



ELEVATE YOUR PRODUCTS WITH THE POWER OF FIBERSOL®



Fibersol® is a premier line of soluble prebiotic fibers offering developers and formulators a wide range of solutions, providing consumers the tasty, fiber-full and well-tolerated foods and beverages they know and love.

Fibersol® is your answer to these 5 key consumer drivers:



**PREBIOTIC
BENEFITS**



SATIETY



**DIGESTIVE
HEALTH**



**SUGAR
REDUCTION**



**PROACTIVE
HEALTH**



PREBIOTIC BENEFITS

Not all fiber is created equal! Differentiate your products with Fibersol®, a prebiotic fiber that supports digestive and metabolic health. As consumer interest in gut health continues to rise, incorporating prebiotics like Fibersol®, that's certified Low FODMAP, can give your products a competitive edge.

CLAIMS:

At 3.25g per serving, Fibersol®:

- Enables "Prebiotic Fiber" claim on products (2.8g fiber from Fibersol®, corresponding to 10% DV for fiber)

At 3.75g per serving (4x per day), Fibersol®:

- May help nourish the intestinal flora and maintain a healthy intestinal tract environment (for a total of 15g per day over 3 weeks)
- Is a clinically studied, well-tolerated prebiotic



SATIETY

Consumers value snacks that help them feel fuller for longer, appreciating products that provide sustained satiety. From hunger management to supporting weight goals and beyond, Fibersol® may impact satiety as it may delay hunger and may increase satiety perception.

CLAIMS:

At 10g with a meal, Fibersol®:

- May delay hunger
- May stimulate appetite-regulating hormones
- May increase GLP-1 as a part of a normal physiological response in healthy individuals



DIGESTIVE HEALTH

Consumers of all ages have traditionally relied on dietary fiber to help with common digestive issues. They use dietary fiber to promote regularity, alleviate occasional constipation and enhance metabolic health. Deliver these digestive health benefits consumers seek without the discomfort associated with other fibers—with Fibersol®.

CLAIMS:

At 4-8g per day (for 2 weeks), Fibersol®:

- Helps support/maintain intestinal regularity
- Helps relieve occasional constipation
- May support gut health
- Improves stool consistency

GI Discomfort: Minimal, mild, transient*

Note: The reviewers of the studies were not comfortable that any claims could be made that no gastric discomfort results from consuming Fibersol®. Many of the studies did report that users experienced some GI symptoms and these symptoms occurred at a variety of dose ranges. Although the symptoms may be mild and/or transient, they were reported to occur in many cases.



SUGAR REDUCTION

Consumers are seeking food and beverage options with reduced added sugars. However, balancing calories and great taste is crucial, as consumers desire reduced sugar without compromising on taste or texture. Fibersol® inherently contains low amounts of simple sugars, making it the ideal soluble prebiotic fiber for food and beverage applications.

CLAIMS:

Blood glucose and insulin

At 4-6g with a meal, Fibersol®:

- Helps reduce blood sugar levels/minimize blood sugar spikes after a meal that are within the normal range in healthy individuals
- Helps reduce blood insulin response/the rise in blood insulin after a meal that are within the normal range in healthy individuals



PROACTIVE HEALTH

Consumers are increasingly proactive about their health and recognize the crucial role that food plays in overall wellness. Foods rich in dietary fiber are emerging as significant contributors to healthy nutrition in mainstream products, aligning with the growing trend of proactive health. Incorporating Fibersol® into your formulations allows you to create fiber-full products backed by clinical studies, supporting specific health benefits for overall well-being.

CLAIMS:

Blood triglycerides

At 5-6g with a meal, Fibersol®:

- Helps attenuate the rise in blood triglycerides after a meal that are within the normal range in healthy individuals
- Helps retain healthy blood triglyceride levels



DISCOVER MORE ABOUT FIBERSOL® AT FIBERSOL.COM.

Fibersol® is supported by the joint venture between Archer Daniels Midland Company, Matsutani Chemical Industry Co., Ltd., and Matsutani America, Inc., a global selling and marketing partnership combining strong technical and scientific expertise with a vast global production and transportation network, for a high-quality food ingredient backed by attentive, reliable service and supply.

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Fibersol®

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