



**Supergut's prebiotic fiber meal replacement shake significantly improved quality of life and delivered a 0.7% placebo-corrected reduction in hemoglobin A1c in adults with diabetes.**

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*Participants taking Supergut's fiber blend had clinically meaningful improvement in a quality of life metric, core type 2 diabetes distress assessment tool in this 12 week phase 2 equivalent study*

*Participants taking Supergut's fiber blend meal replacement shake also had a 0.7% placebo-corrected reduction in hemoglobin a1c*

Los Angeles, July 19, 2022/PRNewswire/ – Supergut's prebiotic fiber meal replacement shake (active MRS) achieved superior improvement in the core type 2 diabetes distress assessment tool ([T2-DDAS](#)) relative to a fiber-absent isocaloric isoprotein meal replacement shake (placebo MRS) and dietary advice alone ([CDC Eat Well resource](#)) at 12 weeks of a 1-2 daily shake intervention in topline results from Supergut ([NCT05110703](#)). This study enrolled 192 participants and was the first trial to evaluate the efficacy and safety of a MRS consisting of a patented prebiotic fiber blend (resistant starch and beta glucan) in overweight and obese adults with type 2 diabetes. Supergut's active MRS met the primary endpoint of superior improvement in DDAS and key secondary endpoint of improvement in hemoglobin A1c (HbA1c) relative to placebo shake and dietary advice alone.

Participants taking active MRS achieved a clinically meaningful improvement in DDAS of 0.3 relative to a 0.1 worsening in the placebo shake and no change in the dietary alone arm. In a key secondary endpoint, participants taking active MRS achieved an absolute mean reduction in HgA1c of 0.36% (median -0.50%) relative to a mean increase of 0.30% (median 0.55%) in the placebo MRS arm, and decrease of 0.17 (median -0.05%) in the diet only arm.

“As a physician and clinical researcher who has conducted hundreds of clinical trials for diabetes and metabolism-related medications, I am very impressed to see such clinically significant results with a real food intervention,” said the principal investigator of the trial, Dr. Juan Pablo Frias, Velocity Clinical Research.

The overall safety of the active MRS was similar to the placebo MRS and dietary advice only arm. There were no serious adverse events reported. The gastrointestinal tolerability, as measured by the Gastrointestinal Symptom Rating Scale ([GSRS](#)), was also similar to the placebo arm with a reduction in score of -1.9 and -2.0 respectively. Both MRS interventions were better tolerated than the dietary advice only arm which showed an increase in GSRS of 3.6.

The mode of action of the fiber based intervention is hypothesized to be in part via action of the gut microbiome and production of short chain fatty acids (SCFA's) such as butyrate that increase natural gut-derived stores of GLP-1 and other blood sugar regulating hormones. Additional biomarkers analysis of the gut microbiome (metagenomics), gut and serum SCFA's, serum inflammatory markers, and serum incretin hormones are currently underway.

“Over the past decade, the medical community has had increasing appreciation for the gut microbiome’s central role in controlling blood sugar levels and managing Type 2 diabetes,” said Dr. Christopher Damman, MD, MA, gastroenterologist, Chief Medical and Science Officer at Supergut and former head of the microbiome program at the Gates Foundation. “We were impressed with the clinical trial results, which demonstrate that regular consumption of the resistant-starch-based shake was more effective than a placebo shake and dietary advice alone at addressing metabolic dysfunction in diabetic adults and with less gastrointestinal distress than a diet alone intervention.”

### **About Supergut**

Supergut is the leading evidence-based nutrition brand designed to empower consumers to reclaim and sustain control over their bodies through the science of the gut microbiome, offering delicious and convenient functional foods. Harnessing the power of superfood resistant starch, Supergut offers scientifically-backed food products that are clinically proven to improve metabolic and gut health while boosting overall quality of life. Supergut uses breakthrough research and their own gold-standard clinical study to create products that deliver measurable health results for customers. Founder Marc Washington launched Supergut (formerly Muniq) in 2020 on a mission to fix the broken food system and create alternative methods for individuals looking to transform their health through their gut. To learn more, visit [supergut.com](https://supergut.com) or follow the brand on Instagram at [@supergut](https://www.instagram.com/supergut).

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