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Debunking Medical Myths: Purposeful Weightloss Guar Gum Fallacy

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Purposeful Weightloss

Guar Gum Fallacy

What is guar gum?

- Guar gum comes from cluster bean endosperm, used mostly in manufacturing of pharmaceuticals, food, and cosmetics.¹
- Guar gum is implicated in many health benefits, including colon cancer and heart disease.¹



Can guar gum help me lose weight?

- In theory, Guar gum can improve satiety, resulting in feeling full faster and staying full longer.²
- While guar gum does provide some health benefits, there is no current scientific evidence that support such a claim.²⁻⁴

The Risks

- Guar gum is not recommended due to lacking efficacy but there are no severe side effects.²⁻⁴
- Some side effects that could be associated with guar gum include flatulence, as well as abdominal pain and cramping.³
- Unfortunately there is little known about the risks and benefits of using the product given the uncertainty in safety, efficacy, and/or quality control.²⁻⁴

1. Mudgil, D., Barak, S., & Khatkar, B. S. (2014). Guar gum: processing, properties and food applications-A Review. *Journal of food science and technology*, 51(3), 409-418. <https://doi.org/10.1007/s13197-011-0522-x>

2. Pittler MH, Ernst E. Dietary supplements for body-weight reduction: a systematic review. *Am J Clin Nutr*. 2004;79(4):529-536. doi:10.1093/ajcn/79.4.529

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4. Pittler MH, Schmidt K, Ernst E. Adverse events of herbal food supplements for body weight reduction: systematic review. *Obes Rev*. 2005;6(2):93-111. doi:10.1111/j.1467-789X.2005.00169.x