

Full Reference List of Weight Loss Clinical Studies for Supergut

Weight Loss Studies (53)

1. [Cocoa and unripe banana flour beverages improve anthropometric and biochemical markers in overweight women: A randomised double-blind study.](#)

de Oliveira Lomeu FLR, Vieira CR, Lucia FD, Veiga SMOM, Martino HSD, Silva RR.

Int J Vitam Nutr Res. 2021 Jun;91(3-4):325-334. doi: 10.1024/0300-9831/a000637. Epub 2020 Feb 5.

PMID: 32019434 Clinical Trial.

2. [Nondigestible Carbohydrates Affect Metabolic Health and Gut Microbiota in Overweight Adults after Weight Loss.](#)

Johnstone AM, Kelly J, Ryan S, Romero-Gonzalez R, McKinnon H, Fyfe C, Naslund E, Lopez-Nicolas R, Bosscher D, Bonnema A, Frontela-Saseta C, Ros-Berruezo G, Horgan G, Ze X, Harrold J, Halford J, Gratz SW, Duncan SH, Shirazi-Beechey S, Flint HJ.

J Nutr. 2020 Jul 1;150(7):1859-1870. doi: 10.1093/jn/nxaa124.

PMID: 32510158 Clinical Trial.

3. [Chilled Potatoes Decrease Postprandial Glucose, Insulin, and Glucose-dependent Insulinotropic Peptide Compared to Boiled Potatoes in Females with Elevated Fasting Glucose and Insulin.](#)

Patterson MA, Fong JN, Maiya M, Kung S, Sarkissian A, Nashef N, Wang W.

Nutrients. 2019 Sep 3;11(9):2066. doi: 10.3390/nu11092066.

PMID: 31484331 **Free PMC article.** Clinical Trial.

4. [Metabolic phenotypes and the gut microbiota in response to dietary resistant starch type 2 in normal-weight subjects: a randomized crossover trial.](#)

Zhang L, Ouyang Y, Li H, Shen L, Ni Y, Fang Q, Wu G, Qian L, Xiao Y, Zhang J, Yin P, Panagiotou G, Xu G, Ye J, Jia W.

Sci Rep. 2019 Mar 20;9(1):4736. doi: 10.1038/s41598-018-38216-9.

PMID: 30894560 **Free PMC article.** Clinical Trial.

5. [Acute Effect of Resistant Starch on Food Intake, Appetite and Satiety in Overweight/Obese Males.](#)

Al-Mana NM, Robertson MD.

Nutrients. 2018 Dec 15;10(12):1993. doi: 10.3390/nu10121993.

PMID: 30558330 **Free PMC article.** Clinical Trial.

6. [Acute increases in serum colonic short-chain fatty acids elicited by inulin do not increase GLP-1 or PYY responses but may reduce ghrelin in lean and overweight humans.](#)
Rahat-Rozenbloom S, Fernandes J, Cheng J, Wolever TMS.
Eur J Clin Nutr. 2017 Aug;71(8):953-958. doi: 10.1038/ejcn.2016.249. Epub 2016 Dec 14.
PMID: 27966574 **Free PMC article.** Clinical Trial.
7. [Resistant starch lowers postprandial glucose and leptin in overweight adults consuming a moderate-to-high-fat diet: a randomized-controlled trial.](#)
Maziarz MP, Preisendanz S, Juma S, Imrhan V, Prasad C, Vijayagopal P.
Nutr J. 2017 Feb 21;16(1):14. doi: 10.1186/s12937-017-0235-8.
PMID: 28222742 **Free PMC article.** Clinical Trial.
8. [Beneficial effects of green banana biomass consumption in patients with pre-diabetes and type 2 diabetes: a randomised controlled trial.](#)
Costa ES, França CN, Fonseca FAH, Kato JT, Bianco HT, Freitas TT, Fonseca HAR, Figueiredo Neto AM, Izar MC.
Br J Nutr. 2019 Jun;121(12):1365-1375. doi: 10.1017/S0007114519000576. Epub 2019 Mar 19.
PMID: 30887937 Clinical Trial.
9. [The acute effects of inulin and resistant starch on postprandial serum short-chain fatty acids and second-meal glycemic response in lean and overweight humans.](#)
Rahat-Rozenbloom S, Fernandes J, Cheng J, Gloor GB, Wolever TM.
Eur J Clin Nutr. 2017 Feb;71(2):227-233. doi: 10.1038/ejcn.2016.248. Epub 2016 Dec 14.
PMID: 27966565 **Free PMC article.** Clinical Trial.
10. [Effects of dietary resistant starch content on metabolic status, milk composition, and microbial profiling in lactating sows and on offspring performance.](#)
Yan H, Lu H, Almeida VV, Ward MG, Adeola O, Nakatsu CH, Ajuwon KM.
J Anim Physiol Anim Nutr (Berl). 2017 Feb;101(1):190-200. doi: 10.1111/jpn.12440. Epub 2016 Feb 5.
PMID: 26848026 Clinical Trial.
11. [Diets high in resistant starch increase plasma levels of trimethylamine-N-oxide, a gut microbiome metabolite associated with CVD risk.](#)

