

1) TESTED SUBJECT

FiberPasta's testing relates to the continuous use of the product for 3 months by 24 volunteers who have been provided of free pasta samples in different formats by the company.

Patients who have collaborated to the testing are 24 PATIENTS: 20 WOMEN, 3 MEN AND A 6 YEARS OLD CHILD. The child was slightly overweight, while the other 23 had obesity and overweight issues, as well as a tendency to dyslipidemia, hypertension or glucose intolerance. More than a half had chronic constipation issues (see the attached file of the list of patients' ages, pathology and eventual weight loss)

2) MOTIVATION TO COLLABORATE WITH THE TESTING

In the "Promoting Health" eye, to whom I've always been invited to write and talk about in schools and meetings on PREVENTION (go check my website www.vitiani.it) I adhered to the testing as for years I've been advising the product to my patients who have had the opportunity to try its raw materials' genuineness and the pleasant flavour.

The wheat fiber contained is twice as much as wholegrain pastas in trade and it entails immediate wellness on the improvement of intestinal transit and on hunger sense reduction. Inulin allows the extension of satiety and a better energetic release which makes it recommended to those who play sports as well. If served with a simple dressing (with vegetables or plain tomato sauce) and a garnish of vegetables, bread and fruit, avoiding accurately meat, **FiberPasta ought to be a succulent, highly digestible meal which helps to get rid of bloating and post-prandial sonnolence.**

"FiberPasta is, in fact, made up of wheat for 98%, (Durum wheat flour, durum wheat fiber, wheat starch, with the addition of inulin only (2%). The latter is a soluble vegetal fiber active mainly on the growing of probiotic intestinal strains, extracted from chicory, in whom is particularly rich. From an organoleptic point of view it differs from other types of wholegrain pastas for its light color, incredibly similar to the one of durum wheat pasta, due to the removal of lignin, a non-polysaccharide hydrocarbon polymer, component of insoluble fiber. Besides of a possible preference from the consumer's side, due to the 'familiar' color of pasta, this method entails some certain favorable physiological effects: mostly to lignin is, in fact, owed the chelator effect on minerals

which represents a possible negative effect on the intake of high quantities of insoluble fiber on extreme ages.”

3) FIBERPASTA PROMOTES WEIGHT LOSS AND HELPS KEEPING THE REACHED IDEAL WEIGHT

BEING ABLE TO INSERT FIBERPASTA IN DIET THERAPIES IS A MEAN TO INCREASE THE QUANTITY OF PASTA GIVEN TO THE PATIENT AS IT'S LESS CALORIC: 330 kcal ca. compared to 356 kcal contained in traditional pasta, we're able to increase a quantity of 35g more than a normal pasta. The energetic value is mostly due to carbs, almost totally complex, and, in less quantity, to proteins, being the fats contained in negligible quantities ((1.30 g/100g).)

When FIBERPASTA is served with a simple dressing, with seasonal vegetables or a plain tomato sauce, **it provides an improvement in working and intellectual yield since it prevents from post-prandial somnolence.**

Among 23 patients who have used FiberPasta, 19 presented weight issues, while the others 4 tested FiberPasta because of issues related to dyslipidemia, hypertension or glucose intolerance. More than a half had chronic constipation issues.

As far as the monthly weight loss is concerned, an excellent weight loss is to be inferred, on an average of 2,5 kg on women and 4 kg on men, although the suggested quantity is 2000 kcal, increase to 2300 for men.

With FIBERPASTA, losing weight was easier thanks to the extension of satiety feeling during afternoon hours thanks to inulin which helps to extend satiety. This peculiarity offered a bigger self control during the testing, which allowed to follow the regimen more correctly and to counteract anxious hunger in patients affected from eating disorders. We also obtained a real optimisation of intestinal transit, when the patient followed the advice of drinking at least 1,5 litre of water a day, given the high presence of fibers in the diet.

Moreover, dyslipidic patients (presenting cholesterol and/or triglycerids above the norm) have repeated hematochemical levels after 3 months from the testing with a faster values reorganization compared to patients who hadn't used FiberPasta, although cholesterol is mostly endogenous therefore slower in reduction compared to glycemia or triglycerids.

Patients who, from the graphic, result having a major weight loss compared to the others, are the ones who associated a regular fitness activity, such as 45 minutes of

fast walking (which are effective to adequately activate metabolism and obtain a good AEROBIC LIPOLYSIS), to normocaloric balanced Innovative Diet Therapy.

