

April 2016

BENEO secures 2nd authorised 13.5 health claim in 2016 for its chicory root fibres

Inulin and oligofructose contribute to a reduction in blood glucose rise

Functional ingredients manufacturer BENEEO is pleased to announce that the Standing Committee on Plant, Animals, Food and Feed has agreed with the EU Commission in its meeting on April 12th to authorise a second 13.5 health claim for the company's chicory root fibres.

The announcement comes just three months after the company received its first 13.5 health claim for its chicory inulin at the beginning of the year. The recent health claim confirms that inulin and oligofructose contribute to a better blood glucose management as they support a lower rise in blood glucose response. The wording for the claim may read "*Consumption of food/drinks containing inulin/oligofructose instead of sugars induces a lower blood glucose rise after their consumption compared to sugar-containing foods/drinks*" when BENEEO's chicory root fibres are used. The EU Commission will now continue with the publication of the health claim in the EU Official Journal which is expected within 4 to 6 weeks. Consequently, the claim will be able to be used in the market soon.

In addition to the authorised 13.5 health claim, general health-related well-being claims under article 10.3 are also possible. Amongst others, these may include "*lower and more balanced blood glucose rise*". A 30% sugar reduction needs to be obtained by replacement with non-digestible carbohydrates such as BENEEO's inulin and oligofructose according to the conditions of use. The authorisation is based on several scientific studies all of which confirm that oligofructose and inulin have a significant part to play in the area of glycaemic control.

About 422 million people worldwide have diabetes, a number that is likely to more than double in the next 20 years. More than 90% of these people suffer from diabetes type II¹ so preventative measures, such as healthy eating, are a key area of concern. Leading scientists agree that a low glycaemic diet reduces the risk of type II diabetes and helps to control blood glucose levels, a factor that's particularly important for people who already suffer from diabetes.

¹ <http://www.who.int/campaigns/world-health-day/2016/en>

Consumer awareness around the issue is growing and as a result, many more consumers are now seeking out low glycaemic products. The new health claim supports them in more easily identifying the respective products and also helps manufacturers to develop a greater variety of low glycaemic choices in response to this consumer need.

BENEO's inulin and oligofructose, derived from chicory root, contribute to a lower glycaemic response of food and drink products because they are not digested in the human digestive system and thus no glucose is released into the blood stream. Replacing high glycaemic ingredients (e.g. sucrose, glucose, maltodextrin) using BENEO's dietary fibres that do not cause a glycaemic response consequently lowers the blood glucose response of the final product and adds a valuable fibre source at the same time.

Anke Sentko, VP Regulatory Affairs and Nutrition Communication: "Blood glucose management is a key element in the promotion of long-term health from early on. Consumers are increasingly aware that carbohydrate-based, low glycaemic products contribute to healthy nutrition. The new health claim for BENEO's dietary fibres inulin and oligofructose confirms once again the strong scientific evidence behind our ingredients. But, even more important than that, it offers manufacturers the opportunity to help consumers make better choices in their daily diet that support a low glycaemic nutrition."

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The BENEО-Institute is an organisation which brings together BENEО's expertise from Nutrition Science, Nutrition Communication and Regulatory Affairs teams. It acts as an advisory body for customers and partners reaching from ingredient approval, physiological effects and nutritional composition to communication and labelling. The key nutritional topics that form the basis of the **BENEО-Institute's** work include weight management, digestive health, bone health, physical and mental performance, the effects of a low glycaemic diet in the context of healthy eating and disease prevention, as well as dental health.

The **BENEО-Institute** facilitates access to the latest scientific research and knowledge throughout all nutritional and regulatory topics related to BENEО ingredients. It provides BENEО customers and partners with substantiated guidance for some of the most critical

questions in the food industry. BENEIO is a division of the Südzucker Group, employs almost 900 people and has production units in Belgium, Chile, Germany and Italy.

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