

# Bibliography

## Polydextrose

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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**

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Kruger D, Grossklaus R. In vitro energy-conversion of sugars and sugar substitutes by rat cecal flora. *Thermochimica Acta* 1991 Dec 14;193:173-82.

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Livesey G, Johnson IT, Gee JM, Smith T, Lee WE, Hillan KA, Meyer J, Turner SC. Determination of sugar alcohol and polydextrose absorption in humans by the breath hydrogen (H<sub>2</sub>) technique – the stoichiometry of hydrogen-production and the interaction between carbohydrates assessed In vivo and In vitro. *European Journal of Clinical Nutrition* 1993 Jun;47(6):419-30.

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Solomons NW, Rosenthal A. Intestinal metabolism of a random-bonded polyglucose bulking agent in humans: in vitro and in vivo studies of hydrogen evolution. *J Lab Clin Med* 1985 May;105(5):585-92.

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## **Digestive Health: Synbiotic Function**

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## **Digestive Health: Bowel Function and Fecal Characteristics**

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Raninen K, Lappi J, Mykkänen H, Poutanen K. Dietary fiber type reflects physiological functionality: Comparison of grain fiber, inulin, and polydextrose. *Nutrition Reviews* 2011; 69 (1): 9-21.

### **Digestive Health: Other**

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### **Serum Cholesterol and Triglyceride Level**

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### **Serum Glucose, Serum Insulin and Glycemia**

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#### **Animal Studies**

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## Immune System Modulation

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## Anti-pathogenic Function

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### **Anti-carcinogenic Activity**

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### **Energy/Caloric Value**

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## Physical Performance

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## Vitamins, Minerals and Trace Elements

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