Bergeron N, Williams PT, Lamendella R, Faghinia N, Grube A, Li X, Wang Z, Knight R, Jansson JK, Hazen SL, Krauss RM.

Br J Nutr. 2016 Dec;116(12):2020-2029. doi: 10.1017/S0007114516004165. Epub 2016 Dec 20.

PMID: 27993177 **Free PMC article.** Clinical Trial.

12. [Effects of thermo-resistant non-starch polysaccharide degrading multi-enzyme on growth performance, meat quality, relative weights of body organs and blood profile in broiler chickens.](#)

Mohammadi Gheisar M, Hosseindoust A, Kim IH.

J Anim Physiol Anim Nutr (Berl). 2016 Jun;100(3):499-505. doi: 10.1111/jpn.12387. Epub 2015 Sep 3.

PMID: 26334023 Clinical Trial.

13. [Metabolomic and transcriptomic responses induced in the livers of pigs by the long-term intake of resistant starch.](#)

Sun Y, Yu K, Zhou L, Fang L, Su Y, Zhu W.

J Anim Sci. 2016 Mar;94(3):1083-94. doi: 10.2527/jas.2015-9715.

PMID: 27065270 Clinical Trial.

14. [Effects of total fibre or resistant starch-rich diets within lifestyle intervention in obese prediabetic adults.](#)

Dodevska MS, Sobajic SS, Djordjevic PB, Dimitrijevic-Sreckovic VS, Spasojevic-Kalimanovska VV, Djordjevic BI.

Eur J Nutr. 2016 Feb;55(1):127-37. doi: 10.1007/s00394-015-0831-3. Epub 2015 Jan 15.

PMID: 25588971 Clinical Trial.

15. [The Therapeutic Potential of Resistant Starch in Modulation of Insulin Resistance, Endotoxemia, Oxidative Stress and Antioxidant Biomarkers in Women with Type 2 Diabetes: A Randomized Controlled Clinical Trial.](#)

Karimi P, Farhangi MA, Sarmadi B, Gargari BP, Zare Javid A, Pouraghaei M, Dehghan P.

Ann Nutr Metab. 2016;68(2):85-93. doi: 10.1159/000441683. Epub 2015 Dec 12.

PMID: 26655398 Clinical Trial.

16. [Obesity, Aspirin, and Risk of Colorectal Cancer in Carriers of Hereditary Colorectal Cancer: A Prospective Investigation in the CAPP2 Study.](#)

Movahedi M, Bishop DT, Macrae F, Mecklin JP, Moeslein G, Olschwang S, Eccles D, Evans DG, Maher ER, Bertario L, Bisgaard ML, Dunlop MG, Ho JW, Hodgson SV, Lindblom A, Lubinski J, Morrison PJ, Murday V, Ramesar RS, Side L, Scott RJ, Thomas HJ, Vasen HF, Burn J, Mathers JC.

J Clin Oncol. 2015 Nov 1;33(31):3591-7. doi: 10.1200/JCO.2014.58.9952. Epub 2015 Aug 17.

PMID: 26282643 Clinical Trial.

17. [Resistant starch and protein intake enhances fat oxidation and feelings of fullness in lean and overweight/obese women.](#)

Gentile CL, Ward E, Holst JJ, Astrup A, Ormsbee MJ, Connelly S, Arciero PJ.

Nutr J. 2015 Oct 29;14:113. doi: 10.1186/s12937-015-0104-2.

PMID: 26514213 **Free PMC article.** Clinical Trial.

18. [Effects of Acute Ingestion of Native Banana Starch on Glycemic Response Evaluated by Continuous Glucose Monitoring in Obese and Lean Subjects.](#)

Jiménez-Domínguez G, Ble-Castillo JL, Aparicio-Trápala MA, Juárez-Rojop IE, Tovilla-Zárate CA, Ble-Castillo DJ, García-Vázquez C, Olvera-Hernández V, Pérez-Pimienta B, Diaz-Zagoya JC, Mendez JD.

