

# Polyols Comparison Chart

## US/EUROPE

| Polyol               | % Relative Sweetness vs. Sucrose | Calorie Content (Kcal/g) |     |         | Laxation Threshold (g/day) | Glycemic Index | Solubility at 25°C (g/100g H <sub>2</sub> O) | Heat of Solution (cal/g) | Melting Point (°C) | Degree of Hygroscopicity | Molecular Weight | USA Regulatory Status | EU Regulatory Approval |
|----------------------|----------------------------------|--------------------------|-----|---------|----------------------------|----------------|--|--------------------------|--------------------|--------------------------|------------------|-----------------------|------------------------|
|                      |                                  | USA                      | EU  | Japan   |                            |                |  |                          |                    |                          |                  |                       |                        |
| Sorbitol             | 60                               | 2.6                      | 2.4 | 3       | 50                         | Low            | 235g   | -26.5                    | 99-101             | Medium                   | 182              | GRAS                  | Yes                    |
| Mannitol             | 50                               | 1.6                      | 2.4 | 2       | 20                         | Low            | 22g  | -28.9                    | 165-169            | Very Low                 | 182              | Food Additive         | Yes                    |
| Polyglycitol Syrups  | 30-40                            | 3*                       | N/A | 2.3-3.4 | >100                       | Low            | Soluble                                      | N/A                      | N/A                | Medium                   | Variable         | GRAS                  | Pending                |
| Polyglycitol Powders | <20                              | 3                        | N/A | 2.3-3.4 | >150                       | High           | 65-175g                                      | +11                      | N/A                | Low                      | 900-1800         | GRAS                  | Pending                |
| Maltitol Syrups      | 70-80                            | 3*                       | 2.4 | 2.3-3.4 | >100                       | Low            | Soluble                                      | N/A                      | N/A                | Medium                   | Variable         | GRAS                  | Yes                    |
| Maltitol             | 90                               | 2.1                      | 2.4 | 2       | 90                         | Low            | 175g   | -5.5                     | 144-147            | Low                      | 344              | GRAS                  | Yes                    |
| Xylitol              | 100                              | 2.4                      | 2.4 | 3       | 50-90                      | Low            | 200g   | -36.6                    | 92-95              | High                     | 152.17           | Food Additive         | Yes                    |
| Lactitol Monohydrate | 30-40                            | 2                        | 2.4 | 2       | 20-50                      | Low            | 140g   | -13.9                    | 95-101             | Low                      | 362.33           | GRAS                  | Yes                    |
| Anhydrous Isomalt    | 40                               | 2                        | 2.4 | 2       | 50-70                      | Low            | 39g  | -9.4                     | 145-150            | Very Low                 | 344.32           | GRAS                  | Yes                    |
| Erythritol           | 60-70                            | 0.2                      | 2.4 | 0       | 125                        | Low            | 61g  | -42.9                    | 119-123            | Very Low                 | 122              | GRAS                  | Yes                    |
| Glycerin             | 55-75                            | 4.3                      | 4.3 | -       | >125                       | Low            | Soluble                                      | +16.0                    | 17.8               | Medium                   | 99               | GRAS                  | Yes                    |
| Polydextrose         | 0                                | 1                        | 1   | 1       | 90                         | Low            | 80g  | +9.0                     | 130                | High                     | <22,000          | Food Additive         | Yes                    |
| Sucrose              | 100                              | 4                        | 4   | 4       | >100                       | Medium         | 185g   | -4.3                     | 160-186            | Low                      | 342              | GRAS                  | Yes                    |
| Fructose             | 117                              | 4                        | 4   | 4       | 50-70                      | Low            | 400g   | -8.0                     | 102-105            | High                     | 180              | GRAS                  | Yes                    |
| Maltose              | 30                               | 4                        | 4   | 4       | >100                       | High           | 70g  | -8.0                     | 120-125            | Medium                   | 342              | GRAS                  | Yes                    |

\*Dry Basis

Supplied Courtesy of Corn Products Specialty Ingredients