



Nutrition
Centre

By TATE & LYLE

What is Promitor[®]?

A versatile ingredient to help you enhance
the nutrition quality of your products.

An innovative blend of science and nature, PROMITOR® is a soluble fibre manufactured from corn.

Far more than a sugar replacement or bulking agent, it provides your products with an increase in fibre, without increasing their sugar or calorie content (when used to substitute sugar or other digestible carbohydrates). Highly soluble and versatile, PROMITOR® Soluble Fibre is currently used in a wide variety of different products, including:

- Cereals and baked goods
- Dairy products
- Frozen foods
- Soups and salad dressings
- Fruit drinks and carbonated beverages
- Meal replacement drinks

Give your brand a consumer-led edge with PROMITOR® Soluble Fibre

Consumers know fibre is essential to a healthy, balanced diet. Thanks to education and consumer guidance, they're also aware that a diet high in fibre can help reduce the risk of certain diseases, including diabetes, some cancers, and heart disease¹⁻³. Despite this, the well-documented 'fibre gap' continues to be a global problem.

What is the Fibre Gap?

The fibre gap is the difference between the recommended daily amount of fibre people should be eating (between 25 - 29g)⁵ and the amount they're actually consuming⁶.

With increasingly busy lifestyles and considerations around weight management and calorie consumption, consumers are looking beyond traditional food sources as the sole way to increase their fibre intake⁴.

Research indicates a variety of health benefits for consumers

Adding PROMITOR® Soluble Fibre to the products that your consumers enjoy, is a simple way to help address the fibre gap problem.

But beyond versatility and convenience, ongoing research around PROMITOR® Soluble Fibre suggests a number of potential health benefits*.

A healthy gut



As a dietary fibre, PROMITOR® Soluble Fibre can help maintain digestive health*. Some studies suggest that PROMITOR® Soluble Fibre encourages the growth and activity of certain bacteria, producing short-chain fatty acids^{7,8}. With these 'prebiotic' qualities*⁷⁻¹¹, PROMITOR® Soluble Fibre may help support a healthy gut¹²⁻¹⁵.

Supports bone health*



Scientific research has shown that PROMITOR® Soluble Fibre supports increased calcium absorption and bone calcium retention and, as such, may support bone health^{8,11,16,17}.



*Labelling and claims may vary by country. Customers are advised to consult regulatory *their own* experts to determine appropriate labelling and claims for their products. ** Compared to other commonly used fibres. ***Caloric labelling varies based on global regulations.

Excellent digestive tolerance*



PROMITOR® Soluble Fibre is one of the most tolerated soluble fibres**. PROMITOR® is well tolerated even at high intake levels (40 g/day bolus^{7,18-21}) without adverse gastrointestinal effects. Across multiple doses, healthy adults can consume up to 65g of PROMITOR® Soluble Fibre per day. Soluble corn fibre is also well tolerated in healthy children, with moderate intakes not resulting in gastrointestinal discomfort²².

Healthy blood glucose levels and weight management*



Studies indicate that consuming products containing PROMITOR® Soluble Fibre instead of sugars induce a lower post-meal blood glucose rise compared to sugar-containing products. This makes PROMITOR® Soluble Fibre valuable for use in products for healthy individuals and those with diabetes²³⁻²⁵.

In addition, as fibre provides only 0.2kcal/g, PROMITOR® Soluble Fibre is ideally placed to help you formulate products that meet consumer needs for controlled energy and sugar content (the exact energy value of PROMITOR® varies with specification, and declarable energy value may vary with national labelling legislation)***.

*Labelling and claims may vary by country. Customers are advised to consult their own regulatory experts to determine appropriate labelling and claims for their products.

** Compared to other commonly used fibres.

***Caloric labelling varies based on global regulations.



The benefits of PROMITOR® Soluble Fibre for your business.

As well as providing potential nutrition and health benefits for your consumers, PROMITOR® Soluble Fibre is a simple and versatile way to meet the needs of consumers whilst ensuring that your brand continues to innovate in an ever-competitive marketplace. For example, PROMITOR® Soluble Fibre:

- Has excellent process and shelf stability, meaning its sugar and fibre content stays consistent for its entire shelf-life. This is the case even in low pH conditions.
- Will not affect the taste or texture of your products, meaning that consumer enjoyment is unaffected.
- Has a higher digestive tolerance than certain other fibres, making it a premium product that truly goes the distance.
- Provides 0.2 kcal per gram of fibre***.
- At suitable inclusion levels, can provide a tangible increase of fibre content that can be clearly evidenced on the nutritional panel of your products.

*Labelling and claims may vary by country. Customers are advised to consult their own regulatory experts to determine appropriate labelling and claims for their products.

