

MALTODEXTRIN

Maltodextrin is an easily digestible carbohydrate typically made from corn. It is a common ingredient in most segments of the food and beverage industry, being used in everything from infant formula to protein powders. The functions of maltodextrin include, but are not limited to, a quick source of easily absorbable energy, a stabilizer for very small ingredients, and a flavor-neutral texture enhancer.

ORIGIN

Maltodextrin is made by using enzymes to break down corn starch, the same process your body uses to break down starches. The result is a versatile, neutral-tasting powder that can be used in a wide variety of product applications.

COMMON USES

PRODUCT	MALTODEXTRIN FUNCTION
Supplements, Pharmaceuticals, Flavoring, Non-Caloric Sweeteners	Maltodextrin serves to stabilize these small ingredients, which would otherwise be too insubstantial to reach an easily consumable form; can also be used to turn a liquid ingredient into a powder (Ex. flavors, oils)
Salad Dressings, Ice Cream, Soups, Sauces, Gravy	Neutral-tasting texture enhancer to give these items a smooth, creamy consistency; can act as a fat replacer for reduced-fat items
Infant Formula	A source of non-sweet, complex carbohydrates necessary to an infant's diet
Sports Nutrition Products	A source of quick energy and calories
Weight Loss Products	A fat replacer, ingredient stabilizer, and texture enhancer
Beer	Adds mouthfeel and body, therefore contributing to the overall flavor profile
Pretzels, Cereals, Crispy Snacks, Granola Bars	Adds texture, improves adhesion, creates a crispy coating



FOUND IN

ASEA® VIA™ Biome
ASEA® VIA™ LifeMax

USAGE COMPARISON

PRODUCT	AVERAGE AMOUNT OF MALTODEXTRIN PER SERVING
Mass Gaining Sports Nutrition Shake	280 g
Dietary Supplements	0.0005 g or less



SAFETY

Maltodextrin is recognized as a safe food ingredient by the FDA. To achieve GRAS (Generally Recognized As Safe) status, the FDA reviews all studies pertaining to the ingredient to determine whether it is safe for consumption. When used in supplements, the amount of maltodextrin used is so small that it does not contribute a significant amount of fat, protein, carbohydrates, or fiber.

We wouldn't recommend consuming large amounts of maltodextrin, just as we wouldn't recommend consuming a large amount of any carbohydrate, as they can be broken down into sugars in the body and raise blood sugar.

ALLERGEN INFORMATION

The maltodextrin used in our products does not contain any of the eight major allergens. It is made from non-GMO, organic corn.

NOTES

<https://gocleanlabel.com/what-is-maltodextrin/>

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