

# New study finds that allulose is well-tolerated in children



## Allulose is...

100% natural

**DOLCIA PRIMA®**  
Allulose

70% of the sweetness of sugar

a rare sugar

not broken down by the body

.04 kcal/g

non-cariogenic



- Allulose is well tolerated in healthy adults at 30 g/day.
- No published tolerance data was available for children.

Objective: To determine the gastrointestinal (GI) tolerance of d-allulose at GRAS inclusion levels in children.

## The Study:

Acute, randomized, double-blind, placebo-controlled, cross-over trial



Given in 250ml of a clear sweet beverage with lunch

• High fructose corn syrup (Placebo)

• 2.5 grams of allulose (2.1% inclusion rate)

• 4.2 grams of allulose (3.5% inclusion rate)

## The Results:

- No participants in the placebo or low dose groups experienced loose stools. Only one participant in the high dose group experienced 1 episode of loose stools.
- None of the participants experienced unusual stool frequency.
- None of the participants experienced severe GI symptoms.



## Conclusions:

- Allulose is well tolerated and safe in children when used at GRAS inclusion levels (2.5g and 4.2g).
- Allulose is a good candidate to be used in reformulation to reduce sugar and calories by replacing added sugars.

\*Regulations vary by region. Consult your local regulatory group for confirmation.

FDA: U.S Food and Drug Administration GRAS Notices. 2021. GRN No. 1057  
<https://www.fda.gov/media/166068/download>

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