

Fibersol[®]



APPLICATION GUIDE

**FORMULATING
GLP-1 FRIENDLY PRODUCTS**



ADDRESSING TASTE, TEXTURE AND STABILITY CHALLENGES WHEN CREATING SATIETY-SUPPORTING FOODS AND BEVERAGES

As GLP-1 medications shape consumer expectations, formulation goals have evolved to focus on delivering maximum nutrition and satiety within smaller portion sizes. While the combination of increased protein, added fiber and reduced sugar meets this demand, it often creates ‘formulation friction’: chalky textures, dry mouthfeel, off-flavors and stability issues.

Fibersol® prebiotic fiber solves these taste, texture and performance challenges while providing the clinically backed satiety and dietary fiber benefits needed in GLP-1 friendly products.

FORMULATING FOR THE GLP-1 JOURNEY

	During GLP-1 Use	After GLP-1 Use
Consumer Experience	<ul style="list-style-type: none"> • Reduced appetite and early satiety • Digestive discomfort or sensitivity • Lower food intake which can lead to lower nutrient intake • Need to support lean muscle mass during caloric restriction 	<ul style="list-style-type: none"> • Loss of satiety support • Return of “food noise” and increased appetite • Risk of weight gain • Need to support lean muscle mass
Consumers Need GLP-1 Friendly Products	<ul style="list-style-type: none"> • Nutrient dense, especially protein and fiber • Easily digestible and gentle on the gut • Satiety promoting • Lower in sugar and calories 	
Fibersol®’s Role	<ul style="list-style-type: none"> • Helps support digestive comfort because it is well tolerated • Contributes to satiety support • Enables sugar reduction and helps maintain product quality 	<ul style="list-style-type: none"> • Helps support satiety post-medication • Continues to support digestive health • Eases formulation of high-protein, lower-sugar products aligned with ongoing weight management goals



SATIETY-FORWARD FORMULATIONS

Satiety is one of the reasons why protein and fiber are so important in GLP-1 friendly products as they both provide a feeling of fullness. Dietary fiber complements protein's satiety positioning, and some forms of dietary fiber have the added benefit of supporting GLP-1 levels.

Fibersol® prebiotic dietary fiber is unique in that it is backed by 30+ years of research, is well tolerated and has approved satiety and GLP-1 claims, making it easier and faster to get a GLP-1 friendly product to market.



Satiety and GLP-1 Claims

- 10g of Fibersol® with a meal may delay hunger and stimulate appetite-regulating hormones
- 10g of Fibersol® with a meal may increase GLP-1 as part of a normal physiological response in healthy individuals



Prebiotic Claims

At 3.25g per serving, Fibersol®:

- Enables “Prebiotic Fiber” claim on products (2.8g fiber from Fibersol® corresponding to 10% DV for fiber)

At 3.75g per serving (4x per day), Fibersol®:

- May help nourish the intestinal flora and maintain a healthy intestinal tract environment (for a total of 15g per day over 3 weeks)
- Is a clinically studied, well-tolerated prebiotic





APPLICATION STRATEGIES: SOLVING FORMULATION FRICTION

Achieving nutritional targets along with lower sugar content in a single food or beverage while meeting expectations for taste, texture and shelf life can be challenging. Higher protein levels are often associated with off-flavors, chalky mouthfeel or dryness. Sugar reduction can cause a loss in bulk and mouthfeel.

These challenges can be overcome in a range of applications with the right ingredient that provides the functionality and protein compatibility formulators need with the satiety and GLP-1 benefits consumers want.

Fibersol® prebiotic dietary fiber is highly versatile and can support formulation across a range of product formats, meeting the needs of consumers both during and after GLP-1 use.



HIGH-PROTEIN BEVERAGES

Increasing protein content in beverages, particularly when using plant-based proteins, can often create a dry, astringent mouthfeel and off-flavor. Trying to reduce sugar at the same time can also result in a beverage that feels thin because it has lost body.

Fibersol® not only adds dietary fiber and satiety support to a high-protein beverage, but it also helps round out off-flavors and add back bulk and creamy mouthfeel.



