New Clinical Research on Sustained Energy Response with SUSTRA™ 2434 Slowly Digestible Carbohydrate

Slowly digestible starch lowers glycemic response and produces steadier energy release

WESTCHESTER, Ill., Dec. 5, 2017 – Ingredion Incorporated, a leading global provider of ingredient solutions to diversified industries, today announced the results of a new clinical study of the sustained energy effects of SUSTRA™ 2434 slowly digestible carbohydrate. The study, published in the peer-reviewed scientific journal Nutrients, is the first to characterize physiological responses to the slowly digestible starch (SDS) in two different foods.

Glycemic Index Laboratories conducted the randomized, double-blind, placebo-controlled clinical study, which was funded by Ingredion. Researchers evaluated the blood glucose response of 14 healthy adults who ate study foods including cold-pressed bars and instant chocolate pudding made with SUSTRA 2434 slowly digestible carbohydrate, or a control bar made with maltodextrin and a control pudding made with dextrose. Foods formulated with SUSTRA 2434 slowly digestible carbohydrate were associated with a lower glucose response in the first 60 to 90 minutes following consumption, and a higher glucose response at two or more hours, suggesting steadily available energy.

“Having a lower glycemic response to food is an indicator of prolonged digestion and absorption, which helps to yield more balanced energy throughout the day,” says Vishnupriya Gourineni, global nutrition R&D scientist at Ingredion. “Ingredion’s proprietary research has shown that consumers are interested in foods that deliver steady energy, particularly from early morning to mid-afternoon. At the same time, consumers are seeking low glycemic index foods to help manage blood sugar. The balanced, more sustained energy that SUSTRA 2434 slowly digestible carbohydrate provides can help improve carbohydrate value in energy-focused nutritional foods, beverages and supplements.”
The open access article, written by Gourineni and others, was published in scientific journal Nutrients 9, no. 11: 1230, “Slowly Digestible Carbohydrate for Balanced Energy: In Vitro and In Vivo Evidence.” Visit http://www.mdpi.com/2072-6643/9/11/1230 for the full article.

About SUSTRA slowly digestible carbohydrate

SUSTRA 2434 slowly digestible carbohydrate is an innovative, easy-to-formulate ingredient that can enable claims such as “low glycemic index” and “sustained blood glucose.” In addition, it is gluten- and FODMAP-free and has no adverse osmotic or digestive tolerance effects. With its clean taste profile, sensory acceptance and appealing consistency, manufacturers can now easily develop convenient, consumer-desired energy products such as bars, shakes, mixes, snacks and supplements. Made from native corn starch and tapioca flour, SUSTRA 2434 slowly digestible carbohydrate has a simple label and is certified in conformity with Ingredion’s TRUETRACE® program for non-genetically modified ingredients.

Ingredion has more than 100 years of technical expertise in the food and beverage industry and is a leader in carbohydrate nutrition science. To learn more about SUSTRA 2434 slowly digestible carbohydrate or find out how the experts at Ingredion Idea Labs® innovation centers use science-based problem-solving to boost the healthy appeal of products, contact Ingredion at 1-800-713-0208 or visit www.ingredion.us/SUSTRA.

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Ingredion Incorporated (NYSE: INGR) is a leading global ingredient solutions provider. We turn grains, fruits, vegetables and other plant materials into value-added ingredients and biomaterial solutions for the food, beverage, paper and corrugating, brewing and other industries. Serving customers in over 100 countries, our ingredients make crackers crunchy, yogurts creamy, candy sweet, paper stronger and add fiber to nutrition bars. Visit ingredion.com to learn more.

Ingredion Idea Labs® science-based problem solving fosters ideas, innovations and solutions to help customers differentiate their products, optimize costs and get to market faster with greater success and profitability. Our network of 27 labs invites spirited collaboration through consumer insights, applied research, applications know-how and process technology. Visit ingredionidealabs.com.

About Nutrients

MDPI (Multidisciplinary Digital Publishing Institute) is an academic open access publisher based in Basel, Switzerland, and was initially founded in 1996 to collect and preserve rare chemical research samples. To support samples project, MDPI started the journal Molecules the same year. Since 1996, MDPI has grown into a publishing house with more than 170 diverse open access journals and over 5.7 million webpage views each month. With further editorial offices in Beijing, Wuhan (China) and Barcelona (Spain), MDPI is backed by over 15,700 academic editors and scientists worldwide. Visit www.mdpi.com to learn more.