

Claim	Quality of Evidence Grade	
	Evidence in adults	Evidence in children
PHGG fiber contributes to normal bowel movements	B	B
PHGG fiber promotes regularity	B	B
PHGG fiber can help soften and bulk stools	B	B
PHGG fiber helps manage constipation, increasing the frequency of bowel movements	B	B
PHGG fiber helps improve bowel habits in patients with constipation without leading to diarrhea	B	B
PHGG fiber helps manage diarrhea without leading to constipation	A	A
PHGG fiber has a prebiotic effect, stimulating the growth of beneficial bacteria in the digestive tract	B	(no studies in children)

The health benefit relates to PHGG fiber's role in supporting digestive health.

Digestive health is assessed by measuring bowel functioning and intestinal comfort as follows:

- Improvement of bowel functioning: bowel movement frequency, stool consistency, stool outputs, satisfaction of subjects with their bowel habits
- Reduction of intestinal symptoms: mainly self-rated questionnaires on global intestinal symptom scores and individual symptoms scores including abdominal pain/discomfort/cramping, abdominal bloating, flatulence which are associated with GI discomfort.

PHGG fiber contributes to support digestive health" can be considered as a general claim and the specific claims are:

Master wordings:

- 1) PHGG fiber contributes to normal bowel movement.
- 2) PHGG fiber contributes to digestive comfort.

Different Nestlé Health Science products under the brands SUSTAGEN, PRONOURISH, BOOST, NUTRISOURCE, RESOURCE, MERITENE and OPTIFIBRE will bear the function claims pertaining to PHGG fiber.