

Digestion Resistant Maltodextrin

A Soluble Corn Fiber

Where It Comes From

Digestion Resistant Maltodextrin (DRM) is a dietary fiber made from corn starch.

How It's Made

DRM is made from a controlled conversion of the digestible glucose constituents in starch into non digestible ones. It has been available in the United States since 1999.

What It Does

DRM is over 90 percent fiber and used for fiber enrichment of a variety of foods. Because it can often replace the functionality of sugar, it is also used for sugar and calorie reduction. It is soluble, meaning it dissolves in water, and is stable in heat so it can be used in hot beverages, baking, or cooking.

How It Helps

Clinical research has indicated DRM helps support or maintain intestinal regularity. Clinical studies show that DRM helps to relieve occasional constipation and select studies show that it improves stool consistency.

Studies show that, when taken with a meal, DRM may attenuate the rise in serum glucose following the meal. DRM has the potential to reduce peak postprandial blood glucose and insulin levels that are within the normal range in healthy individuals. In addition, studies show that DRM does not alter healthy, steady-state blood glucose or insulin levels.

Data also suggests that, when taken with a meal or food, DRM, may attenuate the rise in serum triglycerides following the meal and that it may help retain healthy serum triglyceride levels.

DRM has been demonstrated to delay post-meal hunger and has been shown to increase specific satiety hormones. PYY and GLP-1. PYY and GLP-1 are satiety hormones released from the gut that help tell your brain that you are no longer hungry.

DRM has been shown to help maintain intestinal regularity while being gentler in producing fermentation off-gas and GI discomfort compared to other added fibers.

How is it processed by the body?

DRM passes through the stomach and small intestine undigested and is slowly fermented by the microflora in the large intestine.

What types of food is this fiber typically found in?

DRM is used in a wide variety of prepared foods, beverages, and condiments, including cereals, baked goods, candy, jams and jellies, sauces, dairy products, frozen foods, soups, salad dressings, fruit drinks, carbonated beverages, meal replacement drinks, and flavored water.