Int J Environ Res Public Health. 2015 Jul 6;12(7):7491-505. doi: 10.3390/ijerph120707491.

PMID: 26154657 **Free PMC article.** Clinical Trial.

19. [Efficacy of a novel prebiotic and a commercial probiotic in reducing mortality and production losses due to cold stress and Escherichia coli challenge of broiler chicks 1.](#)

Huff GR, Huff WE, Rath NC, El-Gohary FA, Zhou ZY, Shini S.

Poult Sci. 2015 May;94(5):918-26. doi: 10.3382/ps/pev068. Epub 2015 Mar 5.

PMID: 25743418 Clinical Trial.

20. [The effects of whole grain high-amylose maize flour as a source of resistant starch on blood glucose, satiety, and food intake in young men.](#)

Luhovyy BL, Mollard RC, Yurchenko S, Nunez MF, Berengut S, Liu TT, Smith CE, Pelkman CL, Anderson GH.

J Food Sci. 2014 Dec;79(12):H2550-6. doi: 10.1111/1750-3841.12690. Epub 2014 Nov 11.

PMID: 25388622 Clinical Trial.

21. [Impact of diet and individual variation on intestinal microbiota composition and fermentation products in obese men.](#)

Salonen A, Lahti L, Salojärvi J, Holtrop G, Korpela K, Duncan SH, Date P, Farquharson F, Johnstone AM, Lobley GE, Louis P, Flint HJ, de Vos WM.

ISME J. 2014 Nov;8(11):2218-30. doi: 10.1038/ismej.2014.63. Epub 2014 Apr 24.

PMID: 24763370 **Free PMC article.** Clinical Trial.

22. [Feeding a diet containing resistant potato starch influences gastrointestinal tract traits and growth performance of weaned pigs.](#)

Heo JM, Agyekum AK, Yin YL, Rideout TC, Nyachoti CM.

J Anim Sci. 2014 Sep;92(9):3906-13. doi: 10.2527/jas.2013-7289. Epub 2014 Jul 23.

PMID: 25057032 Clinical Trial.

23. [Impact of short term consumption of diets high in either non-starch polysaccharides or resistant starch in comparison with moderate weight loss on indices of insulin sensitivity in subjects with metabolic syndrome.](#)

Lobley GE, Holtrop G, Bremner DM, Calder AG, Milne E, Johnstone AM.

Nutrients. 2013 Jun 10;5(6):2144-72. doi: 10.3390/nu5062144.

PMID: 23752495 **Free PMC article.** Clinical Trial.

24. [Resistant starch from high-amylose maize increases insulin sensitivity in overweight and obese men.](#)

Maki KC, Pelkman CL, Finocchiaro ET, Kelley KM, Lawless AL, Schild AL, Rains TM.

J Nutr. 2012 Apr;142(4):717-23. doi: 10.3945/jn.111.152975. Epub 2012 Feb 22.

PMID: 22357745 **Free PMC article.** Clinical Trial.

25. [Dietary fibre improves first-phase insulin secretion in overweight individuals.](#)

Bodinhham CL, Smith L, Wright J, Frost GS, Robertson MD.

PLoS One. 2012;7(7):e40834. doi: 10.1371/journal.pone.0040834. Epub 2012 Jul 16.

PMID: 22815837 **Free PMC article.** Clinical Trial.

26. [Influence of different levels and sources of resistant starch on faecal quality of dogs of various body sizes.](#)

Goudez R, Weber M, Biourge V, Nguyen P.

Br J Nutr. 2011 Oct;106 Suppl 1:S211-5. doi: 10.1017/S0007114511003345.

PMID: 22005431 Clinical Trial.

27. [Fecal butyrate levels vary widely among individuals but are usually increased by a diet high in resistant starch.](#)

McOrist AL, Miller RB, Bird AR, Keogh JB, Noakes M, Topping DL, Conlon MA.

J Nutr. 2011 May;141(5):883-9. doi: 10.3945/jn.110.128504. Epub 2011 Mar 23.

PMID: 21430242 Clinical Trial.

28. [Effects of native banana starch supplementation on body weight and insulin sensitivity in obese type 2 diabetics.](#)

Ble-Castillo JL, Aparicio-Trápala MA, Francisco-Luria MU, Córdova-Uscanga R, Rodríguez-Hernández A, Méndez JD, Díaz-Zagoya JC.

Int J Environ Res Public Health. 2010 May;7(5):1953-62. doi: 10.3390/ijerph7051953. Epub 2010 Apr 28.

PMID: 20623003 **Free PMC article.** Clinical Trial.

