

LE KIWI ZESPRI GREEN ET LA SANTÉ DIGESTIVE

RECHERCHE MENÉE JUSQU'À AUJOURD'HUI¹

7 ESSAIS CLINIQUES CHEZ L'HOMME²⁻⁸,
4 CLASSÉS DE « HAUTE » QUALITÉ^{2,5-6,8}



CONSOMMATION
QUOTIDIENNE

2-3²⁻⁸



RÉSULTATS
STATISTIQUEMENT IMPORTANTS

- ✓ Amélioration du confort gastrique (par exemple : diminution des ballonnements)^{2,4-8}
- ✓ Augmentation de la fréquence du transit intestinal^{2-6,8}
- ✓ Diminution du temps de transit intestinal²⁻³



GROUPES DE PATIENTS

Constipés²⁻⁶

Sains⁷⁻⁸

Âgés⁸

Syndrome du côlon irritable (IBS)³

SANS Effets secondaires²⁻⁸

1. Zespri : Data on file

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 kiwifruit Ohsawa 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)