***Caloric labelling varies based on global regulations.

References

1. Dietary Guidelines Advisory Committee. 2015. Scientific Report of the 2015 Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans.
2. Institute of Medicine, Food and Nutrition Board. 2002/2005. Dietary Reference Intakes: energy, carbohydrates, fiber, fat, fatty acids, cholesterol, protein and amino acids. Washington, DC: National Academies Press.
3. Stephen AM, et al. 2017. Dietary fibre in Europe: current state of knowledge on definitions, sources, recommendations, intakes and relationships to health. *Nutr Res Rev.* 30(2):149-190.
4. Tate & Lyle Proprietary Research Annual Global Consumer Ingredient Perception Research, 2021 and 2022 – 18 countries (1,000 respondents per country); Brazil, China and Indonesia conducted in 2021.
5. Reynolds A, et al. 2019. Carbohydrate quality and human health: a series of systematic reviews and meta-analyses. *Lancet.* 2;393(10170):434-445.
6. Thompson HJ, and Brick MA. 2016. Perspective: closing the dietary fiber gap: an ancient solution for a 21st Century Problem. *Adv Nutr.* 15;7(4):623-6.
7. Vester Boler BM, et al. 2011. Digestive physiological outcomes related to polydextrose and soluble maize fibre consumption by healthy adult men. *Br J Nutr.* 106:1864-71.
8. Whisner CM, et al. 2014. Soluble maize fibre affects short-term calcium absorption in adolescent boys and girls: a randomised controlled trial using dual stable isotopic tracers. *Br J Nutr.* 112:446-56.
9. Maathuis A, et al. 2009. The effect of the undigested fraction of maize products on the activity and composition of the microbiota determined in a dynamic in vitro model of the human proximal large intestine. *J Am Coll Nutr.* 28(6):657-66.
10. Titoria P, et al. 2007. Understanding Prebiotics. Confidential Collaborative Project In House Final Report No. 120368. Leatherhead Food International.
11. Whisner CM, et al. 2016. Soluble corn fiber increases calcium absorption associated with shifts in the gut microbiome: a randomized dose-response trial in free-living pubertal females. *J Nutr.* 146:1298- 306.
12. Aziz N, and Bonavida B. 2016. Activation of natural killer cells by probiotics. *For Immunopathol Dis Therap.* 7(1-2):41-55.
13. Ríos-Covián D, et al. 2016. Intestinal short chain fatty acids and their link with diet and human health. *Front Microbiol.* 17;7:185.
14. Desai MS, et al. 2016. A dietary fiber-deprived gut microbiota degrades the colonic mucus barrier and enhances pathogen susceptibility. *Cell.* 17;167(5):1339-1353.e21.
15. Costabile A, et al. 2017. Effects of soluble corn fiber alone or in synbiotic combination with *Lactobacillus rhamnosus* GG and the pilus-deficient derivative GG-PB12 on fecal microbiota, metabolism, and markers of immune function: a randomized, double-blind, placebo-controlled, crossover study in healthy elderly (saines study). *Front Immunol.* 12;8:1443.
16. Weaver CM, et al. 2010. Novel fibers increase bone calcium content and strength beyond efficiency of large intestine fermentation. *J Agric Food Chem.* 25;58(16):8952-7.
17. Jakeman SA, et al. 2016. Soluble corn fiber increases bone calcium retention in postmenopausal women in a dose-dependent manner: a randomized crossover trial. *Am J Clin Nutr.* 104:837-43.
18. Timm DA, et al. 2013. Polydextrose and soluble corn fiber increase five-day fecal wet weight in healthy men and women. *J Nutr.* 143(4):473-8.
19. Sanders L, et al. 2008. A novel maize-based dietary fiber is well tolerated in humans. *FASEB J.* 22:1b761.
20. Stewart ML, et al. 2010. Evaluation of the effect of four fibers on laxation, gastrointestinal tolerance and serum markers in healthy humans. *Ann Nutr Metab.* 56(2):91-8.
21. Housez B, et al. 2012. Evaluation of digestive tolerance of a soluble corn fibre. *J Hum Nutr Diet.* 25(5):488-96.
22. Risso D, et al. 2022. Moderate intakes of soluble corn fibre or inulin do not cause gastrointestinal discomfort and are well tolerated in healthy children. *Int J Food Sci Nutr.* 73(8):1104-1115.
23. Konings E, et al. 2014. Effect of polydextrose and soluble maize fibre on energy metabolism, metabolic profile and appetite control in overweight men and women. *Br J Nutr.* 14;111(1):111-21.
24. Knapp BK, et al. 2008. Physiological responses to novel carbohydrates as assessed using canine and avian models. *J Agric Food Chem.* 10;56(17):7999-8006.
25. Kendall CW, et al. 2008. Effect of novel maize-based dietary fibers on postprandial glycemia and insulinemia. *J Am Coll Nutr.* 27(6):711-8.

Nutrition Centre

By TATE & LYLE

This leaflet is provided for general circulation to the nutrition science and health professional community and professional participants in the food industry, including prospective customers for Tate & Lyle food ingredients. It is not designed for consumer use. The applicability of label claims, health claims and the regulatory and intellectual property status of our ingredients varies by jurisdiction. You should obtain your own advice regarding all legal and regulatory aspects of our ingredients and their usage in your own products to determine suitability for their particular purposes, claims, freedom to operate, labelling or specific applications in any particular jurisdiction. This product information is published for your consideration and independent verification. Tate & Lyle accepts no liability for its accuracy or completeness. Tate & Lyle • 5450 Prairie Stone Parkway, Hoffman Estates, IL 60192 • 1.800.526.5728

To learn more about Tate & Lyle ingredients and innovations as well as health benefits and relevant research, please visit www.tateandlyle.com/nutrition-centre



©2026Tate & Lyle
SOG0224083