ISOMALT

sugar-born, sugar-like, sugar-free
ISOMALT – Absolutely trendy

ISOMALT is a unique sugar replacer

Pleasantly sweet, kind to teeth, low in calories and very low glycemic – with these benefits ISOMALT is convincing more and more health-conscious consumers worldwide. This is why ISOMALT is used in an ever growing number of premium quality confectionery and food products – as the ideal alternative for conventional sugars and sweeteners.

ISOMALT is exclusively made from sugar

The natural origin of this sugar replacer is sugar beet. The sugar components glucose and fructose are used in a two step process to make ISOMALT. ISOMALT looks like sugar and is, like sugar, a major ingredient in confectionery and many other food products.
**ISOMALT is not an intense sweetener**

ISOMALT replaces sugar in a 1:1 ratio and is therefore very different from so-called “intense sweeteners”. These are extremely sweet (up to one thousand times sweeter than sugar) and can only be used in very small amounts.

ISOMALT (left) replaces sugar in a 1:1 ratio, whereas an intense sweetener does not.
ISOMALT is kind to teeth

Your teeth benefit the most from ISOMALT. It helps to avoid the development of tooth cavities due to a stable molecular structure that most microorganisms in the mouth are not able to use as an energy source. That means ISOMALT reduces the formation of plaque and prevents the production of harmful acids. What is even more, ISOMALT promotes remineralisation: Consuming candies or chewing gum with ISOMALT helps strengthen the dental enamel. Because of these properties toothfriendly products such as chewing gum and candies containing ISOMALT are often used in caries prevention.

ISOMALT pH-values in the mouth remain in a neutral band, whereas sugar causes a quick drop to harmful levels.
ISOMALT works like dietary fibre

Like the dietary fibre in green beans, onions and various types of fruit, ISOMALT belongs to a group known as ‘low digestible carbohydrates’. These carbohydrates help to stimulate bowel activity and aid regularity. Like with e.g. plums, excessive consumption may have a laxative effect.

Just as high-fibre foods, the regular consumption of ISOMALT in moderate amounts is tolerated very well and helps maintaining the balance of the digestive system.
ISOMALT cuts down the calories

When it comes to calories, there is a major difference between products made with ISOMALT and their sugar-containing counterparts. ISOMALT has only half the calories of sugar because the human body can only use 50% of its energy. Therefore, choosing a sugar-free candy of around 3 g can cut down up to six calories.

Studies have shown that even small changes in calorie intake can have major impacts. It all depends on the overall calorie balance: the intake of fewer calories than the human body uses will lead to long-term weight loss, which means consuming 50 calories less a day during 12 months can reduce your weight by approximately 2.5 kg.
ISOMALT –
Part of a balanced diet

ISOMALT is very low glycemic

ISOMALT is only partially digested by the body’s enzymes. It is a low digestible carbohydrate. This leads to a lower increase of blood glucose and insulin level after consumption of ISOMALT-containing products compared to glucose or sugar. By comparing the glycemic response of ISOMALT with glucose and sugar, ISOMALT has a very low glycemic index of 2 (±1). The reference substance glucose has a glycemic index of 100 and sugar has a value of 68.

What does “low glycemic” mean?

Carbohydrates in food do vary metabolically: Some are rapidly absorbed and have a high glycemic effect whereas others are more resistant to digestion which results in a low glycemic effect. The slower the rate of absorption is, the lower is the rise of blood glucose and the lower is the glycemic effect.
Why is a “low glycemic response” of interest?

A growing number of research has shown that long-term diets based on high-carbohydrate low glycemic foods can be regarded as beneficial for health. A low glycemic diet improves blood glucose control and reduces insulin demand as well as high blood fat levels. These factors are important with regard to the prevention of and the overall diet management in case of diabetes, overweight and cardiovascular disease.

To consider the glycemic effects of carbohydrates and to prefer low glycemic foods as part of a healthy diet has been recommended for the general population by the World Health Organisation (WHO) since 1997.

With its low glycemic response ISOMALT offers an important advantage that both health-conscious consumers and diabetics can benefit from.
ISOMALTS always tastes fresh and natural

ISOMALTS is not sticky and reduces packaging

As ISOMALTS absorbs very little water, confectionery products are not sticky and do not melt or soften at summer temperatures or in high humidity. For this reason sugar-free candies containing ISOMALTS do not need to be wrapped individually. They can be presented in environmentally friendly convenience packs, saving packaging while maintaining their premium quality and delicious flavour freshness even after opening.
ISOMALT does magic with flavours

With its pleasant sweetness, ISOMALT enhances subtle and fine flavours, such as peach, melon, passion fruit and vanilla. The pure, natural taste of ISOMALT never overlays flavours but releases their full potential. That applies as well to the full cocoa flavour in chocolate as it does to candies, chewing gum, ice cream, jelly and much more with a wide variety of flavours – from menthol to peppermint, coffee and caramel up to exotic fruits.

ISOMALT – Pure indulgence without regrets
ISOMALT

- is the only sugar replacer exclusively made from sugar – therefore it tastes so natural
- is kind to teeth and helps to prevent cavities and plaque
- has only half the calories of sugar
- works like dietary fiber
- is very low glycemic and hardly affects blood sugar and insulin levels
- is not sticky and requires less packaging
- enhances fine and subtle flavours with pleasant sweetness
ISOMALT at a glance

You can easily find out whether a product contains ISOMALT by checking the list of ingredients or looking for the ISOMALT logo:
Should you have any questions regarding ISOMALT, feel free to contact:

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