IFF HEALTH SCIENCES

Litesse® Ultra™

THE PARTNER FOR YOUR WEIGHT MANAGEMENT PROGRAM

Appetite control made easy with a natural GLP-1 boost

Polydextrose is a specialty carbohydrate, as well as a soluble fiber offering consumers multiple benefits in Digestive and Metabolic Health.

LITESSE® ULTRA™ FOR METABOLIC HEALTH

Multiple clinical trials have investigated the effects of Litesse® Ultra™ on appetite and energy intake.

KEY FINDINGS OF THIS CLINICAL RESEARCH SHOW THAT LITESSE® ULTRA™ CAN:

- Increase the secretion of the satiety hormone GLP-1
- Help control appetite
- Reduce the feeling of hunger after a meal
- Help reduce caloric intake

Product category |
METABOLIC & DIGESTIVE

PRODUCT ATTRIBUTES

- Officially recognised as a fiber
- Low energy value of 1 kcal/g for labelling
- Extremely well-tolerated at high levels of intake
- Supports digestive health & function
- Promotes GI regularity
- Enhances levels of beneficial bacteria (as a prebiotic effect)
- Satiety-enhancing effect

IFF HEALTH SCIENCES

- Act as a synbiotic with the probiotic HOWARU® B420™ to support weight management, helping to control fat mass and increase lean body mass. This combination also increased the gastrointestinal abundance of Akkermansia, a type of good bacteria linked to lean body weight.

- **Litesse® is a scientifically supported prebiotic fiber that offers significant benefits related to satiety and appetite control**

- **Clinical studies show Litesse® naturally increases GLP-1 levels and supports the reduction of caloric intake**

- **The combination of Litesse® and HOWARU® Shape provides an effective synbiotic solution for weight management, leveraging it's key benefits on GLP-1 levels, satiety and body weight control**

Litesse® + Howaru

References

Astbury et al. 2013. Polydextrose results in a dose-dependent reduction in ad libitum energy intake at a subsequent test meal. Br J Nutr 23:1-9.

Ibarra A et al. 2017.Effects of polydextrose with breakfast or with a midmorning preload on food intake and other appetite-related parameters in healthy normal-weight and overweight females: An acute, randomized, double-blind, placebo-controlled, and crossover study. Appetite 110: 15-24.

Ibarra A et al. 2016. Effect of polydextrose on subjective feelings of appetite during the satiation and satiety periods: A systematic review and meta-analysis. Nutrients 8(1): 45.

Ibarra A et al. 2015. Effects of polydextrose on different levels of energy intake. A systematic review and meta-analysis. Appetite 87: 30-37.

Soong YY et al. 2016. Combination of soya protein and polydextrose reduces energy intake and glycaemic response via modulation of gastric emptying rate, ghrelin and glucagon-like peptide-1 in Chinese. Br J Nutr 115(12): 2130-2137.

Olli K et al. 2015. Postprandial effects of polydextrose on satiety hormone responses and subjective feelings of appetite in obese participants. Nutrition Journal 14(1): 2.

The importance of GLP-1:

Glucagon-like peptide-1 (GLP-1) is naturally produced and secreted by intestinal cells and certain neurons upon food consumption.

It can alter eating behavior by slowing down digestion and sending signals to the brain that regulate hunger and satiety.

GLP-1 can decrease blood sugar levels by stimulating insulin release in the pancreas.

Together, these effects make increasing the body's production of GLP-1 a focus for development of weight and blood glucose management formulas.

IFF HEALTH SCIENCES