29. [Resistant starch improves insulin sensitivity in metabolic syndrome.](#)
Johnston KL, Thomas EL, Bell JD, Frost GS, Robertson MD.
Diabet Med. 2010 Apr;27(4):391-7. doi: 10.1111/j.1464-5491.2010.02923.x.
PMID: 20536509 Clinical Trial.
30. [Beneficial effects of resistant starch on laxation in healthy adults.](#)
Maki KC, Sanders LM, Reeves MS, Kaden VN, Rains TM, Cartwright Y.
Int J Food Sci Nutr. 2009;60 Suppl 4:296-305. doi: 10.1080/09637480903130538.
PMID: 19688627 Clinical Trial.
31. [Resistant starch supplementation influences blood lipid concentrations and glucose control in overweight subjects.](#)
Park OJ, Kang NE, Chang MJ, Kim WK.
J Nutr Sci Vitaminol (Tokyo). 2004 Apr;50(2):93-9.
PMID: 15242012 Clinical Trial.
32. [Breath-hydrogen production and amylose content of the diet.](#)
Behall KM, Howe JC.
Am J Clin Nutr. 1997 Jun;65(6):1783-9. doi: 10.1093/ajcn/65.6.1783.
PMID: 9174473 Clinical Trial.
33. [Neither raw nor retrograded resistant starch lowers fasting serum cholesterol concentrations in healthy normolipidemic subjects.](#)
Heijnen ML, van Amelsvoort JM, Deurenberg P, Beynen AC.
Am J Clin Nutr. 1996 Sep;64(3):312-8. doi: 10.1093/ajcn/64.3.312.
PMID: 8780339 Clinical Trial.
34. [The effects of pre-exercise starch ingestion on endurance performance.](#)
Goodpaster BH, Costill DL, Fink WJ, Trappe TA, Jozsi AC, Starling RD, Trappe SW.
Int J Sports Med. 1996 Jul;17(5):366-72. doi: 10.1055/s-2007-972862.
PMID: 8858409 Clinical Trial.
35. [The effect of raw potato starch on energy expenditure and substrate oxidation.](#)
Tagliabue A, Raben A, Heijnen ML, Deurenberg P, Pasquali E, Astrup A.

Am J Clin Nutr. 1995 May;61(5):1070-5. doi: 10.1093/ajcn/61.4.1070.

PMID: 7733031 Clinical Trial.

36. [Type-4 Resistant Starch in Substitution for Available Carbohydrate Reduces Postprandial Glycemic Response and Hunger in Acute, Randomized, Double-Blind, Controlled Study.](#)
Stewart ML, Wilcox ML, Bell M, Buggia MA, Maki KC.
Nutrients. 2018 Jan 26;10(2):129. doi: 10.3390/nu10020129.
PMID: 29373530 Free PMC article. Clinical Trial.
37. [Effect of resistant wheat starch on subjective appetite and food intake in healthy adults.](#)
Emilien CH, Hsu WH, Hollis JH.
Nutrition. 2017 Nov-Dec;43-44:69-74. doi: 10.1016/j.nut.2017.06.020. Epub 2017 Jul 6.
PMID: 28935147 Clinical Trial.
38. [Acute Effect of Resistant Starch on Food Intake, Appetite and Satiety in Overweight/Obese Males.](#)
Al-Mana NM, Robertson MD.
Nutrients. 2018 Dec 15;10(12):1993. doi: 10.3390/nu10121993.
PMID: 30558330 Free PMC article. Clinical Trial.
39. [Resistant starch lowers postprandial glucose and leptin in overweight adults consuming a moderate-to-high-fat diet: a randomized-controlled trial.](#)
Maziarz MP, Preisendanz S, Juma S, Imrhan V, Prasad C, Vijayagopal P.
Nutr J. 2017 Feb 21;16(1):14. doi: 10.1186/s12937-017-0235-8.
PMID: 28222742 Free PMC article. Clinical Trial.
40. [Including dietary fiber and resistant starch to increase satiety and reduce aggression in gestating sows.](#)
Sapkota A, Marchant-Forde JN, Richert BT, Lay DC.
J Anim Sci. 2016 May;94(5):2117-27. doi: 10.2527/jas.2015-0013.
PMID: 27285708 Clinical Trial.
41. [Resistant starch and protein intake enhances fat oxidation and feelings of fullness in lean and overweight/obese women.](#)
Gentile CL, Ward E, Holst JJ, Astrup A, Ormsbee MJ, Connelly S, Arciero PJ.
Nutr J. 2015 Oct 29;14:113. doi: 10.1186/s12937-015-0104-2.
PMID: 26514213 Free PMC article. Clinical Trial.

