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 Action**

**In Vitro Studies**


**Animal Studies**


**Human Intervention Studies**


**Review**


**Digestive Health: Synbiotic Function**

**In Vitro Studies**


**Animal Studies**


**Human Intervention Studies**


Human Intervention Studies


Digestive Health: Other

Animal Studies


Serum Cholesterol and Triglyceride Level

Animal Studies


**Human Intervention Studies**


**Review**


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**Immune System Modulation**

**In Vitro Studies**


**Animal Studies**


**Anti-pathogenic Function**

**In Vitro Studies**


**Animal Studies**


Review

Anti-carcinogenic Activity

In Vitro Studies

Animal Studies


Review

Energy/Caloric Value

In Vitro Studies

Animal Studies


Human Intervention Studies


Review


Warwick PM, Baines J. Point of view: Energy factors for food labelling and other purposes should be derived in a consistent fashion for all food components. British Journal of Nutrition 2000 Dec;84(6):897-902.

Satiety

Human Intervention Studies


Review

Physical Performance

Human Intervention Studies

Oral Health

Animal Studies

Human Intervention Studies

Vitamins, Minerals and Trace Elements

In Vitro Studies


Animal Studies


Human Intervention Studies

Animal Studies

Human Intervention Studies


Ziegler E, Vanderhoof JA, Petschow B, Mitterseen SH, Stolz SI, Harris CL, Berseth CL. Term infants fed formula supplemented with selected blends of prebiotics grow normally and have soft stools similar to those reported for breast-fed infants. Journal of Pediatric Gastroenterology and Nutrition 2007 Mar;44(3):359-64.

Review

Burdock GA, Flamm WG. A review of the studies of the safety of polydextrose in food. Food and Chemical Toxicology 1999 Feb;37(2-3):233-64.

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


