homogenous intervention."*

"In real life, during weight management, the dosage of [PhaseLite] could possibly be adjusted based on individual needs, based on target weight and carbohydrate intake."

Mathias Miller, chief scientific officer of InQpharm, added that the subjects also completed the "Control of Eating Questionnaire" (COEQ), which uses visual analogue scales to assess subject's feelings such as hunger, satiety and food cravings.

"After 12 weeks, the active arm in the weight-loss study experienced a statistically significant decrease in their desire as well as in their frequency and strength of food cravings for chocolates and other sweet foods, whereas the placebo group experienced a significant increase in the difficulty in resisting particular types of food," he said.

Source: *Obesity*

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"Weight reduction and maintenance with IQP-PV-101: A 12-week randomized controlled study with a 24-week open label period"

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