42. [High Amylose White Rice Reduces Post-Prandial Glycemic Response but Not Appetite in Humans.](#)
Zenel AM, Stewart ML.
Nutrients. 2015 Jul 2;7(7):5362-74. doi: 10.3390/nu7075225.
PMID: 26147654 Free PMC article. Clinical Trial.
43. [The effects of whole grain high-amylose maize flour as a source of resistant starch on blood glucose, satiety, and food intake in young men.](#)
Luhovyy BL, Mollard RC, Yurchenko S, Nunez MF, Berengut S, Liu TT, Smith CE, Pelkman CL, Anderson GH.
J Food Sci. 2014 Dec;79(12):H2550-6. doi: 10.1111/1750-3841.12690. Epub 2014 Nov 11.
PMID: 25388622 Clinical Trial.
44. [Satiety effects of a whole-grain fibre composite ingredient: reduced food intake and appetite ratings.](#)
Harrold J, Breslin L, Walsh J, Halford J, Pelkman C.
Food Funct. 2014 Oct;5(10):2574-81. doi: 10.1039/c4fo00253a. Epub 2014 Aug 20.
PMID: 25138661 Clinical Trial.
45. [Effects of resistant starch on behaviour, satiety-related hormones and metabolites in growing pigs.](#)
Souza da Silva C, Haenen D, Koopmans SJ, Hooiveld GJ, Bosch G, Bolhuis JE, Kemp B, Müller M, Gerrits WJ.
Animal. 2014 Sep;8(9):1402-11. doi: 10.1017/S1751731114001116. Epub 2014 May 20.
PMID: 24845880 Clinical Trial.
46. [On the possibility to affect the course of glycaemia, insulinaemia, and perceived hunger/satiety to bread meals in healthy volunteers.](#)
Ekström LM, Björck IM, Ostman EM.
Food Funct. 2013 Apr 25;4(4):522-9. doi: 10.1039/c2fo30251a. Epub 2013 Jan 21.
PMID: 23334658 Clinical Trial.
47. [Resistant starch and pullulan reduce postprandial glucose, insulin, and GLP-1, but have no effect on satiety in healthy humans.](#)
Klosterbuer AS, Thomas W, Slavin JL.
J Agric Food Chem. 2012 Dec 5;60(48):11928-34. doi: 10.1021/jf303083r. Epub 2012 Nov 20.
PMID: 23136915 Clinical Trial.

48. [Soluble fiber dextrin enhances the satiating power of beverages.](#)
Monsivais P, Carter BE, Christiansen M, Perrigue MM, Drewnowski A.
Appetite. 2011 Feb;56(1):9-14. doi: 10.1016/j.appet.2010.10.010. Epub 2010 Nov 4.
PMID: 21056069 Clinical Trial.
49. [Relation between estimates of cornstarch digestibility by the Englyst in vitro method and glycemic response, subjective appetite, and short-term food intake in young men.](#)
Anderson GH, Cho CE, Akhavan T, Mollard RC, Luhovyy BL, Finocchiaro ET.
Am J Clin Nutr. 2010 Apr;91(4):932-9. doi: 10.3945/ajcn.2009.28443. Epub 2010 Feb 17.
PMID: 20164321 Clinical Trial.
50. [Greater satiety response with resistant starch and corn bran in human subjects.](#)
Willis HJ, Eldridge AL, Beiseigel J, Thomas W, Slavin JL.
Nutr Res. 2009 Feb;29(2):100-5. doi: 10.1016/j.nutres.2009.01.004.
PMID: 19285600 Clinical Trial.
51. [Effect of the glycemic index and content of indigestible carbohydrates of cereal-based breakfast meals on glucose tolerance at lunch in healthy subjects.](#)
Liljeberg HG, Akerberg AK, Björck IM.
Am J Clin Nutr. 1999 Apr;69(4):647-55. doi: 10.1093/ajcn/69.4.647.
PMID: 10197565 Clinical Trial.
52. [Resistant starch has little effect on appetite, food intake and insulin secretion of healthy young men.](#)
de Roos N, Heijnen ML, de Graaf C, Woestenenk G, Hobbel E.
Eur J Clin Nutr. 1995 Jul;49(7):532-41.
PMID: 7588504 Clinical Trial.
53. [Resistant starch: the effect on postprandial glycemia, hormonal response, and satiety.](#)
Raben A, Tagliabue A, Christensen NJ, Madsen J, Holst JJ, Astrup A.
Am J Clin Nutr. 1994 Oct;60(4):544-51. doi: 10.1093/ajcn/60.4.544.
PMID: 8092089 Clinical Trial.