
\ Published scientific studies

Low- no- calorie sweeteners and sweetness

Published scientific studies:

DOLCIA PRIMA®
Allulose

TASTEVA®
Stevia Sweetener

Splenda®
SUCRALOSE



Glycaemic response

Braunstein CR, et al. (2018) The effect of small doses of fructose and allulose on postprandial glucose metabolism in type 2 diabetes: A double-blind, randomized, controlled, acute feeding, equivalence trial. *Diabetes Obes Metab.* 20(10):2361-2370.



Noronha JC, et al. (2018) A double-blind, randomized, controlled, acute feeding equivalence trial of small, catalytic doses of fructose and allulose on postprandial blood glucose metabolism in healthy participants: The fructose and allulose catalytic effects (FACE) trial. *Nutrients.* 10(6):750.



Noronha JC, et al. (2018) The effect of small doses of fructose and its epimers on glycemic control: A systematic review and meta-analysis of controlled feeding trails. *Nutrients.* 10(11):1805.



Hayashi N, et al. (2010) Study on the postprandial blood glucose suppression effect of D-Psicose borderline diabetes and the safety of long-term ingestion by normal human subjects. *Biosci Biotechnol Biochem.* 74(3):510-9.*



Iida T, et al. (2007) Estimation of maximum no-effect level of D-Psicose in causing diarrhea in human subjects. *Journal of the Japanese Council for Advanced Food Ingredients Research.* 10(1):15-19.*



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Dental Health

Moura, F. (2019) FDA Memorandum: Scientific Review of the Evidence on the Metabolism, Caloric Value, Glycemic Response, and Cariogenic Potential of Allulose.



Gut health, digestive tolerance

Adolphus K, et al. (2024) D-Allulose and erythritol increase butyrate production and impact the gut microbiota in healthy adults and adults with type-2 diabetes ex vivo. *Benef Microbes*. Published online: April 2025.



Risso D, et al. (2023) Gastrointestinal tolerance of D-allulose in children: an acute, randomised, double-blind, placebo-controlled, cross-over study. *Food Funct*. 15(1):411-418.



Tate & Lyle. (2021) U.S Food and Drug Administration GRAS Notices. GRAS Determination of Allulose for Use as an Ingredient in Human Food.



Van den Abbeele P, et al. (2023) Low-no-calorie sweeteners exert marked compound-specific impact on the human gut microbiota ex vivo. *Int J Food Sci Nutr*. 74(5): 630-644.



Moura, F. (2019) FDA Memorandum: Scientific Review of the Evidence on the Metabolism, Caloric Value, Glycemic Response, and Cariogenic Potential of Allulose



Tate & Lyle. (2015) FDA: Citizen Petition Regarding Nutrition Labeling of Allulose, a Very Low-Calorie Sugar.



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Published scientific studies:



Sweetness

Čad, EM, et al. (2025) Three independent measures of sweet taste liking have weak and inconsistent associations with sugar and sweet food intake - insights from the sweet tooth study. Food Quality and Preference. 130:5536.*



Mueller C, et al. (2024) Sweet and sour sips: No effect of repeated exposure to sweet or sour-tasting sugary drinks on children's sweetness preference and liking. Appetite. 196:107277.



Mah E, et al. (2024) Change in liking following reduction in sweetness level of carbonated beverages: a randomized controlled parallel trial. Sci Rep. 14(1):26742.



Mela J, et al. (2024) Does sweetness exposure drive 'sweet tooth'? Br J Nutr 131(11): 1934-1944.



Čad EM, et al. (2023) How sweet is too sweet? Measuring sweet taste preferences and liking in familiar and unfamiliar foods amongst Dutch consumers. Food Quality and Preference. 111:104989.*



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Nutrition Centre

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