



*VitaFiber™ is a soluble dietary fiber and a prebiotic ingredient that is naturally rich in fiber (>90%), sweet-tasting and has only 25% of the calories of sucrose*

## Health Benefits of VitaFiber™

- Improves gastrointestinal health
- Helps bolster the intestinal micro-flora
- Helps maintain healthy cholesterol levels already within the normal range
- Helps improve minerals absorption
- Helps prevent constipation
- Helps maintain healthy blood sugar levels already within the normal range



VitaFiber™ is a natural, prebiotic soluble (>90%) fiber. It is a high quality, high-purity isomalto-oligosaccharide (IMO) made from various cereal crop sources. VitaFiber™ functions as a dietary fiber, prebiotic and natural sweetener that is low in calories.

## What is a prebiotic?

A prebiotic is a digestion-resistant food ingredient that selectively stimulates the growth of beneficial bacteria in the colon.

# VitaFiber™

Natural Prebiotic Fiber

## VitaFiber™

- GRAS with FDA Notification (generally regarded as safe) at levels up to 15 g/serving or 30 g/day
- Health Canada Approval
- Does not cause gastric upset with recommended level
- Stable at baking temperatures, and pH stable from pH 2-9, making it suitable for the most demanding processes, even soft drinks
- Available as a syrup or powder
- On a dry basis, VitaFiber™ is >90% dietary fiber with 100% solubility
- Caloric value of VitaFiber™ is 1.5 kcal/g

## Technical Advantages

- Highly soluble
- Sugar replacement
- Temperature-stable
- pH stable
- Moisture-retaining
- Synergy with high-intensity sweeteners

*VitaFiber™-IMO organic is also available.  
All VitaFiber™ products are  
Kosher and Halal certified.*



Product Name	Relative Sweetness Compared to Sucrose	Possible Usage in Food Categories
VitaFiber™ Basic	~60%	Dietary fiber, prebiotic ingredient, bulking agent, flavor enhancer
VitaFiber™ 100 (VF-100)	~100%	Beverages, breakfast bars, toppings, sauces, replaces sucrose or glucose syrup
VitaFiber™ 120 (VF-120)	~120%	Beverages, confectionary, replaces high fructose corn syrup (HFCS-90)
VitaFiber™ 250 (VF-250)	~250%	The target use is 50/50 blend with water to provide the typical level of sweetness of high fructose corn syrup (HFCS-90) in beverages