

CHARACTERISTICS OF FIBRES TYPES, INCLUDING FOOD AND SUPPLEMENT SOURCES, AND EFFECTS IN IBS

FIBER TYPE	FOOD SOURCES	FIBRE SUPPLEMENTS	EFFECTS IN IBS
NON-FERMENTABLE			
Bulking; non-viscous (e.g., cellulose, lignin)	Bulking; non-viscous (e.g., cellulose, lignin)	Sugarcane bagasse	Stool bulk: ↑↑ Stool water: ↑↑ Transit time: ↓ (normalises if rapid or prolonged) Luminal volume: unclear Microbiota: unclear
Bulking, viscous (e.g., psyllium, sterculia, methylcellulose)		<ul style="list-style-type: none"> Psyllium - generic, Metamucil, Fybogel Methylcellulose - Citrucel Sterculia - Normafibe 	<ul style="list-style-type: none"> Stool bulk: ↑ Stool water: ↑ Transit time: ↔ (normalises if rapid or prolonged) Luminal volume: unclear Microbiota: unclear
FERMENTABLE			
Non-bulking, viscous (e.g., beta-glucan, pectin)	<ul style="list-style-type: none"> Grains (oats, psyllium husks) 	<ul style="list-style-type: none"> Psyllium husk (Metamucil Original) Plantago ovata seeds, ispaghula husks (Agiofibre) Unprocessed oat bran Resistant starch (Hi Maize) Partially hydrolysed guar gum (Sunfiber) 	<ul style="list-style-type: none"> ↑ bacterial mass → stool bulking Gel-forming properties Improved laxation <p>But, may cause gas / flatus</p> <ul style="list-style-type: none"> RS is fermented at a slower rate so may cause less distension, pain & bloating than FODMAPs
Non-bulking; non-viscous; slow to moderately-fermented (e.g., resistant starch subtypes, PHGG, wheat dextrin)		RS2: High-amylose maize starches, green banana flour RS4: Novalose PHGG: Sunfiber Wheat dextrin: benefibre	<ul style="list-style-type: none"> Stool bulk: ↔ Stool water: ↔ Transit time: ↔ Luminal volume: unclear Microbiota: 'prebiotic' effects
Non-bulking; non-viscous; rapidly-fermented (e.g., FOS, GOS, inulin, XOS)	FOS and inulin: onion, garlic, artichoke, whole-grains GOS: legumes, whole-grains XOS: fruits, vegetables, honey (all in small amounts)	FOS and inulin: Orafiti, Fibresure GOS: Biumo	<ul style="list-style-type: none"> Stool bulk: ↔ Stool water: ↔ Transit time: ↔ Luminal volume: ↑ fluctuations in proximal colon Microbiota: 'prebiotic' effects