ZEROSE® ERYTHRITOL

The natural* zero calorie sweetener from a trusted supplier.

*FDA has not defined natural. Contact Cargill for source and processing information.
Cargill Advantage

Why Cargill?

- Trusted ingredient expert with a broad portfolio of products and services
- Deep R&D resources with expertise in regulatory, applications and product development
- Proprietary marketing data and unique insights to help create innovative product solutions
- Reliable and sustainable US supply chain

As a customer-focused supplier of ingredients for the food, beverage, dietary supplement and pharma/personal care industries, Cargill is uniquely positioned to help customers develop exciting new solutions for their customers and consumers.
Overview

What is Zerose® Erythritol?
Zerose® erythritol is a natural*, zero calorie bulk sweetener, with a taste and functionality similar to sucrose. With zero calorie content, Zerose® erythritol offers a solution for both health and indulgence. In addition, erythritol has the highest digestive tolerance compared to other polyol sweeteners. It excels in food and beverage applications promoting reduced sugar and weight management. It is also non-cariogenic, and does not promote tooth decay, making it an excellent ingredient for products positioned to promote oral health. Zerose® erythritol will appeal to product formulators looking to create excellent taste, satisfying mouthfeel and an appeal to the healthy lifestyle market.

How is it made?
Zerose® erythritol is a low molecular weight polyol, comprised of four carbon atoms. It appears as a white crystalline, odorless product which rapidly dissolves in water (up to 60 g/100 ml at 30°C to give a brilliantly clear, low viscosity, colorless solution.

Zerose® erythritol is the first polyol to be industrially manufactured by a fermentation process. The starting material is a simple sugar-rich substrate which is fermented using a yeast to yield erythritol. The product is then crystalized to 99.5% purity from the filtered and concentrated fermentation broth.

Regulatory Status
Erythritol received a “No objection letter” from the FDA on September 11, 2001 as an ingredient in food and beverages; additional uses are self-determined as GRAS. In Canada, it was approved for use as a food additive in November 2004. In Mexico, it is authorized for use at GMP levels. Brazil received approval effective March, 2008; it is included in the ANVISA Sweeteners list.

Non-GMO Available†
Zerose® erythritol has always been, and will continue to be an ingredient produced by fermentation. In order to enable Non-GMO Project Verification, carbohydrate feedstocks from conventionally-bred non-GMO crops were selected. Both Non-GMO Project Verified and Standard erythritol are still available to customers.
Nutritional Benefits

- **Zero calorie**
- **High digestive tolerance**
  - Clinical studies show that erythritol has better digestive tolerance when compared to other polyols
- **Suitable for people with diabetes**
  - Does not raise blood glucose or insulin levels
- **Non-cariogenic**

With the growing demands to reduce overall sugar consumption, the food industry is seeking ways to respond to consumer demand for foods that help meet their dietary and weight loss goals. This means developing foods that are sugar-free, lower calorie and low in glycemic carbohydrates while also trying to achieve the desired texture, flavor and stability of traditional products.

### DIGESTIVE TOLERANCE

<table>
<thead>
<tr>
<th></th>
<th>Erythritol</th>
<th>Maltitol</th>
<th>Sorbitol</th>
</tr>
</thead>
<tbody>
<tr>
<td>g/kg bodyweight (single dose)</td>
<td>0.80¹</td>
<td>0.30²</td>
<td>0.24³</td>
</tr>
</tbody>
</table>

Sources: 1 Oku et al (1996)  
2 Koizumi et al (1983)
Functional Benefits

- Clean, sweet taste similar to sucrose
- Natural
- Adds smoothness and body
- Masks off-flavors
- Cool mouthfeel (high negative heat of solution)
- Synergy with intense sweeteners
- Extends storage stability
- High processing (acid and heat) stability
- Low hygroscopicity
- High speed of crystallization

