

# LITESSE® Polydextrose

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Provided below is a comprehensive list of health and nutrition research studies conducted with Litesse® polydextrose during the course of its 25+ years in the marketplace. Litesse is derived from corn and was initially developed as a bulking agent for use in the replacement of sugar and fat. Subsequently Litesse® has grown significantly in value as a low calorie, specialty carbohydrate that is also a soluble fiber. Food and beverage products containing Litesse® can offer consumers multiple benefits in the areas of digestive health, weight management and oral health. Our health and nutrition research is ongoing as we continue to evaluate all of the beneficial prebiotic and physiological effects of polydextrose.

## Digestive Health: Fiber and Prebiotic Function

### In Vitro Studies

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## Digestive Health: Synbiotic Function

### In Vitro Studies

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## Human Intervention Studies

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## Review

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## Digestive Health: Bowel Function and Fecal Characteristics

### Animal Studies

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