

# KODAS

WE FEED AMBITION



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# GLOBAL PROBLEMS WE CHALLENGED

**We used to eat**  
>100g of fiber a  
day from >600  
plants

**We now eat** ~15g  
of fiber from ~50  
plants

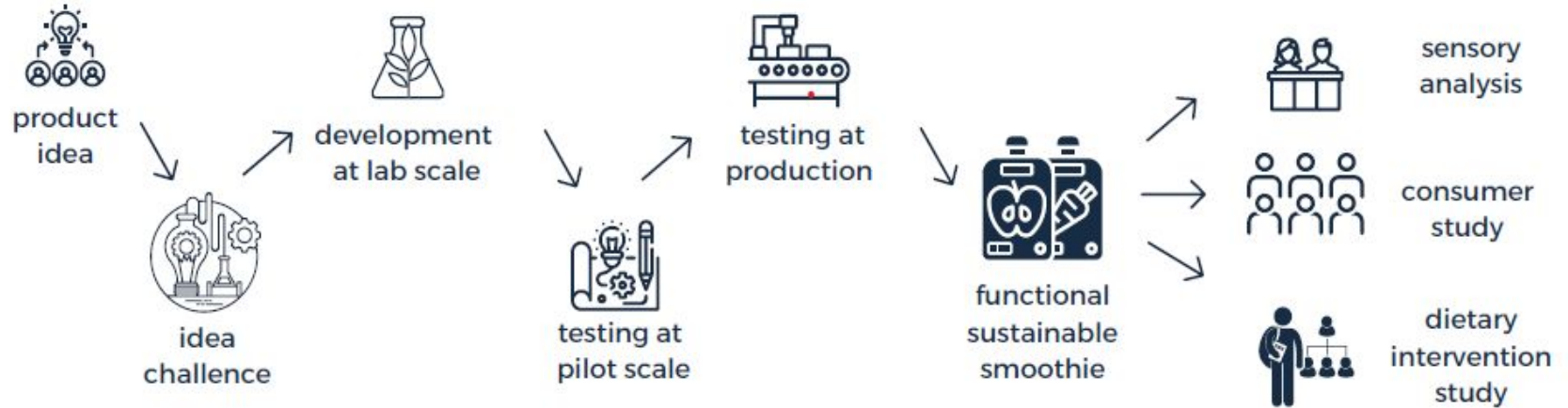
**5 million tons** of waste (apple pomace) produced during apple juice production every year.

**1/3 of of population** in the world is overweight.

**High cholesterol** levels prevailing.

**Digestive problems** increasing globally.

# AGILE PRODUCT DEVELOPMENT



# DIETARY INTERVENTION STUDY



39 participants  
11 weeks  
5 periods



400ml per day  
50-50 high fiber &  
low fiber smoothie



blood sample  
body composition  
microbiome sample



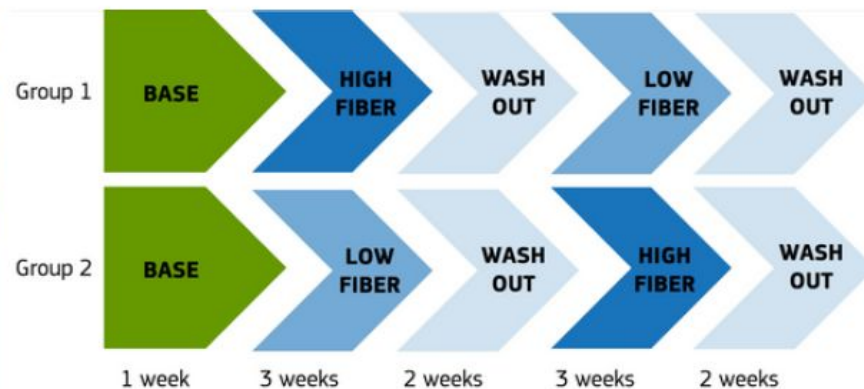
results  
analysis



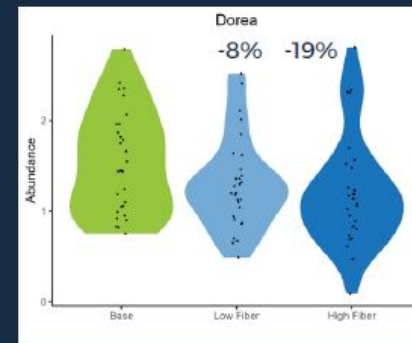
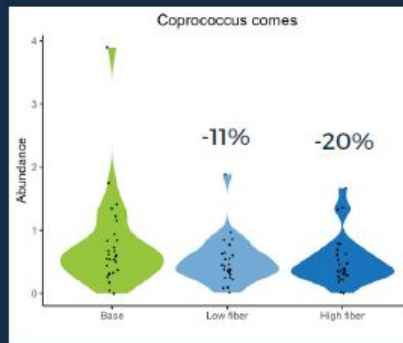
positive  
effect  
proven



results in  
scientific  
paper

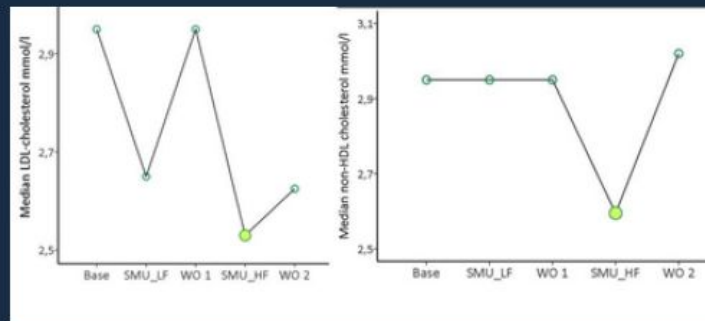
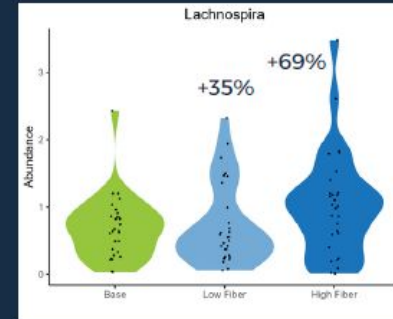


Reduction of bacteria associated with overweight or inflammation



Increase (2x!) of active fermentative bacterium = potential development of acidic environment in the colon =

- Inhibiting the growth of pathogens in the gut.
- Supporting immune boosting butyric acid producing bacteria.
- Enhancing intestinal peristalsis.
- Indicating of good health.



A trend of a decrease in LDL and non-HDL cholesterol (by an average of 0.2 units) during consumption of a high-fiber smoothie.



## Tulemused pärast 3 nädalat FIBESi tarbimist.

**-20%** **-19%**

Coprococcus comes

Dorea

**Vähem baktereid, mida seostatakse põletikulisuse ja ülekaalulisusega.**

**-23%**

Ruminococcus torques group

**Vähem baktereid, mida seostatakse soolestiku põletikulisusega.**

**+69%**

Lachnospira

**Rohkem aktiivseid fermentatiivseid baktereid.**

**-13%** **-10%**

LDL Cholesterol

Non-HDL Cholesterol

**Trend madalama LDL ja Mitte-HDL kolesterooli taseme suunas.**



+



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## 3-IN-1

Täitvam kui võileib, mugavam kui toidulisandid ja säilib paremini kui puuviljad.



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## SOOLESTIKKU TOETAV TERVISEAMPS

Kõht täis ja soolestik rõõmsaks vaid ühe pakiga päevas.

[OSTA FIBES →](#)