### Relative Sweetness

<table>
<thead>
<tr>
<th>Sweetness</th>
<th>Sucrose 100</th>
<th>Maltitol 90</th>
<th>Erythritol 70</th>
<th>Mannitol 60</th>
<th>Sorbitol 60</th>
<th>Isomalt 50</th>
</tr>
</thead>
<tbody>
<tr>
<td>10% aqueous solution, pH 6, 25°C</td>
<td>Source: Cargill</td>
<td></td>
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</tbody>
</table>

### Taste Comparison of Erythritol to Sugar

Source: Psychophysical Characteristics of Erythritol, Leatherhead Food RA, UK
Confectionery

- Clean sweet taste
- Fine crystal structure
- Non-hygroscopic
- Attractive cooling effect

In gum: Zerose® erythritol can improve the flavor profile, and its cooling effect gives a unique and enjoyable chewing experience.

In sugar-free chocolate: Sweetener blends with Zerose® erythritol, as a bulk sweetener, yield calorie reduction with excellent gloss, texture, snap and melting characteristics. It masks aftertastes of intense sweeteners and is useful in sugar-restricted diet.
When compared to sucrose in baking, ZeroSE® erythritol exhibits different melting behavior, a more compact dough, less color formations, better moisture control and softer baked products.

The use of ZeroSE® erythritol as a bulking agent can support sugar replacement strategies and allow for lower calorie profiles in many dairy products and frozen desserts such as pudding, yogurt, smoothies, ice cream or sorbet.
**Beverage**

- Sugar-like taste
- Works well with high intensity sweeteners
- Enhanced body and mouthfeel
- Optimal freezing point depression
- Excellent heat and acidity characteristics

Zerose® erythritol is ideal for diet soft drinks, flavored waters and milks, sports drinks, smoothies, iced teas, frozen beverages and soy-based beverages.
Tabletop Sweeteners

- Sugar-like taste when used in combination with intense sweeteners
- Non-hygroscopicity

Make spoonable sweeteners or cubes with taste and texture very similar to sucrose by combining Zerose® erythritol and intense sweeteners for enhanced taste profile and reduced calories.
Oral Care

- Not fermented by oral bacteria
- Clinically shown to reduce plaque and the risk of dental caries better than other polyols
- Well tolerated (highest digestive tolerance of all polyols)
- Certified “toothfriendly”
- Attractive cooling effect
- Works well with other polyols and high intensity sweeteners

Dental caries is a disease caused by oral bacteria that convert carbohydrates into organic acids and dental plaque, resulting in damage to the teeth. Unlike sugar, erythritol is not fermented by oral bacteria, and therefore does not promote dental caries.

In oral care applications, Zerose® erythritol acts as a salivary stimulant and provides masking properties for astringent and bitter tastes. It also has demonstrated non-cariogenic properties. Its sugar-like taste and cooling effect makes it a great option for oral care products like toothpastes and rinses.

Zerose® erythritol is certified as “toothfriendly” by Toothfriendly International.
Dental Study Overview

A newly published clinical study shows evidence that erythritol demonstrated significant caries, dental plaque and *Streptococcus mutans* reduction versus sorbitol and xylitol.

In a three-year clinical study,* the dental effects of erythritol, xylitol and sorbitol were compared among elementary school-age children. The results showed that while each polyol sweetener had dental benefits, erythritol outperformed xylitol and sorbitol in the following ways:

- The amount of dental plaque was lower in the erythritol group.
- The number of dentine caries on teeth were lower in the erythritol group.
- Counts of *Streptococcus mutans* in saliva and upper dental plaque were lower in the erythritol group.

**Methodology**

In a double-blind, parallel, randomized, controlled three-year study, 485 primary school children in Tartu, Estonia, were given 2.5g polyol tablets three times per day during school days (200 days per year). The study tested the efficacy of long-term daily intake of erythritol and xylitol candies as compared to sorbitol (control) candies. The subjects were examined annually to collect the following data:

- Dentin caries development
- Plaque weight
- Oral counts of *Streptococcus mutans* and Lactobacilli

Enamel and dentine caries lesions were determined with ICDAS (International Carries Detection and Assessment System) criteria by four calibrated dentists.
Dental Study Results

Dentin Caries Development:
Number (%) of surfaces with caries development or restoration during entire study.

