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**


Animal Studies


Human Intervention Studies


Litesse® polydextrose bibliography 3
Review


Digestive Health: Synbiotic Function

In Vitro Studies


Animal Studies


Human Intervention Studies


Review


Digestive Health: Bowel Function and Fecal Characteristics

Animal Studies


Human Intervention Studies


Review

Digestive Health: Other

Animal Studies


Human Intervention Studies


Review


Serum Cholesterol, Triglyceride Level and Lipid Metabolism

In Vitro


Animal Studies


Human Intervention Studies


Review


Serum Glucose, Serum Insulin and Glycemia

Animal Studies


Human Intervention Studies


Review


Immune System Modulation

In Vitro Studies


Animal Studies


Human Intervention Studies


Anti-pathogenic Function

In Vitro Studies


Animal Studies


Human Intervention Studies


Polydextrose studied in combination with other ingredients.

Review


Energy/Caloric Value

In Vitro Studies


Animal Studies


Review


Anti-carcinogenic Activity

In Vitro Studies


Animal Studies


Human Intervention Studies


Polydextrose studied in combination with other ingredients.

Review


Energy/Caloric Value

In Vitro Studies


Animal Studies


Human Intervention Studies


Review


Satiety

Human Intervention Studies


Review


Physical Performance

Human Intervention Studies


Oral Health

Animal Studies


Human Intervention Studies


Review


Vitamins, Minerals and Trace Elements

In Vitro Studies


Animal Studies


**Human Intervention Studies**


**Toxin/Mutagen/Environmental Contaminant Removal**

**Animal Studies**


**Hypertension**

**Animal Studies**


**Human Intervention Studies**


**Review**

**Safety and Toleration**

**Animal Studies**


**Human Intervention Studies**


**Review**


2. Flood MT, Auerbach MH, Craig SAS. A review of the clinical toleration studies of polydextrose in food. Food and Chemical Toxicology 2004 Sep;42(9):1531-42.

**Review Papers**


Neuronal Development and Function

Animal Studies


Review Papers


Other


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