



Sunfiber®

Frequently asked Questions

What is Sunfiber?

Sunfiber is a soluble dietary fiber made from partially hydrolyzed guar gum. It is a versatile powder that can be easily added to a wide variety of foods and beverages. Sunfiber does not impact the flavour, colour, texture, or aroma of the products to which it is added. It offers an easy way to increase fiber in the diet using consumers' favourite foods and beverages.

What is Guar Gum?

Guar gum is a water soluble carbohydrate derived from the guar plant seed. It is used throughout the food industry as a food ingredient for its superior thickening, gelling, emulsifying, and stabilizing properties as a result of its high viscosity.

What does Partially Hydrolyzed mean?

It is a controlled natural enzymatic process that breaks guar gum down into smaller units, greatly decreasing its viscosity and allowing the particles to dissolve more readily.

What is the Recommended Daily Allowance (daily dosage) for fiber?

The Reference Daily Intake (RDI) for fiber is 25 grams per day, based on a 2,000 calorie diet. The average diet intake is approximately 11 grams per day.

What is the Difference between Soluble and Insoluble Fiber?

Dietary fiber comes in two forms, soluble and insoluble. Because soluble fiber tends to hold water, it turns to gel during digestion of foods. This slows the rate of digestion in the stomach and intestine. Natural sources of soluble fiber include: oat bran, pectin (fruits and vegetables), gums (nuts and seeds), and legumes (beans, lentils, and peas). Insoluble fiber has poor water-holding capability and does not dissolve in water. It is the woody kind of fiber associated with the term "roughage". Insoluble fiber adds bulk to digested foods and speeds their passage through the stomach and intestines. Insoluble fiber is found in wheat bran, whole grains, dried beans, vegetables, and nuts. Many foods contain both soluble and insoluble fiber. Both soluble and insoluble fiber have a laxative action making the stool larger, heavier, and easier to pass. Soluble fiber is also known to assist in lowering blood glucose and cholesterol levels.

It is known that fiber can help with constipation, but can it improve diarrhoea?

Yes. Sunfiber binds excess water and tends to add more bulk to the stool. Sunfiber has a prebiotic effect that helps to improve the status of the micro flora in the digestive system.



Is Sunfiber Safe?

Yes. As per the GRAS (Generally Regarded As Safe) determination, Sunfiber is safe for addition to conventional foods and supplements at a level limited only by cGMP. Gradual inclusion (as with any fiber) into the diet is recommended. In addition adequate fluid intake is encouraged.

Is Sunfiber a Natural Product?

Yes. Sunfiber is a natural product. It is minimally processed to obtain a finished product with the desired properties. Sunfiber starts with a natural material, which is grown in fields that are not treated with chemicals. No preservatives are used or added during manufacturing. In summary, Sunfiber meets the accepted criteria for a “natural food ingredient”. Also, Sunfiber is not of any animal origin nor derivative, is Non-GMO, and all raw materials are kept free from GMO and their derivatives throughout the production process.

What are the Benefits that Sunfiber offers to Food and Beverage Formulations?

In addition to providing extra fiber content as a health benefit to consumers, Sunfiber also offers to improve the organoleptic properties of foods and beverages.

These opportunities are as follows:

- Replaces fat and increases moisture retention in baked goods.
- Extends the “bowl life” of cereal.
- Gives body to fruit and vegetable juices, soups, yogurt, and dairy-based beverages.
- Controls crystallization of glucose syrups and ice-crystal formation in frozen dairy products.
- Improves texture in food formulations such as pasta, yogurt, entrées, breakfast cereals, meal replacements and dairy-based beverages.
- Stabilizes colloidal systems in such items as meal replacements and nutraceuticals.
- Adds bulk in food applications.
- Coats and extends life of high-fat nuts, used as toppings.
- Stabilizes foam systems in shakes and meal replacements.
- Enhances moisture retention in pasta and entrées, based on hygroscopicity.
- Prevents starch dispersion in boiled rice.

How should products containing Sunfiber be labelled?

Food and beverage manufacturers should label Sunfiber as “Partially Hydrolyzed Guar Gum” on their ingredient statement. On the nutritional information it falls under “Dietary Fiber” and can be further listed as “Soluble Fiber”. The US Food and Drug Administration (FDA) requires the following regarding the labelling of dietary fiber:

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- Declaration of dietary fiber content, expressed to the nearest gram, is mandatory.
- Dietary fiber content of food products is determined by the official AOAC procedure for dietary fiber analysis. If there is reason to believe that dietary fiber is not present in the product, it need not be analyzed and dietary fiber content can be claimed as "0".
- For foods that contain less than 1 gram of dietary fiber per serving, manufacturers may choose to state "contains less than 1 g" or to omit dietary fiber from the list of nutrients and to state at the bottom of the nutrition panel "Not a significant source of fiber."
- Declaration of "Percent of Daily Value" for dietary fiber is mandatory and is based on a Daily Reference Value (DRV) of 25g. The DRV is considered a daily target for consumers and is based on a 2,000 calorie diet.
- Labelling of soluble and insoluble dietary fiber is voluntary. However, when a claim is made about either soluble or insoluble fiber, the content of the subject of the claim must be listed on the nutrition panel, directly under total dietary fiber. Only the type of fiber (soluble or insoluble) which is the subject of the claim is required to be listed.

Please check your local regulations for Label / Ingredient / Additive Declaration.

What Claims can be made on the packages of products made with Sunfiber?

The USFDA has established the following requirements for nutrient content claims relating to fiber. **Please check your local regulations for making claims.**

- "High Fiber" or "Rich in Fiber" or "Excellent Source of Fiber" may be used if the food product contains at least 20% of the DRV for fiber (5 grams = 25gm Daily Dosage x 20%).
- "Good Source of Fiber", "Contains Fiber" or "Provides Fiber" may be declared if the food product contains between 10 to 19 % of the DRV for fiber (2.5g to 4.9g) per serving.
- "More Fiber", "Fortified with Fiber", "Enriched with Fiber", or "Added Fiber" may be claimed on the label if the food contains at least 10% or more of the DRV (2.5g) for fiber as compared to an appropriate reference food. The reference food must be identified and the percentage increase of the fiber level of the product versus the reference food must be clearly stated.

How should the Calorie Contribution of Dietary Fiber be calculated?

The calorie contribution of dietary fiber to the final food is determined by subtracting the insoluble fiber contribution from the total calories. Soluble fiber is counted at full value (4 kcal/g) when determining calories. This represents a significant change from USFDA's previous recommendation which allowed subtraction of both the soluble and insoluble portions.