

Clean-label Solutions to Deliver Health and Functionality



In line with increased health awareness, consumers are keener on more natural, plant-based products that delivers good nutrition and functionality¹.

Sustained Energy Enables Endurance Activity

Healthy living brings enormous growth in sport nutrition¹. Palatinose is a natural, and non-GMO carbohydrate from sugar beet which supports active lifestyle. Its structure, with stable glucose-fructose linkage, causes slower digestion by the enzymes, resulting in a steady, longer-lasting fuel supply to the body. Fat oxidation are promoted during endurance exercise, which in overall helps athletes to perform better^{3,7}.

Blood Glucose and Weight Management

Keeping blood sugar levels within a healthy range matters from early childhood as well as in later life as it supports healthy development and aging. Low glycemic index (GI) diets raise our blood sugar level slower and benefit diabetic patients⁸.

Palatinose, featured with a low GI, minimally increases blood glucose and insulin levels⁵. It is noteworthy that lower insulin release allows the body to burn more fat and aid in weight control^{6,8}. Isomalt is also another sugar replacer derived from natural sources, and is often recommended for diabetics as it has a low GI. In addition, isomalt supplies only half of the caloric value of sucrose⁴.

Greater Interest in Gut Health Among Customers

The key element to achieve a healthy digestive system is sufficient intake of the right dietary fibre. Inulin is a naturally occurring prebiotic fibre from chicory root. Sufficient studies have shown that the consumption of inulin resulted in a consistent and significant increase in good bacteria in the human gut, which helps in relieving constipation and increasing stool load or frequency of bowel movements^{9,10}. Furthermore, having a healthy digestive system also safeguards our immunity².

Embrace Clean-living Lifestyle

To sum up, by adopting an active lifestyle, embracing a healthier dietary pattern and recognizing the benefits of health foods, we can definitely achieve more positive outcomes for our health and well-being.

At DPO, we are honoured to be in partnership with **Beneo Orafiti** and **Beneo Palatinit** to bring you a range of ingredient choices that could elevate your quality of life.

References

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