FORMULATING FOR THE MOMENT

During GLP-1 Use

- Provide easy, convenient nutrition when appetite is low
- Ensure the beverage is gentle on digestion to avoid discomfort
- Support satiety without the heavy feeling

Post-GLP-1 Lifestyle

- Help maintain satiety between meals
- Support protein intake to maintain lean muscle mass
- Offer lower sugar formulations without compromising mouthfeel



Start-Your-Day-Right Breakfast Shake

Nutrition Facts

1 servings per container
Serving size 8fl oz (238ml)

Amount Per Serving
Calories **160**

% Daily Value*

Total Fat 4g	5%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 19g	7%
Dietary Fiber 5g	18%
Total Sugars 12g	
Incl Added Sugars 12g	24%
Protein 16g	34%
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 1.2mg	6%
Potassium 450mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

18%
daily value
dietary
fiber

16g
protein

INGREDIENTS: Filtered water, ADM soy protein isolate, sugar, Fibersol® soluble corn fiber, ADM sunflower oil, cocoa powder, wild natural flavor, cellulose gel, cellulose gum, tripotassium phosphate, gellan gum, tricalcium phosphate, natural flavor, ADM soy lecithin, carrageenan.

ALLERGENS: Soy

MACRONUTRIENT PROFILE: 16g Protein | 19g Total Carbohydrate (5g Fiber) | 4g Fat

BARS & SNACKS

The primary hurdle in high-protein bars is bar hardening over time, alongside the dry, crumbly texture often associated with high-fiber/high-protein systems.

Fibersol® has excellent binding properties, so it can help manage water activity, maintaining a soft, chewy texture throughout the product's shelf life. It also provides the necessary bulk for sugar-free binders without the digestive concerns of other fibers.



FORMULATING FOR THE MOMENT

During GLP-1 Use

- Prioritize smaller, nutrient-dense formats
- Balance texture and structure, even with reduced sugar
- Ensure digestive-friendly experience

Post-GLP-1 Lifestyle

- Provide portion-controlled satiety support
- Help manage cravings and snacking behavior through protein-fiber synergy
- Support long-term weight goals with high-protein, low-sugar positioning



Power Packed Apple Cinnamon Bites

10g
fiber

20g
protein

Nutrition Facts

Serving size	2 bites (60g)
Amount Per Serving	
Calories	190
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 180mg	8%
Total Carbohydrate 27g	10%
Dietary Fiber 10g	36%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Sugar Alcohol 14g	
Protein 20g	
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 0mg	0%
Potassium 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ADM Fibersol®-2L (soluble corn fiber), milk protein isolate, maltitol yogurt coating (maltitol, palm kernel oil, yogurt powder [cultured whey protein concentrate and cultured skim milk], nonfat dry milk solids, whole milk solids, soy lecithin [an emulsifier], salt, and natural flavor), whey protein isolate, ADM glycerin, ADM dry roasted almond butter, whey crisps (whey protein isolate, whey protein concentrate, tapioca starch, calcium carbonate, sunflower lecithin [as processing aid]), ADM natural flavor, apple, salt, ground cinnamon, ADM sucralose.

ALLERGENS: Milk, Tree Nut (Almond), Soy

MACRONUTRIENT PROFILE: 20g Protein | 27g Total Carbohydrate (10g Fiber) | 4.5g Fat

READY-TO-EAT MEALS

Fiber content in ready-to-eat meals can be increased by adding fiber to sauces or dressings. The challenge in developing better-for-you options is maintaining stability throughout processing and shelf life.

Because Fibersol® is heat and acid stable, it can be incorporated into sauces, dressings or side components with minimal formulation and process adjustments. It maintains its integrity in retort and dry sauces and gravies as well as cold- or hot-fill dressings and dips.

Fibersol® can also help mask off-notes that come from alternative meats, like the beany notes from soy meats when added to the cooking sauces.



FORMULATING FOR THE MOMENT

During GLP-1 Use

- Optimize controlled portions for high nutrition value
- Support satiety without digestive discomfort
- Balance macros effectively despite reduced intake

Post-GLP-1 Lifestyle

- Reinforce structured eating habits
- Support satiety and sustained energy
- Help prevent overeating (by maximizing the functionality of every calorie)

Stir Fry Sauce

Ingredients (g)	Fibersol®
Sugar	2.8
Soy source	2.4
Salt	2.2
Pork extract	1.5
Oyster sauce	1.0
Sesame oil	1.0
Yeast extract	0.5
Garlic	0.4
Ginger	0.4
Pepper	0.05
Modified starch	5.6
Fibersol®	10.0
Water	72.15
Total	100.0

**Sauce developed in Matsutani labs with focus on fiber addition*



DAIRY & DAIRY ALTERNATIVES

Achieving a clean flavor profile and smooth mouthfeel in high-protein and high-fiber dairy and dairy alternative products can be a challenge, especially under various temperature and processing conditions.

