

# KIWI ZESPRI GREEN Y LA SALUD DIGESTIVA

INVESTIGACIONES LLEVADAS A CABO HASTA EL MOMENTO<sup>1</sup>

7 ENSAYOS CLÍNICOS EN HUMANOS<sup>2-8</sup>,  
4 CALIFICADOS COMO DE 'ALTA CALIDAD'<sup>2,5-6,8</sup>



CONSUMO DIARIO

2-3<sup>2-8</sup>



GRUPOS DE PACIENTES

Con estreñimiento<sup>2-6</sup>

Saludables<sup>7-8</sup>

Con edad avanzada<sup>8</sup>

Con síndrome del intestino irritable (SII)<sup>3</sup>



RESULTADOS  
ESTADÍSTICAMENTE SIGNIFICATIVOS

- ✓ Mejora del confort gástrico (p. ej. menos hinchazón)<sup>2,4-8</sup>
- ✓ Aumento de la frecuencia de las deposiciones<sup>2-6,8</sup>
- ✓ Disminución de la duración del tránsito intestinal<sup>2-3</sup>

**SIN** efectos secundarios<sup>2-8</sup>

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2.Chan AO, Leung G, Tong T, Wong NY. *Increasing dietary fiber intake in terms of kiwifruit improves constipation in Chinese patients*. World J Gastroenterol. 2007;13:4771-5. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4611199/pdf/WJG-13-4771.pdf>

3.Chang CC, Lin YT, Lu YT, Liu YS, Liu JF. *Kiwifruit improves bowel function in patients with irritable bowel syndrome with constipation*. Asia Pac J Clin Nutr. 2010;19:451-7. <http://apjcn.nhri.org.tw/server/APJCN/19/4/451.pdf>

4.Hiele (2010): *three Zespri Green kiwifruit*Zespri: Data on file (Hiele, 2010)

5.Cunillera O, Almeda J, Mascort JJ, Basora J, Marzo-Castillejo M and the Catalan Kiwifruit Study Group. *Improvement of functional constipation with kiwifruit intake in a Mediterranean patient population: An open, non-randomised pilot study*. Rev Esp Nutr Hum Diet. 2015;19:58-67. <http://scielo.isciii.es/pdf/renhyd/v19n2/original1.pdf>

6.Ohsawa et al. (2010): two Zespri Green kiwifruitOhsawa H, Okawa M, Ebihara T (2010) *Effect of kiwifruit on defecation and skin condition in subjects prone to constipation*. In: Confidential Report to Zespri International Ltd. RD Support and Chiyoda Paramedical Care Clinic, Tokyo (PDF) *The nutritional and health attributes of....* Available from: [accessed Aug 06 2018].

7. Rush EC, Patel M, Plank LD, Ferguson LR. *Kiwifruit promotes laxation in the elderly*. Asia Pac J Clin Nutr. 2002;11:164-8. (Pre-trial)

8.Rush EC, Patel M, Plank LD, Ferguson LR. *Kiwifruit promotes laxation in the elderly*. Asia Pac J Clin Nutr. 2002;11:164-8. (Main-trial)