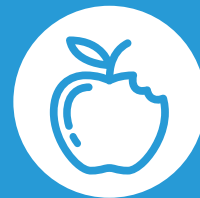




Litesse[®]



Specialty carbohydrate for digestive health and sugar reduction

DESCRIPTION

Litesse[®] polydextrose, is well established as a specialty carbohydrate for a variety of food applications. It is widely recognized and used as a fiber as well as a premium bulking ingredient for sugar and fat replacement.

Litesse[®] helps reduce calories, sugar and lowers glycemic load while improving flavor, mouthfeel and fiber content.

SCIENCE

Litesse[®] can make a positive contribution to digestive health. A range of scientific studies, including human and *in vitro* investigations, provides scientific support for prebiotic activity.

Product category |

DIGESTIVE & METABOLIC



PRODUCT ATTRIBUTES

- Dietary fiber
- Prebiotic properties
- Provides just 1 kcal/g
- Low glycemic ingredient
- Outstanding toleration
- Superior functionality for sugar reduction

FINDINGS INDICATE THAT LITESSE®:

- ✔ Is not hydrolyzed by human digestive enzymes and passes intact to the colon.
- ✔ Is fermented slowly and consistently throughout the colon, thus mediating its effect in the distal colon where its impact may be the greatest.
- ✔ Enhances saccharolytic (carbohydrate) fermentation, thus reducing colonic pH.
- ✔ Selectively stimulates the growth of bifidobacteria and lactobacilli.
- ✔ Enhances immune response, especially in combination with lactitol, where a synergistic effect occurs.
- ✔ Promotes the generation of short chain fatty acids including acetic, propionic and butyric, of which the latter two have specific documented health benefits.
- ✔ Enhances mineral absorption.

References

- 1 Schwab U, 2006 Eur J Clin Nutr, 60(9) 1073-1080
- 2 Tiihonen K , 2008 Br J Nutr, 99(4), 826-831
- 3 Probert *et al.* (2004). Applied and environmental microbiology. 70. 4505-11.

PRODUCT INFORMATION

Standardized on	Polydextrose polymer content (min. 90% on dry substance)
Product form	Powder and 70% Solution
Recommended dosage	Fiber and prebiotic benefits: 1-12 g/day Sugar reduction: Case-dependent
Format	Food & Beverage Dietary Supplements