

Soluble Corn Fiber (Resistant Maltodextrin)

Where It Comes From

Soluble corn fiber is a dietary fiber sourced from corn.

How It's Made

Soluble corn fiber is made from corn starch via conversion of the digestible glucose constituents in corn starch into non digestible ones by a combination of heat, acid and enzymes before purification. It has been available in the United States since 1999.

What It Does

Soluble corn fiber is up to 90% fiber and used for fiber enrichment of a variety of foods. Because it can often replace the functionality of sugar, it is often 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 – Existing Evidence

1. Increases calcium absorption and supports bone mineralization
2. Has a low glycemic response and can be used in foods intended to elicit a lower glucose and insulin response after meals.
3. Soluble corn fiber helps to promote digestive health through its effect on laxation

How Is It Processed By The body?

Soluble corn fiber is a partially fermentable dietary fiber. It passes through the stomach and small intestine undigested and is partially fermented by the microflora in the large intestine.

What Types Of Food Is This Fiber Typically Found In?

Soluble Corn Fiber 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.