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Jerusalem Artichoke (*Topinambur*) Inulin

Helianthus tuberosus

The special feature of Topinambur is, on the one hand, the **inulin naturally integrated in the plant structure** and, on the other hand, its other nutritionally valuable ingredients such as oligofructan, polyphenols, minerals, vitamins, enzymes and essential amino acids.

When ingesting Topinambur, inulin passes the stomach and small intestine virtually intact. Only **in the large intestine it develops its functional, prebiotic effect**, as certain **bifidobacteria and lactobacilli** break it down into shorter molecules. Here it is metabolized **insulin-independently** by the positive intestinal flora and nourishes it. **Organic acids** are formed which lead to a pH reduction and create an **unfavorable environment for negative microorganisms**. Intestinal recovery is supported.

Inulin is a **soluble fiber**, not to be confused with the insulin of the pancreas. Like oligofructan, it is a **polyfructan** consisting of a chain of fructose molecules. Both are **indigestible**. They are not broken down into their fructose building blocks by the human or animal organism, since no corresponding enzyme is present. They do not participate in the carbohydrate metabolism.

Topinambur inulin has demonstrated positive effects on levels and stability of blood, cholesterol and uric acid levels.

Compared to isolated inulin (for example from chicory), the bifidus bacteria of the faecal flora, but also other probiotic bacteria such as lactobacilli, grow faster and the cell numbers increase much more rapidly when a nutrient medium consists of an extract of Topinambur. To test this, Topinambur can be used as a dried powder obtained from the whole tuber, as a pressed juice from the freshly harvested tuber or from a thickened juice which is also dried to a soluble powder.

Own agricultural cultivation

DE-ÖKO-039 German Agriculture

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