4) **EVERYONE CAN BENEFIT FROM LOW GLYCEMIC INDEX FOOD**

LOW GLYCEMIC INDEX FOOD

All the nutritionist agree that carbohydrates are to represent our major daily energy source. Other macronutrient, such as fats and proteins, are to be substantially contained in our nutrition, but it's certainly from carbs that we have to pull our daily dose of calories. Carbohydrates are contained in plenty of food, but as a result of many researches, it was inferred that they're not all of the same kind. Experts are nowadays, in fact, able to state which are to be preferred more than others. According to Doc. Oliviero Sculati, from Asl Brescia Nutrition Unit, it's better to consume those carbohydrates that are absorbed slower and with more graduality in our organism. Carbohydrates that are absorbed faster ought not to be preferred; these, in fact, get into blood very rapidly and at the same time in great quantities so to trigger a strong secretion of insulin hormone, whose duty is to make sure that blood doesn't become too rich in sugars. Sudden insulin secretions can cause, in a long period of time, overweight and diabetes. The parameter on which these studies are based is called "glycemic index". The higher this index is, the faster the assimilation of carbohydrates by the organism is.

Food and related glycemic index:

Dried chickpeas 17

Dried soy seeds 22

Fructose 19

Fiberpasta 23,5

Wholegrain rye bread 39

Dried lentils 44

Oranges 59

Borlotta beans 64

Maccheroni 68

Frozen peas 74

Cornflakes 91

Wholegrain bread 96

Boiled potatoes 105

Chestnut (flour) 114

Cornflakes 121

Puffed rice 132

Potatoes (oven) 135

Peanuts 19

Cherries 32
Coca cola 39
Wholegrain barley 39
“al dente” spaghetti 45
Unripe bananas 59
Orange juice 67
Parboiled rice 72
Novelle potatoes 80
Sucrose 91
White bread 100
Corn polenta 106
Carnaroli rice 117
Honey 126
Carrots 135
Sugar 100

Low glycemic index food helps to reduce hunger between meals and prevents the genetic tendency to hyperglycaemia, and this confirms the prophylaxis on diseases that Fiberpasta has pursued with its products.

According to the authoritative study pursued by the school of nutrition of Ancona University, FiberPasta pasta has a glycemic index of 23,5% and a glycemic content of 10,8%, so it can be considered as a low glycemic index product.

Science of Nutrition Institute in University of Piacenza as well carried out the study of FiberPasta flour’s glycemic index and this is the final result:

FIBERPASTA FLOUR 15% FIBER: glycemic index =29

The study was carried out by comparing FiberPasta flour and wholegrain flour, soft wheat flour and durum wheat flour, which have the followings glycemic index:

wholegrain flour= 38

soft wheat flour “00” type= 51

durum wheat flour= 63

5) FIBERPASTA HIGHLY RECOMMENDED TO THE DIABETIC PATIENT

In 2001 Ministry of Health’s decree, stated FiberPasta as a product recommended to diabetic people.

In my dietetic studies in Foligno and Perugia I’ve tested FiberPasta for over than a year with diabetic patients insulin-addicted and I can confirm that glycemic levels

remain steady and optimal, even in those patients who don't follow a fitness routine and in those who aren't always able to stick to the diet therapy.

As we can infer by the graphic, **patients who have used Fiberpasta had a net improvement on the glycaemia in their blood, both fasting and post-prandial, remaining on a maximum level of 125-130, almost 50 points less than a normal diabetic pasta.**

6) SOME ADVICES TO ENHANCE FIBERPASTA'S TASTE

Among 24 patients examined as volunteers in the continuous testing for three months, just one (n.1 in the attached list) didn't like the taste, because, being an elderly, she was too used to traditional pasta's taste, although in just 5 days of using the product, she noticed an improvement on her contipation, post rectus surgery. The other patients, as well as those that weren't submitted to the testing such as me and many others of Dietetic Studies of Foligno and Perugia, have founded it tasty and filling. The only advice is to make sure that you cook it in a greater quantity of water than the one you would use to cook a normal pasta and that you eat it while it's still hot. It can be served with a simple dressing such as a cheese-free pesto, mushroom sauce, or a plain sauce.

7) FINAL OPINION

Giuseppe Polverini, FiberPasta's inventor, belongs to a fourth generation miller family, and has obtained this product with creativity, after a significant investment of financial resources and time, supported by a strong passion for his job and by a great innovative spirit.

The final result is a tasty and healthy pasta obtained by wheat just through physical treatment and without chemical additions. From all these premises we have a confirmation of FiberPasta beneficial role in prevention and cure of contipation, dismetabolic diseases such as dyslipidemia and diabetes and as an effective base in the prophylaxis of all tumors and cardiovascular diseases, diseases that benefit from the daily intake of wholegrain flours and fibers. Fiberpasta assists effectively weight loss diet therapy, lowers hunger feeling, improves intestinal transit making the weight loss process constant and promotes the mantaining of health and weight stability.