

**Nutrition
Centre**

By TATE & LYLE



STA-LITE®
Polydextrose

**Health benefits of
Polydextrose:**

**Published scientific
studies**

Published scientific studies:



Supports weight management with fewer calories and may contribute to satiety

Monsivais P, et al. (2011) Soluble fiber dextrin enhances the satiating power of beverages. *Appetite*. 56 (1): 9-14.



Konings E, et al. (2014) Effect of polydextrose and soluble maize fibre on energy metabolism, metabolic profile and appetite control in overweight men and women. *Br. J Nutr* 111(1): 111-121.



Favourable glycaemic response

Konings E, et al. (2014) Effect of polydextrose and soluble maize fibre on energy metabolism, metabolic profile and appetite control in overweight men and women. *Br. J Nutr* 111(1): 111-121.



Maragkourdaki X, et al. (2020) Supplementation with a prebiotic (polydextrose) in obese mouse pregnancy improves maternal glucose homeostasis and protects against offspring obesity. *Int J Obes (Lond)* 44(12): 2382-2393.

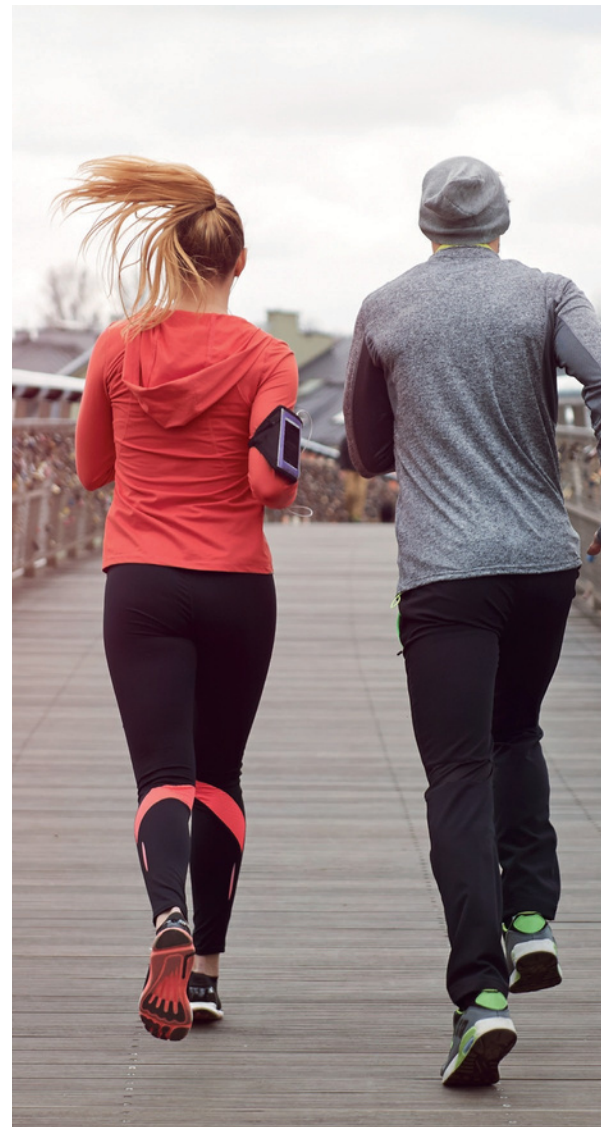


Gut health, laxation and digestive tolerance

Timm DA, et al. (2013) Polydextrose and soluble corn fiber increase five-day wet weight in healthy men and women. *J Nutr*. 4:143-478.



Risso D, et al. (2023) The effect of polydextrose on fecal bulk and bowel function in mildly constipated healthy adults: a double-blind, placebo-controlled study. *FFHD*. 13(5): 240-257.



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To learn more about Tate & Lyle ingredients and innovations as well as health benefits and relevant research, please visit www.tateandlyle.com/nutrition-centre

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