



ALLULOSE

DESCRIPTION

Allulose is a bulk sweetening ingredient that provides the functional benefits and experience of sugar (e.g. taste and texture) but without all the calories. It is a rare sugar, found in nature in small quantities in foods such as figs and raisins.

RELATIVE SWEETNESS

70% as sweet as sugar.

METABOLISM

Allulose is absorbed but not metabolized, and is excreted intact.

BENEFITS

- A Low-calorie sugar (0.2kcal/g)
- Improves temporal profile with similar upfront sweetness like sucrose
- Similar taste and texture to sucrose
- Provides bulk and mouthfeel
- Synergy with other sweeteners
- Does not promote tooth decay
- It does not increase blood glucose levels
- It does not increase blood insulin levels
- It has good digestive tolerance at approved usage levels
- Bakes and provides the bulk, browning, caramelization and texture of a sugar when used in a formulation

APPLICATIONS

Allulose can be used in a broad array of products, including:

- table-top sweeteners
- beverages
- bakery
- sauces and syrups
- cereals
- frozen dessert
- dairy and yogurt
- fillings and frostings
- puddings and gelatins



SAFETY

Extensive studies have been conducted to support the safety of allulose. The results of these studies demonstrate that it is safe for human consumption.

STATUS

Allulose is GRAS (Generally Recognized As Safe) in the US and has been approved in Mexico at GMP (Good Manufacturing Practice) levels. It has also been approved as a food in Chile, Colombia, Costa Rica, Singapore and Korea. Currently there is an application for the approval of allulose under the EU legislation.

ADI

Most of the abovementioned countries have approved allulose as a food and therefore no ADI has been established. Allulose is well tolerated up to 30g/day.