

## STRUCTURE / FUNCTION CLAIMS

### NUTRIENT: Wheat Bran Fiber

DATE: December 9, 1996  
Document Name: sf01bran.wpd

BY: Luke R. Bucci, PhD

PRODUCT: Fred Meyer Bran Fiber (250t)

NUTRIENT AMOUNT: 500 mg bran fiber (wheat) per serving (one tablet)

---

#### STRUCTURE/FUNCTION CLAIM:

Increasing dietary intake of fiber from wheat bran may have beneficial effects on health of the large intestine.

---

#### REFERENCES:

1. Klurfeld, D.M., Dietary fiber-mediated mechanisms in carcinogenesis, *Canc. Res.* 1992; 52S: 2055S-2059S.
2. Vargas, P.A., et al., Dietary fiber and colon cancer progression, *Canc. Bull.* 1991; 43: 549-554.
3. Cara, L., et al., Effects of oat bran, rice bran, wheat fiber and wheat germ on postprandial lipemia in healthy adults, *Am. J. Clin. Nutr.* 1992; 55: 81-88.

975-0162

LET 488