Debunking Medical Myths: Purposeful Weightloss Guar Gum Fallacy

Chanel Harvey  
*Wayne State University School of Medicine, fo8235@wayne.edu*

Aalia Siddiqui  
*Wayne State University School of Medicine, gg4199@wayne.edu*

Anna Zhao  
*Wayne State University School of Medicine, hl8580@wayne.edu*

Neeraj Ochaney  
*Wayne State University School of Medicine, hn0136@wayne.edu*

Brian Hughes  
*Wayne State University School of Medicine, hn2650@wayne.edu*

Follow this and additional works at: [https://digitalcommons.wayne.edu/pat_edu_proj](https://digitalcommons.wayne.edu/pat_edu_proj)

Part of the Curriculum and Instruction Commons, Medical Education Commons, and the Public Health Commons

**Recommended Citation**

Harvey, Chanel; Siddiqui, Aalia; Zhao, Anna; Ochaney, Neeraj; and Hughes, Brian, "Debunking Medical Myths: Purposeful Weightloss Guar Gum Fallacy" (2023). *Patient Education Projects*. 585.  
[https://digitalcommons.wayne.edu/pat_edu_proj/585](https://digitalcommons.wayne.edu/pat_edu_proj/585)

This Infographic is brought to you for free and open access by the Patient Education at DigitalCommons@WayneState. It has been accepted for inclusion in Patient Education Projects by an authorized administrator of DigitalCommons@WayneState.
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

References: