

**Obesimed® Forte - Zurakowski AR, Zahorska-Markiewicz B, Olszanecka-Glinianowicz M and Mucha Z, 2005. The effect of xanthan gum on satiety status of obese patients after test meal. Wiadomosci Lekarskie, 58, 303-306.**

Authors (year published)	Study design	Total patients	Intervention	Reported outcomes/results	Adverse events	Appraisal	Level
Zurakowski AR, et al 2005	Double-blind, controlled, randomized trial.	21	Xanthan gum (0,5 g) and placebo	Statistical significant reduction in hunger and increase in satiety feelings	No	D2 A1 P1 R1 T1 O1 F1 S1 C1	I

## CASP Questions for making sense of evidence

1. Did the study ask a clearly focused question?	2. Was this a RCT, and was it appropriately so?	3. Were participants appropriately allocated to intervention and control groups?	4. Were participant, staff, and study personnel blinded to participants' study group?	5. Were all participants who entered the trial accounted for at its conclusion?	6. Were the participants in all groups followed up and data collected in the same way?	7. Did the study have enough participants to minimize the play of chance?	8. How are the results presented, and what is the main result?	9. How precise are these results?	10. Were all important outcomes considered so that the results can be applied?
Yes	Yes. Appropriate for this study	Yes. Participants randomly assigned to xanthan gum 0,5 or placebo.	Yes	Yes. 21 obese women (BMI >30kg/m <sup>2</sup> )	Safety and efficacy data obtained on all patients	Yes-power analysis performed.	Significant positive correlation between hunger and BMI (r=48, p<0.05).	Statistical tests appropriately used can have confidence in results.	Efficacy and safety both considered.

**Synopsis - Zurakowski AR, Zahorska-Markiewicz B, Olszanecka-Glinianowicz M and Mucha Z, 2005. The effect of xanthan gum on satiety status of obese patients after test meal. Wiadomosci Lekarskie, 58, 303-306.**

Aim: to investigate the effect of soluble fibre xanthan gum on appetite ratings (hunger, satiety and fullness) of obese patients.

Study design: a randomized blind, placebo controlled trial.

Subjects: 21 obese women (age 40,7+/-17, BMI>30 kg/m<sup>2</sup>) received xanthan gum (0, 5 g) and placebo in combination with a test meal (ham sandwich, 90 kcal). Eating behaviour was assessed by Three Factor Eating Behaviour Questionnaire (TFEBQ) by evaluating eating restraint, dysinhibition and hunger.

Results: satiety, hunger and epigastric fullness were assessed by visual analogue scale (VAS) and 7-point ratings scale before ingestion of test meal (ham sandwich-90 kcal) and in 20 min intervals during 2-hour observation. In a repeated measures design (xanthan gum vs placebo), appetite ratings were obtained before consumption of the test meal and at 20-minute intervals for the next 2 hours. Ingestion of test meal with drug and placebo causes statistical significant reduction in hunger and increase in satiety feelings. The significant positive correlation between third factor of TFEBQ (hunger) and BMI index was found. ( $r = 48$ ,  $p < 0,05$ ). 0,5 g of xanthan fiber with test meal didn't cause significant change of satiety. It is probably the effect of too low dose of xanthan gum.

Authors' conclusion: 0,5 g of xanthan fibre with test meal didn't cause significant change of satiety.