BIBLIOGRAPHY

LITESSE® Polydextrose

Version 08-2013

Provided below is a comprehensive list of health and nutrition research studies conducted with Litesse® polydextrose during the course of its 25+ years in the marketplace. Litesse® is derived from corn and was initially developed as a bulking agent for use in the replacement of sugar and fat. Subsequently Litesse® has grown significantly in value as a low calorie, specialty carbohydrate that is also a soluble fiber. Food and beverage products containing Litesse® can offer consumers multiple benefits in the areas of digestive health, weight management and oral health. Our health and nutrition research is ongoing as we continue to evaluate all of the beneficial prebiotic and physiological effects of polydextrose.

Digestive Health: Fiber and Prebiotic Function

In Vitro Studies


Animal Studies


Human Intervention Studies


Review


Digestive Health: Synbiotic Function

In Vitro Studies


Animal Studies


Human Intervention Studies


Digestive Health: Bowel Function and Fecal Characteristics

Animal Studies


Human Intervention Studies


Review


Digestive Health: Other

Animal Studies


Review


Serum Cholesterol and Triglyceride Level

In Vitro


Animal Studies


Human Intervention Studies


Review


Serum Glucose, Serum Insulin and Glycemia

Animal Studies


Human Intervention Studies


Review


Immune System Modulation

In Vitro Studies


Animal Studies


Anti-pathogenic Function

In Vitro Studies


Animal Studies


Review


Anticarcinogenic Activity

In Vitro Studies


Animal Studies


Review


Energy/Caloric Value

In Vitro Studies


Animal Studies


Human Intervention Studies


Review


Satiety

Human Intervention Studies


Review


Physical Performance

Human Intervention Studies


Oral Health

Animal Studies


Human Intervention Studies


Review


Vitamins, Minerals and Trace Elements

In Vitro Studies


Animal Studies


Human Intervention Studies


Toxin/Mutagen/Environmental Contaminant Removal

Animal Studies


Hypertension

Animal Studies


Human Intervention Studies


Review


Safety and Tolerance

Animal Studies


Human Intervention Studies


Review


2. Flood MT, Auerbach MH, Craig SAS. A review of the clinical toleration studies of polydextrose in food. Food and Chemical Toxicology 2004 Sep;42(9):1531-42.

Review Papers


Other


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Regarding health claims, users should conduct their own legal investigations into national demands when marketing and selling a consumer product containing the product described in this publication.