



BAKELS

BAKERY INGREDIENTS SINCE 1904

Bakels product

MULTISEED PREBIOTIC



A close-up photograph of two hands, palms facing each other, with fingers slightly spread, forming a heart shape. The hands are positioned over a white, ribbed fabric, likely a shirt. The lighting is soft, and the skin tone is fair. A semi-transparent white oval is overlaid on the upper part of the image, containing the text.

Multiseed Prebiotic

**A FUNCTIONAL BREAD BASE
FOR A GOOD GUT HEALTH**

MANY BENEFITS OF INCORPORATING PREBIOTIC IN BAKED PRODUCTS

What we eat linked to our intestinal flora is a hot topic these days. The intestinal flora is one of the body's largest organs and accounts for a large part of the body's metabolism and forms an important part of the immune system. Research in recent years shows that the composition and function of the intestinal flora is of great importance for health and the occurrence of diseases*.

Prebiotics or dietary fibers emerge as a particularly interesting alternative when the consumer is looking for functional food with health benefits. Foods which help promote digestive health and the immune system are forecasted to be one of the most buzzing food categories in the coming years.



Multiseed Prebiotic

Multiseed Prebiotic is based on our popular bread mix Multiseed, appreciated worldwide for its composition and taste. With Multiseed Prebiotic, you get even more added value in addition to the already healthy ingredients included in the bread base.

With this unique bread base you get a bread full of fiber that acts as a prebiotic and contributes to normal bowel function**.

Multiseed Prebiotic contains chicory root which contributes to normal bowel function through increased stool frequency**. The prebiotic fiber inulin from the chicory root has a positive effect on the intestinal flora. Research shows that the fiber inulin can contribute to increase the content of selected good lactobacillus bacteria in the gut, if you eat it every day***.



PRODUCT INFORMATION 394011 MULTISEED PREBIOTIC



Dry and cool, not above +25°C.
(Max 65 % relative humidity)



Packaging: 20 kg bag.



Allergens: Gluten (WHEAT).



Shelf life: 8 months.

What is prebiotic?

Prebiotic is a dietary fiber in food that induce the growth or activity of beneficial bacteria in the gut. Prebiotic allows the gut bacteria to produce nutrients for the colon cells, which makes the digestive system work better.

Many health benefits connected with prebiotic

Research is revealing that prebiotic has beneficial effects on the immune system. Considering 80 percent of the immune system is in the digestive tract, maintaining a healthy gut is a major focal point in the pursuit to support overall health and immunity.



The prebiotic market

The prebiotic market is on the edge of a breakthrough, with many opportunities in numerous food categories. Prebiotics are predicted to become an even more important commercial segment for food brands.

THE CONSUMER UNDERSTANDS THE MEANING OF PREBIOTIC

According to Innova Market Insights report Good for the Gut****, prebiotic ingredients are growing gradually as a percentage of food and beverage launches, with prebiotic ingredients rising from 2.2% at the start of 2018 to 2.6% in the first half of 2021. Immunity-boosting ingredients will play a significant role for the coming years and prebiotics is in a good position to continue growing.

The same report shows that most consumers understand the connection between choosing probiotics, prebiotics and postbiotics, and a healthier gut and easier digestion. Familiarity with the supplements is highest among Millennials between the ages of 26 and 35.



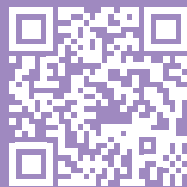


Good for
♥
your gut

Sources: * Livsmedelsverket Sverige/The Swedish Food Agency ** EFSA, European Food Safety Authority *** Prof. Stig Bengmark, fyra magiska fibrer/four magical fibers. <https://stigbengmark.com/fyra-magiska-fibrer/>. **** Innova Market Insights (2021) "Good for the gut: Probiotics, Prebiotics, Postbiotics" Effects of Probiotics, Prebiotics, and Synbiotics on Human Health - PubMed (nih.gov) Health Benefits of Prebiotics (news-medical.net) Boosting Immunity Through the Gut: How Prebiotics and Probiotics Enhance Overall Well-being – Deerland Probiotics and Enzymes.

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