- Enamel/dentin caries development: -16%
- Dentin caries development: -28%
- Increase in caries score: **-13%**
- Intervention by dentist: ****-33%****

*p<0.05, **p<0.01, ***p<0.001, ****p<0.0001, all vs. sorbitol

- Time to develop enamel/dentin carries (carries score 0-3 to 4-6)
- Time to dentist intervention (restoration score 0 to 3-8)
Dental Study Results

Dental Plaque Weight
Change against baseline over 3 years

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<thead>
<tr>
<th></th>
<th>Year 1</th>
<th>Year 2</th>
<th>Year 3</th>
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<tbody>
<tr>
<td>Erythritol</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Xylitol</td>
<td></td>
<td></td>
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<tr>
<td>Sorbitol</td>
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<table>
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<th>Year</th>
<th>Erythritol</th>
<th>Xylitol</th>
<th>Sorbitol</th>
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<tbody>
<tr>
<td>2008</td>
<td>1.76 (0.08)</td>
<td>1.55 (0.08)</td>
<td>1.52 (0.08)</td>
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<tr>
<td>2009</td>
<td>1.55 (0.08)</td>
<td>1.34 (0.08)</td>
<td>1.41 (0.08)</td>
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<tr>
<td>2010</td>
<td>1.58 (0.08)</td>
<td>1.38 (0.08)</td>
<td>1.29 (0.08)</td>
</tr>
<tr>
<td>2011</td>
<td>1.21 (0.08)</td>
<td>1.11 (0.09)</td>
<td>1.10 (0.08)</td>
</tr>
</tbody>
</table>

Significant p-values: 2011 Saliva SM p=0.0019. Plaque SM1 p=0.0256. Plaque SM2 p=0.0280

Oral Counts
Saliva Streptococcus mutans (SM) count and plaque SM counts in quadrants 1 and 2 were significantly lower in erythritol group than in the sorbitol (control) group.

<table>
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<tr>
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<th>Xylitol</th>
<th>Sorbitol</th>
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</thead>
<tbody>
<tr>
<td>Saliva SM*</td>
<td>4.36 (0.13)</td>
<td>3.94 (0.16)</td>
<td>3.74 (0.17)</td>
</tr>
<tr>
<td>Saliva LB</td>
<td>4.36 (0.13)</td>
<td>4.28 (0.14)</td>
<td>3.82 (0.17)</td>
</tr>
</tbody>
</table>

* "The Caries Preventative Effect of Erythritol, Xylitol and Sorbitol,” conducted by Prof. Mare Saag, Prof. Eino Honkala, and Prof. Kauko Mäkinen, the Department of Stomatology, Faculty of Medicine, University of Tartu, Estonia. This study was funded by Cargill.
Cargill supports customers with a comprehensive Dental Professional Outreach program. The program educates dental professionals on the dental benefits of Zerose® erythritol and points them to products that contain it so that they can recommend these products to their patients, resulting in a win-win for both Cargill and customers.

The program reaches dental professionals through public relations initiatives, professional conferences/exhibits, sponsorships, speaking engagements, webinars and direct marketing efforts. Zerose® erythritol customers can participate in Cargill’s Dental Professional Outreach program to promote their products in many ways. For example, customers can display and sample products at professional conferences as well as tap into Cargill’s proprietary opt-in dental professional database to directly reach the audience with product information.

There is tremendous power in having a dental professional recommend your products directly to consumers!
Zerose® is a natural* zero calorie sweetener that provides unique functional and nutritional benefits across the food, beverage, pharmaceutical, dental and personal care industries.

To learn more about what Zerose® can do for you, contact your Cargill sales representative.

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Find a Cargill sales representative to request your sample of Zerose®

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