Fibersol® remains stable under all processing and packaging conditions and shelf stable in low pH yogurts. In frozen desserts, Fibersol® helps provide smoother mouthfeel due to smaller crystal formation, increases freezing point and offers better resilience to freeze/thaw conditions.



FORMULATING FOR THE MOMENT

During GLP-1 Use

- Focus on familiar, easy-to-consume formats
- Maintain a smooth texture while reducing sugar content
- Ensure the formulation supports gut health and easy digestion

Post-GLP-1 Lifestyle

- Create everyday formats that support long-term habits
- Leverage fiber to support satiety in snacks or meal complements
- Maintain a clean flavor profile, especially in higher-protein applications



Better-For-You-Yogurt Smoothie

Nutrition Facts

1 servings per container	
Serving size	1 bottle (207ml)
Amount Per Serving	
Calories	150
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2.5g	13%
Trans Fatty Acids 0g	
Cholesterol 20mg	7%
Sodium 85mg	4%
Potassium 270mg	8%
Total Carbohydrates 25g	8%
Dietary Fiber 3g	12%
Total Sugars 19g	
Protein 5g	10%
Vitamin A	10%
Vitamin C	34%
Calcium	20%
Iron	0%
Vitamin D	25%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

12%
daily value
dietary
fiber

INGREDIENTS: Grade A pasteurized cultured low fat milk, water, sugar, strawberry puree, banana puree, Fibersol®-2 soluble corn fiber, corn starch-modified, natural flavors, pectin, wheat bran, wheat germ, potassium sorbate (to preserve freshness), stevia leaf extract, citric acid, vitamin A palmitate, vitamin D3.

MACRONUTRIENT PROFILE: 5g Protein | 25g Total Carbohydrate (3g Fiber) | 4g Fat

SUGAR REDUCTION WITHOUT LOSS OF FUNCTION

When reducing sugar in any formulation, more than calories and sweetness are lost. Bulk, humectancy and shelf stability are all affected. Consumers want lower sugar, but they won't compromise on their eating experience.

Fibersol® disperses and dissolves easily, providing no taste or aroma in lower-sugar formulations. It can support sugar reduction by helping to build back structural integrity, improve mouthfeel and mask off-notes from high-intensity sweeteners.

Because it contains very few simple sugars, Fibersol® can help support label claims of low sugar and no sugar added.



FORMULATING FOR THE MOMENT

GLP-1 consumers, both during and post-GLP-1 use, need lower-sugar foods and beverages to:

- Reduce caloric intake
- Support and maintain weight loss
- Manage blood sugar spikes
- Mitigate gastrointestinal side effects

made with
premium
botanical
vanilla
extract



Frozen Dessert Without a Lick of Added Sugars

Nutrition Facts

Serving size	2/3 cup (85g)
Per serving	
Calories	110
	<small>% DV*</small>
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	6%
Sodium 65mg	3%
Total Carbs. 18g	7%
Dietary Fiber 8g	27%
Total Sugars 5g	
Incl. Added Sugars 0g	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0mcg	0%
Potassium 0mcg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Filtered water, cream, Fibersol®-2 (soluble corn fiber), ADM allulose, milk protein concentrate, nonfat dry milk, sweet dairy whey, ADM stabilizer blend (soy lecithin, guar gum and xanthan gum), ADM vanilla extract, ADM stevia leaf extract.

ALLERGENS: Milk, Tree Nut (Almond), Soy

MACRONUTRIENT PROFILE: 7g Protein | 18g Total Carbohydrate (8g Fiber) | 5g Fat



THE FIBERSOL® ADVANTAGE

Fibersol® makes adding satiety and GLP-1 support, digestive tolerance and prebiotic benefits to GLP-1 friendly foods and beverages easier thanks to its versatility and functionality:

- Tasteless and odorless
- Adds minimal viscosity
- Heat and pH stable
- Excellent binding properties
- Minimal formulation adjustments needed
- Non-GMO options available



READY TO FACE THE CHALLENGES IN YOUR GLP-1 FORMULATIONS?

The Fibersol® team can provide the expertise and support to confidently formulate fiber-full GLP-1 friendly foods and beverages consumers will keep coming back for.

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