

# Butyrate Foods & Testing Labs

## Labs that test for short chain fatty acids including Butyrate

Doctor's Data, Inc	800-323-2784
Metametrix	800-221-4640
Meridan Valley Lab	425-271-8689
Genova Diagnostics	800-522-4762

Butyric-Cal-Mag™ from Biotics Research contains 516 mg of Butyric acid per capsule as well as Vitamin A (1,666 IU), Pantothenic Acid (8mg), Calcium (45 mg) and Magnesium (38.5 mg). Butyrate can be increased by eating foods that will feed the anaerobic bacteria which as a result increase short chain fatty acids. The long chain structural polysaccharide arabinogalactan is an example of such a fiber. The product called IAG™ is water soluble in a powder form also from Biotics. Other highly-fermentable fiber residues, like resistant starch, oat bran, and pectin are also transformed by colonic bacteria into short-chain fatty acids including butyrate. The only dietary source that I know of in the diet is from butter, which contains 3% butyrate. One study found that resistant starch consistently produces more butyrate than other types of dietary fiber. Here are some examples of foods and the amount of resistant starches.

## Naturally Occurring Resistant Starch

Food	Serving Size	Amount of Resistant Starch (grams)
Navy Beans	1/2 cup cooked	9.8
Banana, Raw	1 medium, peeled	4.7
Cold Potato	1/2" diameter	3.2
Lentils	1/2 cup cooked	2.5
Cold Pasta	1 cup	1.9
Pearl Barley	1/2 cup cooked	1.6
Oatmeal	1 cup cooked	0.7
Wholegrain Bread	2 slices	0.5