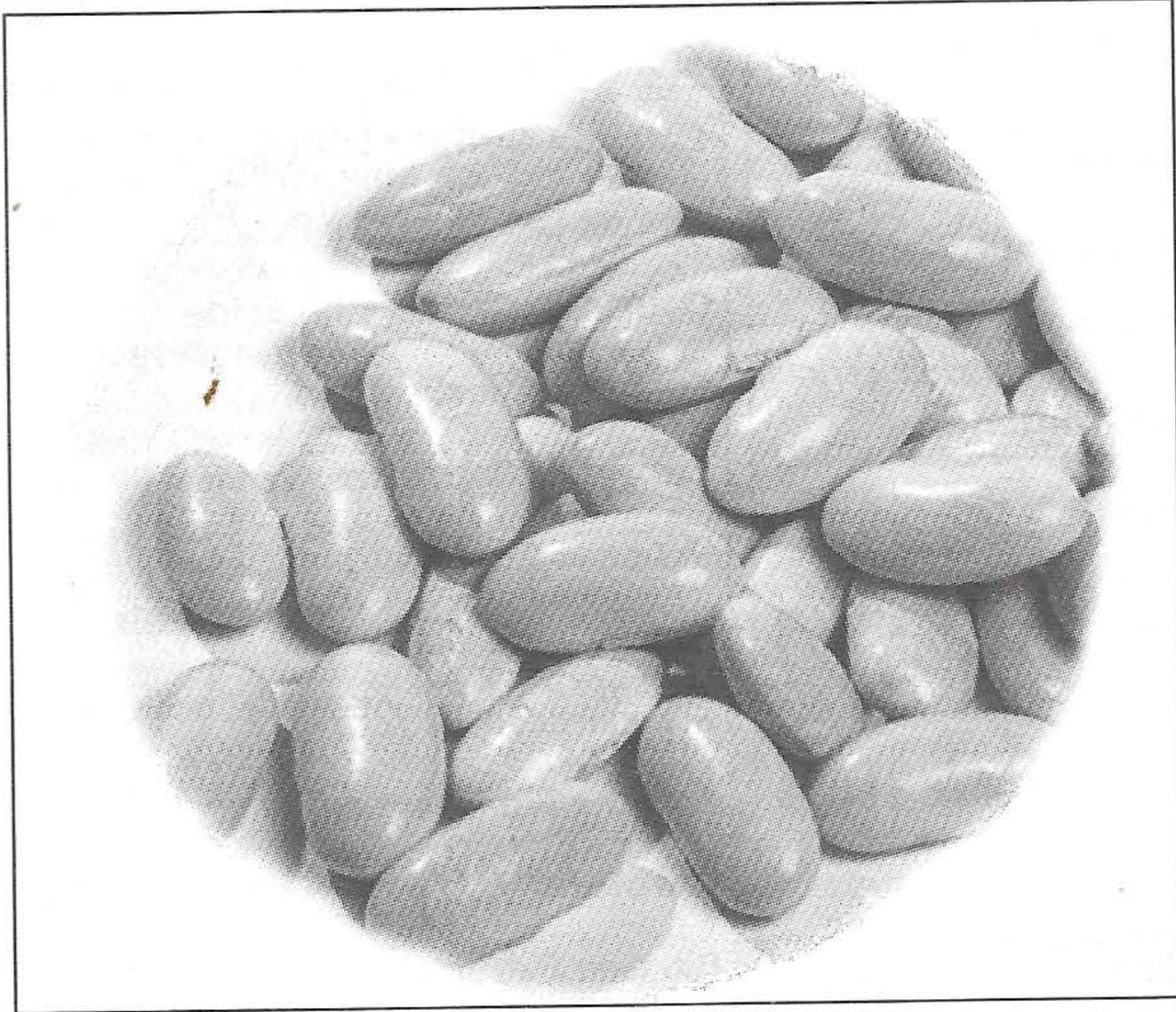


“Harnessing White Kidney Bean Extracts: The Key to Healthy Weight Management”

DR. PRATIBHA

INTRODUCTION

White kidney beans have become a highly versatile and nutrient-dense product in the ever-changing agricultural and food industries. In addition to serving as a staple food, these beans are gaining popularity in the marketplace.



PROPERTIES & ADVANTAGES:

Extract from white kidney beans (*Phaseolus vulgaris* L.) is a well-liked nutraceutical that is frequently recommended as an anti-obesity medication. According to a recent review, supplementing adults with overweight and obesity with WKBE for up to three months has been shown to cause modest but potentially helpful weight reductions (1.8–3.5 kg).

According to reports, WKBE works mechanistically by preventing α -amylase, an enzyme that metabolises carbohydrates. α -amylase catalyses the α -(1,4) glycosidic linkages found in starch and other oligosaccharides, which slows down the rate and absorption of carbohydrates.

Prior research has shown that WKBE supplementation can alter the gut microbiota to lower serum lipid levels and body weight while increasing gut health markers such as gut barrier integrity and higher concentrations of short-chain fatty acids (SCFAs).

Chirag Patel et al., (2020) worked with the white kidney bean extract from Sunpure Extracts. The outcomes confirm the plant extract's

Product Name	White Kidney Bean Extract (WKB20K®)
Botanical Name	<i>Phaseolus Vulgaris</i> L
Part Used	Seed
Description	White to slight off-white powder with characteristic odour and typical blend bean taste

well-known ability to reduce weight.

The enzyme alpha-amylase, which is naturally responsible for breaking down complex carbohydrates into simple sugars, is momentarily inhibited by SUNPURE STARCH INHIBITOR (WKB20K®). This is the reason why starchy foods' GI, calorie, and glucose impacts can be reduced with SUNPURE STARCH INHIBITOR (WKB20K®).

