

**Fibersol-2**  
*it's the fiber you want*

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Fibersol-2 allows you to develop food and beverage products for the health conscious consumer that gives them all the dietary fiber they need without sacrificing the taste, aroma, and texture they want!

There are two general types of dietary fiber... water insoluble and water soluble types. Insoluble dietary fibers provide water binding and "bulk" to diets, reducing internal stress on the colon and reducing the incidence of certain colonic conditions (e.g., diverticulitis). Unfortunately, insoluble dietary fibers are crude and can negatively influence the sensory properties of the foods to which they are added.


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Soluble dietary fibers have two basic types...high viscosity and low viscosity...that provide little “bulk” per se but do positively affect intestinal health, provide a colonic environment compatible with the growth of beneficial bacteria. This may include possible influence on absorption of other nutrients that are not absorbed in the small intestine. Secondary influences on blood sugar, insulin, fat deposition, and blood lipids (triglycerides and cholesterol) are well documented, but not universal for every fiber.

Fibersol-2 digestion resistant maltodextrin is a low viscosity soluble dietary fiber that clinical research has indicated helps support or maintain intestinal regularity. Clinical studies show that Fibersol-2 helps to relieve occasional constipation, and select studies show that it improves stool consistency.

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Studies show that Fibersol-2 digestion resistant maltodextrin when taken with a meal may attenuate the rise in serum glucose following the meal. Fibersol-2 has the potential to reduce peak postprandial blood glucose and insulin levels that are within the normal range in healthy individuals. In addition, studies show that Fibersol-2 does not alter healthy, steady-state blood glucose or insulin levels.

Limited data also suggest that Fibersol-2 digestion resistant maltodextrin when taken with a meal or food may attenuate the rise in serum triglycerides following the meal and that it may help retain healthy serum triglyceride levels.

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