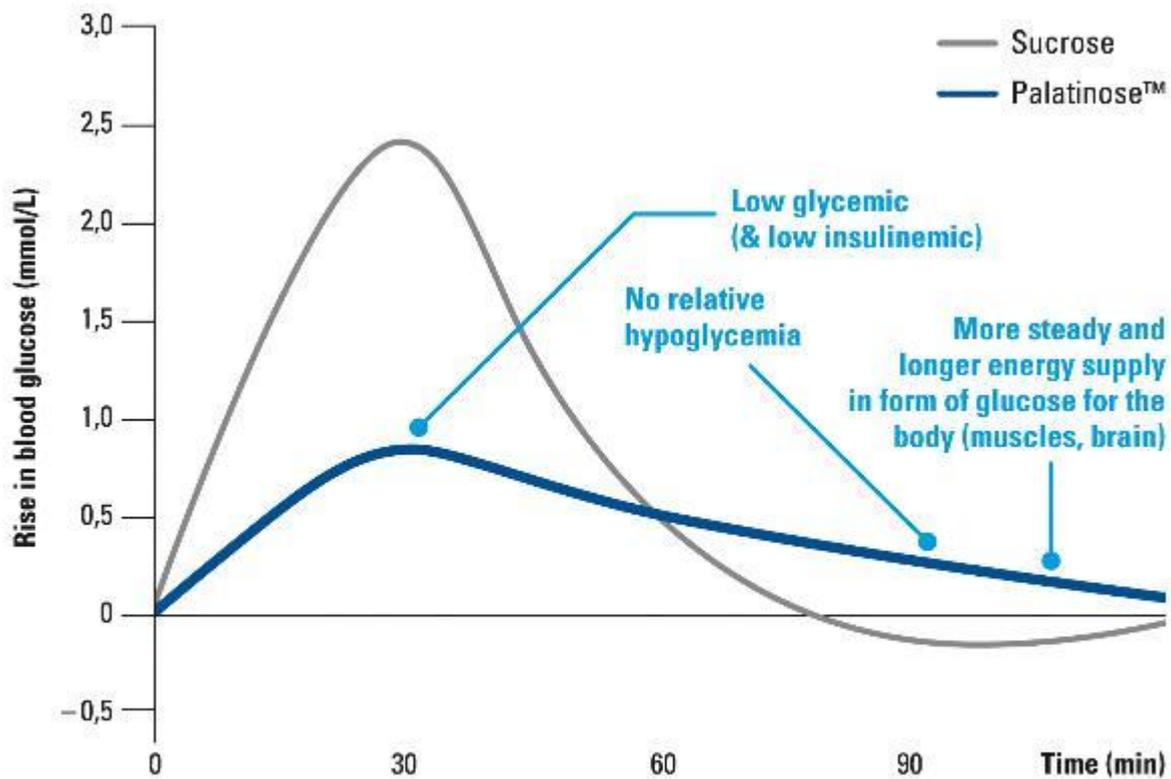


## INFORMATIONER OMKRING B.EN og PALATINOSE.

### Natural energy that lasts longer

With its slow but complete absorption and hydrolysis, **Palatinose™** (Isomaltulose) provides a constant and **extended stream of energy** out of its caloric value of 4kcal/g for muscles and brain. This new source of energy lasts **over a longer period of time** compared to quickly absorbed carbohydrates. An ideal product property for today's life demanding full mental and physical performance.

### What happens to Palatinose™ in the body?



Blood glucose response to Palatinose™ in comparison to other carbohydrates in healthy adults. The curves are generated from different studies and represent the response to 50 g oral carbohydrate in drinks solution. (*Livesey*)

- It is fully digestible but ...
- ...four to five times more slowly than sucrose.
- Before it can be absorbed by the body it has to be broken down in the gastrointestinal tract.
- Digestion and absorption are virtually complete at the end of the small intestine.
- As it is **fully but slowly digested** it supplies the body with the **full energy** of carbohydrates (4 kcal/g)

- over a longer period of time
- It displays a slower and overall lower rise in blood sugar with a **longer lasting** effect.
  - There is no significant drop below the baseline level as is the case with conventional sugars.
  - That means it **supplies energy continuously** in the form of glucose over a longer period of time which is beneficial for muscles and brain.
  - The GI of Palatinose™ is 32.
  - The low effect on blood sugar results in less insulin release with a low insulinemic index of only 30.
  - Its **low GI** facilitates a higher proportion of energy derived from fat burning in comparison to readily available carbohydrates.
  - And – it is **kind to teeth** as oral micro-organisms cannot use it as a substrate and consequently no harmful acids capable of attacking tooth enamel are produced.

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## What are the nutritional benefits of Palatinose™?

- It is kind to teeth
- It provides balanced, **longer lasting** and decelerated energy ...
- ... in the form of a direct glucose source which is **THE energy source** for muscles and brain
- Under specific conditions the intake of a Palatinose™ sweetened breakfast resulted in better **mental performance** when compared to an equivalent glucose breakfast
- It is very low glycemic.
- It avoids extreme insulin reactions.
- It promotes **fat burning** by increasing the use of body fat and fatty acids as an energy source.
- It is a long-term solution for blood glucose control.
- It is a modern way of **energy management** as it is slowly but fully digested and absorbed.
- Its gastrointestinal tolerance is the same as that of sucrose even at high intake levels.

## Who benefits from Palatinose™?

- It is good for **everyone** who eats a carbohydrate based well-balanced diet.
- It supplies the body with the necessary energy while its low glycemic response and the associated lower release of insulin have a positive effect on metabolism.
- **Athletes** and **Sports People** who use carbohydrates in endurance training can benefit from Palatinose™ as it leads to the release of glucose energy at exactly the level where it triggers an increased rate of fat oxidation – while sparing glycogen in the human body.
- Palatinose™ offers "better" calories for kids or anyone else during physical activity or in situations where mental focus and performance is key.
- It enables the body's own carbohydrate stores to be spared for higher levels of endurance.
- For a growing number of people **blood glucose control** is becoming increasingly important – this is where Palatinose™ can contribute to a tasty diet.