The white kidney bean (*Phaseolus vulgaris*) extract of STARCH INHIBITOR (WKB20K®) is 100% natural and can slow down the breakdown and absorption of carbohydrates.

NUTRITIONAL VALUE AND HEALTH TRENDS

Rich in protein, fibre, and essential minerals, these beans contribute to a well-balanced diet. Protein helps to minimize glucose levels in the blood to avoid extra fat and obesity.

1. PROTEIN POWERHOUSE

White kidney beans are a plant-based protein source, making them an excellent option for those seeking alternative protein options.

A balanced-protein diet can speed up your metabolism because of its greater thermic action and capacity to preserve lean muscle mass. This implies that throughout the day, even when you're sleeping, your body will burn more calories.

2. FIBER-RICH GOODNESS

White kidney beans are also high in fibre, which helps curb hunger and increases satiety and fullness for a longer period. This may also lead to a reduction in calorie intake over a day. Overall, white bean extract supplementation may, therefore, contribute to healthy weight maintenance.

FOOD INDUSTRY APPLICATIONS

White kidney beans are now recognized by the food industry as a valuable component of many different products. The adaptability of these beans has encouraged creativity in a variety of applications, including canned goods, snack foods, and plant-based protein substitutes. Their subtle taste and smooth consistency make them the perfect complement to salads, dips, and soups.

CONCLUSION

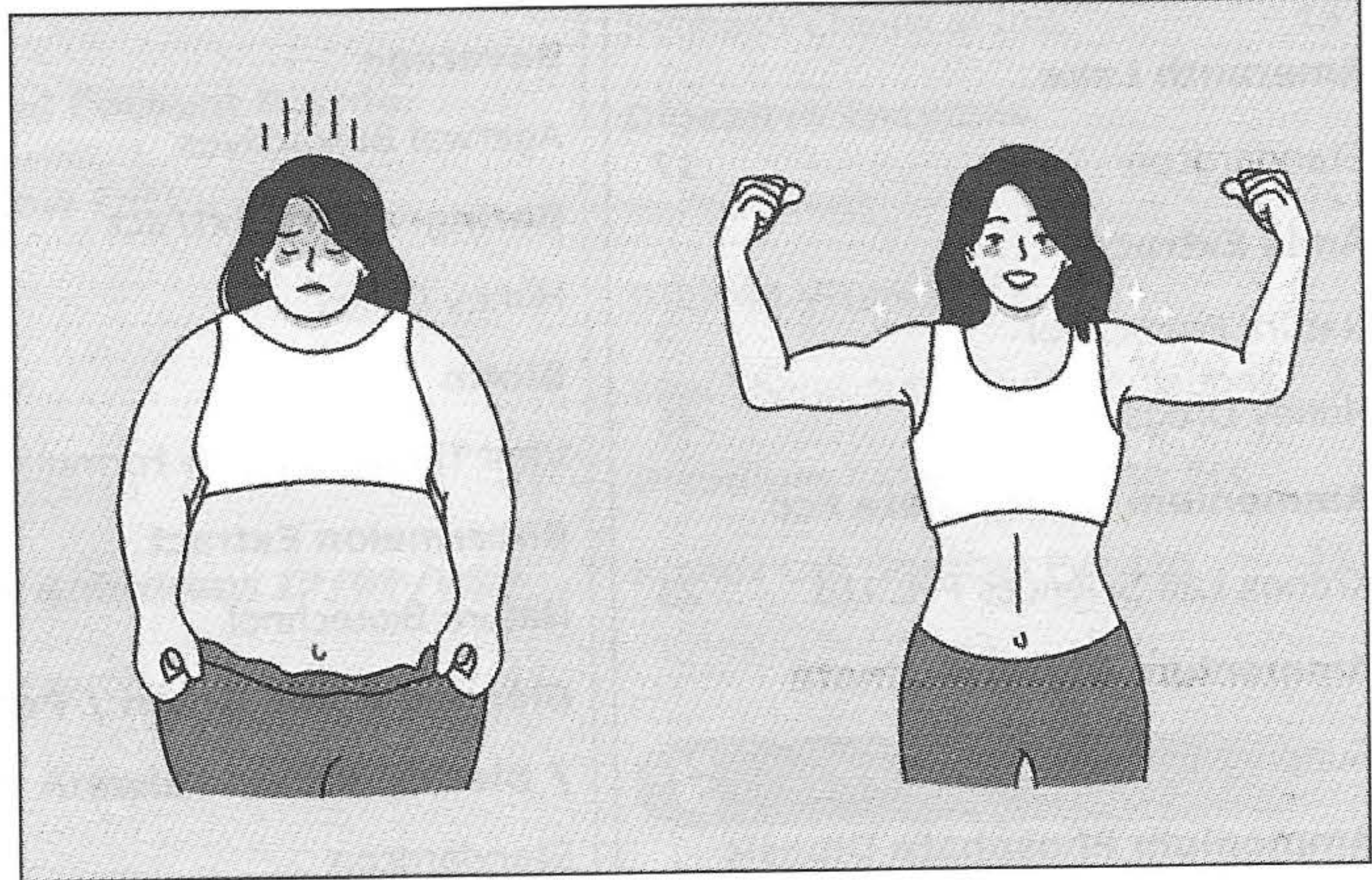
White kidney beans have grown from being just another common pantry item to a commod-

ity with a sizable market share and a variety of applications. The growing, harvesting, and utilization of beans in numerous industrial sectors and the global market demonstrate that it is more than just a nutritious food source.



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