

New Research on Acacia Fiber Shows Significant Benefits of Food Supplements in Alleviating Constipation

Always investing in new research for its historic ingredient, the acacia fiber, Nexira releases a new trial on human showing the benefit of inavea™ PURE ACACIA on transit modulation and its extreme tolerability on sensitive people with IBS.

inavea™ PURE ACACIA is an all-natural, organic and GMO-free dietary fiber sourced from carefully selected acacia trees. inavea™ PURE ACACIA offers a carbon neutral footprint and the value of high digestive tolerance for fiber enrichment and prebiotic effect in a large array of applications.

Acacia Fiber: The Perfect Ingredient For Sensitive People

According to the results of the Rome Foundational study, it was found that across 33 countries on six continents, more than 40% of persons worldwide suffer with a functional gastrointestinal disorder, such as IBS, and this dramatically affects their quality of life and healthcare use. Across Europe, consumer spending on OTC and supplements is considerable. Diets and supplements have crucial roles in managing these disorders, and brands can play a part. (1)

With more than 40 years of research in gut and microbiome, Nexira continues to complete its expertise and has released new study results on its prebiotic fiber.

As part of the IBSQUtrition project (2017-2022), Wageningen University & Research and its partners has conducted important research on people with irritable bowel syndrome (IBS) using the nutrition. “Nexira has joined this consortium to learn more about the effect of its acacia fiber on transit”, explained Damien Guillemet, Nexira Scientific Director.

Significant Transit Modulation Improvement

Pre-clinical studies have demonstrated the benefit of inavea™ PURE ACACIA on transit and digestive comfort. An interventional double-blinded clinical study vs placebo has been realized (publication in progress). inavea™ PURE ACACIA has been evaluated on 120 people from the predominantly constipated category of IBS people. They have taken 10g of inavea™ PURE ACACIA during 4 weeks, vs placebo.

inavea™ PURE ACACIA has demonstrated its potency by significantly improving constipation for IBS people. “It was the first time that acacia fiber has demonstrated its benefit on transit modulation in adults”, said Guillemet.

“Talking about constipation or transit seems to be old fashioned in front of microbiome, -biotics and so on. However, with more than 40% of people worldwide suffering from a functional gastrointestinal disorder, this solution to improve transit still has a huge potential for supplement manufacturers”, added Julie Impérato, Nexira Marketing manager. In addition, according to EFSA guidances, this improvement of transit is also valuable for occasional constipation in general population.

A secondary end point of the study was about the digestive comfort. Nexira has previously demonstrated that acacia fiber is highly tolerable, especially compared to FOS. The interesting point of this latest study is that inavea™ PURE ACACIA was compatible with IBS

population, known to be highly sensitive. “inavea™ supplementation did not trigger higher severity score or symptoms and even tends to decrease them”, completed Guillemet. “One of the most important threats for fiber intake is the associated digestive discomfort. That said, these results supporting the digestive comfort are certainly a major asset for inavea™ PURE ACACIA”, added Impérato.

These new results confirm that inavea™ PURE ACACIA supports transit modulation by improving constipation, with a high digestive comfort. Thanks to its properties, inavea™ PURE ACACIA can be used in a large array of applications, from supplements in powder to functional food and beverage such as trendy carbonates, functional alt-dairy or convenient bars, which open the field of innovation and new concepts.

inavea cinnamon acacia

Metabolic Health Activator

Glycemia & Insulinemia improvement

Demonstrated Prebiotic Activity

Carbon neutral, organic

inavea™ CINNAMON ACACIA is an all-natural and organic synergistic formulation of Cinnamon & Acacia, two African treasures with a long history within Nexira's portfolio.

Description

Providing prebiotic fibers from Acacia and polyphenols (including PACs) from Cinnamon, inavea™ CINNAMON ACACIA perfectly illustrates Nexira's expertise in microbiome modulation.

In a recent in vivo study mimicking the conditions of dysbiosis-induced by a high fat high sucrose (HFHS) diet, inavea™ CINNAMON ACACIA has proven a strong prebiotic activity, a synergistic contribution to balance the gut microbiome and a significant role in metabolic health improvement.

In 2025, the range inavea™ was honored with two major recognitions: the NutraIngredients Award in the Sustainability category and the Vitafoods Europe Innovation Award in the Sustainability Innovation category.

Health benefits

Our study has demonstrated the complementary & significant prebiotic activity of inavea™ CINNAMON ACACIA:

- Significant ability to modulate overall gut microbiota population
- Increase of SCFA propionate and butyrate production (1)
- Promotion of beneficial bacteria, such as Parabacteroides distasonis, which benefits on metabolic health markers such as glycemia and weight have been substantiated (Wang et al, 2019)

inavea™ CINNAMON ACACIA is suitable in a wide range of dietary supplement applications and functional food & beverages:



Healthy weight



Prebiotic - Fiber Enrichment

100 % all-natural & appealing combination

Subtle taste of Cinnamon

High fiber content**

Carbon neutral footprint

Cardio - Blood sugar