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Outcome and Impact

Results will be:

- presented at scientific conferences and published in scientific journals.
- communicated to study participants in a research feedback session.

Student graduations

The African Baobab Alliance will:

- create online trade publications and press releases for local and international print media and social networking platforms.
- communicate the results to local harvesters during annual pre-harvesting workshops.

This is the first study of its kind to investigate how fibre-rich baobab fruit powder affects human gut health.



Image: African Baobab Alliance

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In collaboration with



Exploring the effects of Baobab fruit powder on gut health



Image: African Baobab Alliance

Research has been identified as a priority for the development of the Baobab sector. This brochure highlights the **steps required to complete this research project.**

Baobab fruit powder

Is natural & organic

Is rich in nutrients

Is indigenous to Southern Africa

Has anecdotal health benefits



1

Conceptualise research idea

Rationale for studying effects of Baobab fruit powder in humans:

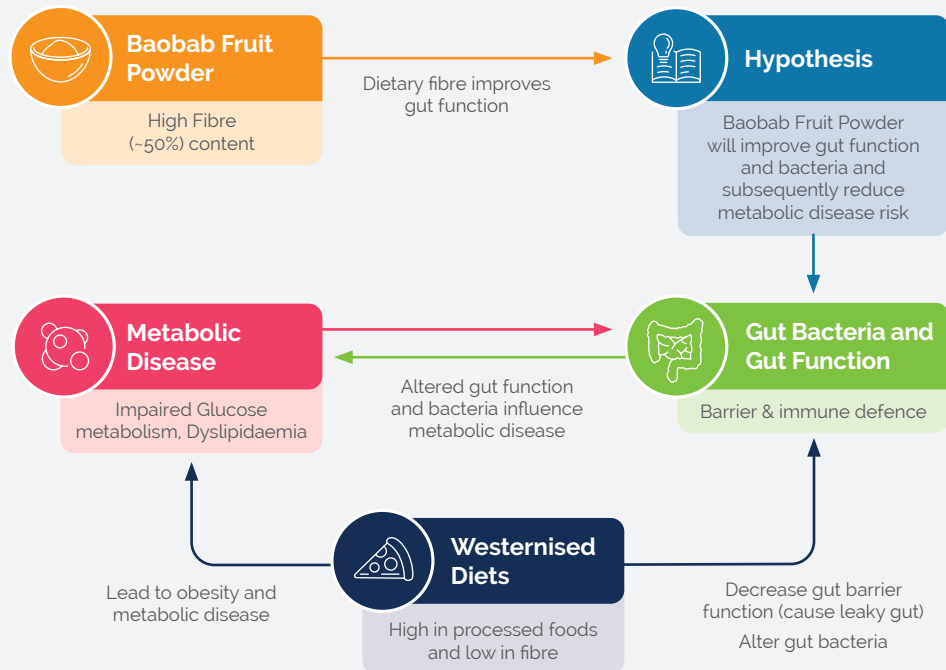


Limited scientific studies in humans

Baobab fruit powder is widely available in SA

Baobab fruit powder is approved as food ingredient in the EU and USA

Rationale for studying the effect of Baobab fruit powder on gut health:



Study Aim: Perform a randomised double-blind placebo-controlled trial to examine the effects of consumption of Baobab fruit powder on gut health in participants with obesity. As secondary aim we will also assess the effects of Baobab fruit powder on cardiometabolic health parameters.



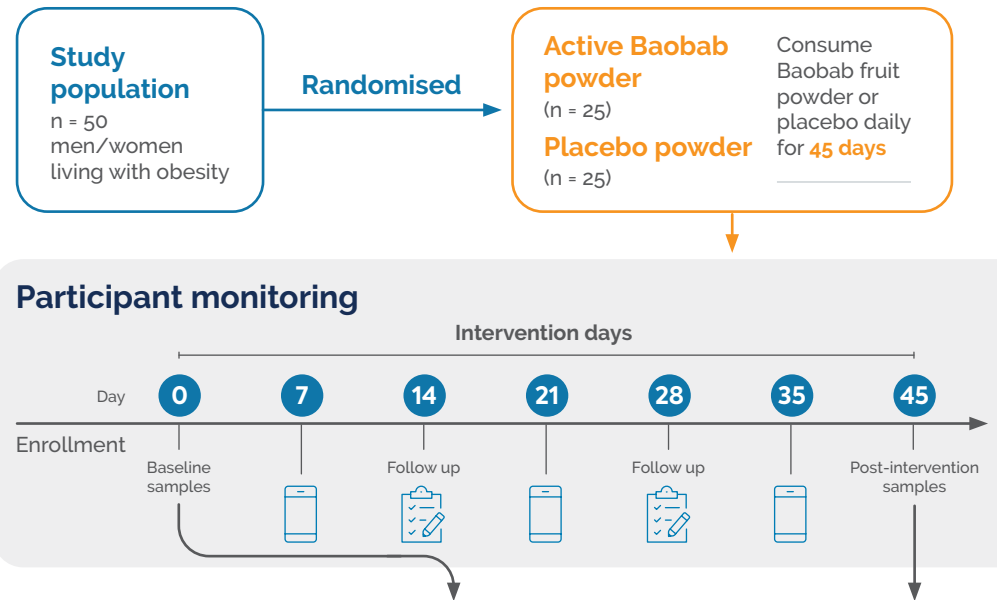
2

Develop the study protocol

- 1 Finalise study protocol
- 2 Prepare participant information material
- 3 Apply for ethical approval
- 4 Engage with the South African Health Products Regulatory Authority (SAHPRA)
- 5 Register trial at the Pan African Clinical Trial registry (PACTR202308727853680)

3

Implementation



Samples collected before and after the intervention



Laboratory analysis of:

Markers of gut permeability

Gut bacteria

Cardiometabolic risk markers (e.g. weight, lipid profile, blood pressure, glucose & insulin)