

References for HyFIBER brochure

1. NICE. 2021. *Clinical Knowledge Summaries: Constipation*. Online. Available from: <https://cks.nice.org.uk/topics/constipation/management/adults/> [Accessed 08 September 2022]
2. Włodarczyk, J., Waśniewska, A., Fichna, J., Dżiki, A., Dżiki, Ł. and Włodarczyk, M., 2021. Current Overview on Clinical Management of Chronic Constipation. *Journal of Clinical Medicine*, 10(8), p.1738.
3. De Vries, J., Le Bourgot, C., Calame, W. and Respondek, F., 2019. Effects of β -fructans fiber on bowel function: a systematic review and meta-analysis. *Nutrients*, 11(1), p.91.
4. Timm, D.A., Thomas, W., Boileau, T.W., Williamson-Hughes, P.S. and Slavin, J.L., 2013. Polydextrose and soluble corn fiber increase five-day fecal wet weight in healthy men and women. *The Journal of nutrition*, 143(4), pp.473-478.
5. Do Carmo, M.M.R., Walker, J.C.L., Novello, D., Caselato, V.M., Sgarbieri, V.C., Ouwehand, A.C., Andreollo, N.A., Hiane, P.A. and Dos Santos, E.F., 2016. Polydextrose: Physiological function, and effects on health. *Nutrients*, 8(9), p.553.
6. Carlson, J.L., Erickson, J.M., Lloyd, B.B. and Slavin, J.L., 2018. Health effects and sources of prebiotic dietary fiber. *Current developments in nutrition*, 2(3), p.nzy005.
7. NHS Inform. 2020. *Constipation*. Available from: <https://www.nhsinform.scot/illnesses-and-conditions/stomach-liver-and-gastrointestinal-tract/constipation> [Accessed 08 September 2022].
8. Soares, N.C. and Ford, A.C., 2011. Prevalence of, and risk factors for, chronic idiopathic constipation in the community: systematic review and meta-analysis. *Official journal of the American College of Gastroenterology| ACG*, 106(9), pp.1582-1591.
9. NICE. 2017. *Irritable bowel syndrome in adults: diagnosis and management* [NICE Guideline No. 61]. Available from: <https://www.nice.org.uk/guidance/cg61/resources/irritable-bowel-syndrome-in-adults-diagnosis-and-management-pdf-975562917829> [Accessed 26 September 2022].
10. NICE. 2021. *Diverticular disease; How common is it?* Available from: <https://cks.nice.org.uk/topics/diverticular-disease/background-information/prevalence/> [Accessed 26 September 2022].