

**Obesimed® Forte - Pal S, Ho S, Gahler RJ, Wood S. Effect on body weight and composition in overweight/obese Australian adults over 12 months consumption of two different types of fibre supplementation in a randomized trial. Nutr Metab (Lond). 2016 Nov 17;13:82.**

Authors (year published)	Study design	Total patients	Intervention	Reported outcomes/results	Adverse events	Appraisal	Level
Pal S, et al., 2016	Double-blind, controlled, randomized clinical trial.	159	PGX (glucomannan + xanthan) 5 g or psyllium 5 g or placebo daily	PGX was better than PSY at maintaining dietary changes and weight loss over the 12 month intervention period	Reported	D2 A1 P1 R1 T1 O1 F1 S1 C1	I

**CASP Questions for making sense of evidence**

1. Did the study ask a clearly focused question?	2. Was this a RCT, and was it appropriately so?	3. Were participants appropriately allocated to intervention and control groups?	4. Were participant, staff, and study personnel blinded to participants' study group?	5. Were all participants who entered the trial accounted for at its conclusion?	6. Were the participants in all groups followed up and data collected in the same way?	7. Did the study have enough participants to minimize the play of chance?	8. How are the results presented, and what is the main result?	9. How precise are these results?	10. Were all important outcomes considered so that the results can be applied?
Yes	Yes. Appropriate for this study	Yes. Participants randomly assigned to glucomannan-xanthan 5 g/d or psyllium or placebo.	Yes	Yes. 159 participants with obesity and overweight	Safety and efficacy data obtained on all patients	Yes-power analysis performed.	Weight was a difference of - 2,8% for the PGX group and - 1,5% for the PSY group compared to control after 12 months	Statistical tests appropriately used can have confidence in results.	Efficacy and safety both considered.

**Synopsis - Pal S, Ho S, Gahler RJ, Wood S. Effect on body weight and composition in overweight/obese Australian adults over 12 months consumption of two different types of fibre supplementation in a randomized trial. Nutr Metab (Lond). 2016 Nov 17;13:82.**

Aim: to investigate the effects of PolyGlycopleX® (PGX®), a proprietary polysaccharide complex and a proprietary Psyllium product (PgxSyl™) (PSY) on diet, body weight and composition in overweight and obese individuals.

Study design: randomized, double-blind, placebo-controlled trial.

Subjects: 159 people with overweight and obesity (BMI 25–47 kg/m<sup>2</sup>) randomized to 3 groups: control (rice flour); PGX (PGX) and proprietary psyllium (PSY). Participants did not change any of their usual habits or diet except they consumed 5 g of supplement (5 g psyllium or 5 g PGX or 5 g rice flour as placebo) taken with a total of 500 ml of water 5-10 min before meals for 52 weeks. PGX is a polysaccharide complex manufactured by a proprietary process (Enviro-Simplex®) from konjac (glucomannan), sodium alginate and xanthan gum.

Results: Weight was significantly lower in the PGX group compared to control at 3 (-1,6 kg [0,57, 2,67, p = 0,003]), 6 (-2,6 kg [1,01, 4,13, p = 0,001]) and 12 months (-2,6 kg [0,59, 4,64, p = 0,012]) and in the PSY group compared to control group at 3 (-1,1 kg [0,07, 2,12, p = 0,037]) and 6 months (-2,4 kg [0,95, 3,93, p = 0,002]). This was a difference of - 2,8% for the PGX group and - 1,5% for the PSY group compared to control after 12 months supplementation. Body Fat was significantly lower in PGX compared to control at 6 (-1,8 kg [0,63, 2,95, p = 0,003]) and 12 months (-1,9 kg [0,43, 3,36, p = 0,012]) and in PSY compared to control at 6 (-1,9 kg [0,84, 3,04, p = 0,001]) and 12 months (-1,4 kg [0,08, 2,71, p = 0,038]).

Minor adverse events were gastrointestinal related (e.g. flatulence, diarrhoea) with four participants withdrawing from the study, two in the PGX group and two in the control group. The PSY supplement was better tolerated and participants did not report any adverse effects.

Authors' conclusion: PGX was better than PSY at maintaining dietary changes and weight loss over the 12 month intervention period, with no change to exercise. A simple strategy of PGX supplementation may offer an effective solution to long-term weight-loss and then management without the need for other nutrient modification.