



BENEO solutions for weight management

Nutritional support for natural and GLP-1-assisted approaches

By 2030, nearly 3 billion adults – about half of the global population – are projected to be overweight, or obese.¹ Consequently, millions are seeking safe and effective weight management strategies. In the United States, 15 % of consumers managing their weight already use anti-obesity medication such as GLP-1 mimetics.² However, GLP-1 therapies are not a substitute for good nutrition. High-quality diets are essential to optimise health outcomes when used alongside medication, and they remain even more critical when therapy is discontinued or when weight management is pursued without pharmacological support.

Expert consensus highlights key nutritional priorities in the GLP-1 journey

GLP-1-mimetic therapies are not a substitute for good nutrition – combining medication with high-quality diets ensures optimal health outcomes.³



Maximisation of weight management efficacy



Preservation of muscle and bone mass



Prevention of nutrient deficiencies



Management of gastrointestinal side effects
incl. constipation, dehydration

BENEO ingredients support weight management and related needs

INGREDIENTS	Weight management	Muscle mass	Blood glucose management	Digestive health	Heart health	Hydration	Mood & cognition	Diet quality
Orafti® Inulin and Oligofructose*	✓	✓	✓	✓			✓	✓
Palatinose™*	✓	✓	✓		✓	✓	✓	✓
Orafti® β-Fit beta-glucans	✓		✓	✓	✓			✓
Plant proteins such as BeneoPro or Remypro	✓	✓						✓

✓ Strong evidence

✓ Convincing evidence

* Evidence also based on studies investigating the ingredient itself

¹ World Obesity Atlas 2025. London: World Obesity Federation, 2025. <https://data.worldobesity.org/publications/?cat=23>; Overweight BMI >25 kg/m²

² Mintel, 2024

³ Mozaffarian et al. (2025) Obesity (Silver Spring): 1-29.



Weight management

Effective weight management depends on appetite regulation, energy balance, and fat oxidation. Palatinose™ is slowly digested and thereby lowers glycaemic and insulinemic responses, sustains GLP-1 release, and promotes fat oxidation, supporting weight and fat mass loss.^{1,2} The prebiotic chicory root fibres (Orafti® Inulin and Oligofructose) enhance satiety via microbiota fermentation and short chain fatty acid production, with meta-analyses confirming reductions in body weight, BMI, and fat mass.³ Barley beta-glucans (Orafti® β-Fit) improve satiety and fullness by slowing down gastric emptying.⁴ Plant proteins such as faba bean and rice protein are as satiating as animal protein and support overall diet quality.⁵



Muscle mass

Weight loss often reduces lean body mass alongside fat. Protein intake with resistance training is key to preservation. Orafti® Inulin and Oligofructose support preferential fat mass loss³, while Palatinose™ promotes fat oxidation and helps maintain lean mass in energy-restricted diets¹. Faba bean (BeneoPro) and rice proteins (Remypro) provide high-quality amino acids to further support muscle maintenance.



Blood glucose management

Stable blood glucose control is essential for weight management and metabolic health. Palatinose™ provides steady energy without sharp rises in glucose or insulin and has been shown to promote greater fat oxidation and prolonged energy supply¹. Chicory root fibres (Orafti® Inulin and Oligofructose) and BENE0-scFOS lower the glycaemic response of foods when replacing high-GI carbohydrates.⁶ Beta-glucans from Orafti® β-Fit further support glycaemic control by increasing gastrointestinal viscosity, slowing nutrient uptake, and stabilising postprandial glucose.⁷



Digestive health

During weight loss, the body undergoes physiological changes that can challenge digestive comfort. BENE0 ingredients provide a natural way to support digestive health and promote overall well-being. Selective fermentation of prebiotic Orafti® Inulin and Oligofructose by the gut microbiota stimulates bowel movements, increases bacterial mass and binds water. This results in softer and more frequent stools.⁸ Chicory root fibres are very well-tolerated at levels commonly used, across all population groups including sensitive⁹ individuals. Orafti® β-Fit contributes to digestive health by increasing stool bulk and thus improving bowel function.



Mood & cognition

Weight management can sometimes be accompanied by changes in mood. Scientific findings show that the microbiota can influence mental well-being through the gut-brain axis. Orafti® Inulin and Oligofructose increase beneficial gut bacteria such as bifidobacteria and improve mood by reducing feelings of anxiety and depression and levels of the stress hormone cortisol.¹³ In addition, Palatinose™ as a slow-release carbohydrate supports mental performance by improving memory and mood after a low glycaemic breakfast.¹ Incorporating BENE0's ingredients to diet help to support mood, cognitive function and overall emotional well-being.



Hydration

Adequate hydration supports metabolic and cardiovascular stability, while insufficient fluid intake can worsen side effects of GLP-1 mimetics. As a result of its slow digestion, Palatinose™ promotes steady water absorption via sodium-glucose co-transport, improving fluid retention and plasma volume versus rapidly absorbed sugars. Clinical studies show better rehydration and thermoregulation with isomaltulose-based beverages.¹²



Heart health

Cardiovascular health is closely linked to diet quality and a lower glycaemic diet supports blood vessel function and reduces long-term cardiovascular disease risk. Beta-glucans available in Orafti® β-Fit reduce LDL-cholesterol via bile acid binding lowering the risk for coronary heart disease,¹⁰ and moderate postprandial glucose. Palatinose™, as a low-GI carbohydrate, supports insulin sensitivity, parameters of cardiovascular health including endothelial function, and arterial relaxation resulting from its lower blood glucose response.¹¹



Diet quality

Energy restriction increases the risk of nutrient inadequacy. Chicory root fibres (Orafti® Inulin and Oligofructose) improve calcium absorption and bone mineral density.¹⁴ Palatinose™ shows a low-glycaemic profile and ensures steady energy supply through gradual glucose release.¹ The whole-grain flour Orafti® β-Fit contributes to both, fibre diversity and fibre enrichment of the diet, while plant proteins provide protein enrichment and complete amino acid profiles.

¹ Maresch et al. (2017) *Nutrients* 9(4):381; ² Zhang et al. (2025) *Nutrients* 17(15):2539; ³ Reimer et al. (2024) *Am J Clin Nutr* 120(5):1245–1258; ⁴ Thondre et al. (2013) *Br J Nutr* 110(12):2173–2179; ⁵ Vanhatalo et al. (2024) *Appetite* 194:107171; ⁶ Lightowler et al. *Eur J Nutr* 57(3):1259–1268; ⁷ AbuMweis et al. (2016) *Journal of Functional Foods* 27:329–342; ⁸ Micka et al. (2017) *Int J Food Sci Nutr* 68(1):82–89; ⁹ Azpiroz et al. (2017). *J Clin Gastroenterol*;51(7):619–625; ¹⁰ AbuMweis et al. (2010) *Eur J Clin Nutr* 64(12):1472–1480; ¹¹ Keller et al. (2016) *Nutrients* 8(12):802; ¹² Amano et al. (2022) *Physiol Behav* 249:113770; ¹³ Jackson et al. (2023) *Am J Clin Nutr* 118(5):938–955; ¹⁴ Costa et al. (2020) *Archives de Pédiatrie* 27(3):166–169.

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