NuBana™ N200 Green Banana Flour is a new fruit ingredient that is naturally rich in resistant starch - a prebiotic dietary fiber. NuBana N200 contains a minimum of 65% RS2 resistant starch – one of the highest concentrations of RS2 on the market. Numerous clinical studies have shown that RS2 resistant starch delivers a wide range of digestive, weight management and metabolic benefits.

**Features:**
- 65% Resistant Starch
- Prebiotic Fiber
- Rich in potassium & other essential minerals
- Non-GMO
- Labels as ‘Green Banana Flour’ or ‘Dried Green Bananas’
- All-fruit
- Non-hygroscopic
- Organic grade available

**RS2 Benefits:**
- Digestive health
- Satiety & fat burning
- Low glycemic response
- Supports healthy insulin sensitivity
- Supports healthy blood sugar levels
- Supports healthy metabolism

**Applications:**
- Supplement powders
- Bars
- Beverage powders
- Cold-fill beverages
- Raw Vegan Foods
Most starches are digested very quickly. Some starches, known as resistant starch, are digested very slowly throughout the small intestine and end up reaching the large intestine. Resistant starch is becoming well known as a “good carbohydrate” for its strong health benefits.

Historically, people consumed 30-50 grams of resistant starch a day. With the rise of processed foods, however, consumption has fallen to an average of only 5 grams/day around the world.

**How it works:** Within the large intestine, resistant starch is consumed or fermented by bacteria, which produces short-chain fatty acids (SCFAs) and other biochemical compounds. It also selectively stimulates the growth and activity of beneficial bacteria (such as Ruminococcus bromii, Akkermansia, and Bifidobacteria), and reduces the prevalence and growth of potentially harmful bacteria (such as E. coli) and is known as a “prebiotic” dietary fiber. In addition, the SCFAs also trigger changes in gene expression and actively can impact sugar metabolism.

**The Benefits:** A strong body of clinical trials have shown numerous benefits with increasing quantity of natural, RS2 resistant starch, including:

- Low glycemic and insulin response
- Healthy bowel function
- Reduced hunger and reduced food consumption, for up to 24 hours
- Helping maintain integrity of the intestinal mucosal barrier
- Promoting healthy kidney function by processing nitrogen through growth of intestinal bacteria, which lessens the load on the kidneys
- Helping maintain healthy insulin sensitivity in the body’s muscles which maintains healthy blood sugar levels and healthy blood insulin levels.

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3 Levels of Resistant Starch Benefits

<table>
<thead>
<tr>
<th>The Benefits of Resistant Starch</th>
<th>What is Resistant Starch?</th>
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<tbody>
<tr>
<td>Healthy eating &amp; general wellness</td>
<td>Resistant Starch is starch that resists digestion. American adults get about 5 grams/day in foods but likely need 15 grams/day or more.</td>
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<tr>
<td>Regularity, satiety &amp; fat burning</td>
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<tr>
<td>Insulin sensitivity, intestinal health, kidney health &amp; other metabolism benefits</td>
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</tbody>
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