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EKÖLITE VITA SOLUBLE FIBRE SERIES

**PAVING THE
ROAD TO GOOD
GUT HEALTH!**



Introducing Ekölite VITA Soluble Fibre Series

The incredible complexity of the gut and its importance to our overall health is a topic of increasing research. It's easy to get caught up in counting calories and grams of added sugars, fats, proteins, and carbs when you're trying to eat well. But there's one nutrient that too often gets thrown to the wayside: dietary fibre. Dietary fibre consists of nondigestible carbohydrates that are intrinsic and intact in plants. Functional fibres are isolated, nondigestible carbohydrates that have beneficial effects.

Benefits of a high-fibre diet

Normalises bowel movements. Dietary fibre increases the weight and size of your stool and softens it. A bulky stool is easier to pass, decreasing your chance of constipation. If you have loose, watery stools, fibre may help to solidify the stool because it absorbs water and adds bulk to stool.

Helps maintain bowel health. A high-fibre diet may lower your risk of developing hemorrhoids and small pouches in your colon (diverticular disease). Studies have also found that a high-fibre diet likely lowers the risk of colorectal cancer. Some fibre is fermented in the colon. Researchers are looking at how this may play a role in preventing diseases of the colon.

Lowers cholesterol levels. Soluble fibre found in beans, oats, flaxseed and oat bran may help lower total blood cholesterol levels by lowering low-density lipoprotein, or "bad" cholesterol levels. Studies also have shown that high-fibre foods may have other heart-health benefits, such as reducing blood pressure and inflammation.

Helps control blood sugar levels. In people with diabetes, fibre — particularly soluble fibre — can slow the absorption of sugar and help improve blood sugar levels. A healthy diet that includes soluble fibre may also reduce the risk of developing type 2 diabetes.

Aids in achieving healthy weight. High-fibre foods tend to be more filling than low-fibre foods, so you're likely to eat less and stay satisfied longer. And high-fibre foods tend to take longer to eat and to be less "energy dense," which means they have fewer calories for the same volume of food.

Typically, fibre is mostly found in vegetables, fruits, whole grains, and legumes. However, this would mean that one would have to only consume these foods that are rich with a natural fibre source. There are two types of fibre — soluble and insoluble. Both come from plants and are forms of carbohydrates. But unlike other carbs, fibre cannot be broken down and absorbed by our digestive system.

WHAT IS SOLUBLE FIBRE?

Soluble fibre easily dissolves in water and is broken down into a gel-like substance in the part of the gut known as the colon. This can be found in the form of Polydextrose and Inulin.

Introducing Ekölite VITA Soluble Fibres. Our solution to enjoying everyday foods with the adequate daily fibre for sweet baked goods, cakes, dairy and non-dairy beverages and ice creams.

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HIGH FIBRE *Butter Cake*

If you're like us at Futura Ingredients, then you love cake!
It is such a versatile thing; it can be made vegan,
without gluten, flavoured 100 ways and carved
into some of the most amazing things!

Everyone can enjoy this treat, and there is something about having
a cake that brings people together. Cake is a well-loved treat,
and there are so many benefits to eating it.

Why not a high fibre butter cake that not only is delicious
but provides you the added fibre?



Application Guide

HIGH FIBRE BUTTER CAKE WITH EKÖLITE VITA SOLUBLE FIBRE – INULIN & EKÖMUL™ MYXT SERIES

Our high fibre butter cake is not only a scrumptious treat but with reduced calories and improved fibre content that will leave any craving satiated.

Formulation Example

Ingredients	Standard Dosage (%)	Replacement Dosage (%)
Cake Flour	23.9	25.3
Unsalted Butter	27.5	23.3
Sugar	17.9	13.3
Salt	0.3	0.3
Eggs	26.3	27.8
Ekömul MYXT 373 PGI FLOW	1.0	1.1
Ekölite VITA Fibre Inulin 90	-	5.8
Sorbitol	2.0	2.1
Vanilla Essence	0.7	0.8
Baking Powder	0.3	0.3
TOTAL	100.00	100.00
RACC of Cookie Fibre/100g	125g	
	0.4	6.0
% of DV for Fibre per RACC (based on 28g DV of Fibre)	1.8	26.8

Nutrition Facts

Serving Size: 30g

Serving Per Container: 9

Amount Per Serving (100g)	Standard	Low Sugar
Calories (kcal)	413.0	378.0
Total Fat (g)	26.7	23.4
Total Carbohydrate (g)	39.1	41.4
Dietary Fibre (g)	0.4	6.0
Sugars (g)	20.2	15.8
Total Protein (g)	5.1	5.3

HIGH FIBRE Oatmeal Cookies

With added fibre, oatmeal cookies have a lower glycemic index than other cookies. This means they're less likely to spike your blood sugar levels, so you'll have better energy levels and appetite control after eating them. Oats are well-known as a healthy breakfast solution, but they could be a sweet treat too. Many people refer to the concept of healthy breakfast as oatmeal, and many people around the world choose it every morning. Oatmeal cookies can be a delicious treat and can be prepared in many ways.



Nutrition Facts		
Serving Size: 1 cookie (30g)		
Serving Per Container: 11		
Amount Per Serving (per cookie)	% Daily Value*	% Daily Value*
Total Fat (g)	44.4	88.8
Total Carb (g)	31.2	78.0
Total Sugar (g)	17.8	44.5
Total Fiber (g)	3.0	15.0
Total Protein (g)	3.75	15.0
Total Fat (g)	44.4	88.8

Reduces
calories

Improves
fibre
content



Application Guide

HIGH FIBRE OATMEAL COOKIES WITH EKÖLITE VITA SOLUBLE FIBRE – POLYDEXTROSE & EKÖLITE SL SERIES

A high fibre low calorie formulation to indulge the senses.

Formulation Example

Ingredients	Standard Dosage (%)	Replacement Dosage (%)
All Purpose Flour	19.2	18.5
White Sugar	8.6	5.8
Brown Sugar	18.2	12.3
Salt	0.3	0.3
Unsalted Butter	10.0	9.6
Shortening	10.0	6.7
Eggs	8.2	7.9
Ekölite SL 70 S	0.9	0.9
Ekölite VITA Fibre Polydextrose 95	-	10.6
Ground Flaxseed	-	3.7
Vanilla Essence	1.0	0.9
Baking Soda	0.4	0.4
Rolled Oat	23.3	22.4
TOTAL	100.00	100.00
RACC of Cookie Fibre/100g	2.8	30g 13.6
% of DV for Fibre per RACC (based on 28g DV of Fibre)	3.0%	14.5

Nutrition Facts

Serving Size: 1 cookie (30g)
Serving Per Container: 11

Amount Per Serving (100g)	Standard	Low Sugar
Calories (kcal)	444.0	412.0
Total Fat (g)	21.7	19.6
Total Carbohydrate (g)	57.3	59.1
Dietary Fibre (g)	2.8	13.6
Sugars (g)	27.2	19.3
Total Protein (g)	6.1	6.5

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PEANUT BUTTER *Cookies*

Peanut butter cookies are truly a delight. Traditionally, Chinese peanut cookies are made with ground peanuts, but in Indonesia, they are made with peanut butter and the result is delicious!

Highly praised for its melt-in-the-mouth feel at every bite, these cookies have a fragrant nutty taste that makes one bite never enough!

**Good
source of
protein**

**Good
source
of fibre**



Application Guide

HIGH FIBRE PEANUT BUTTER COOKIES WITH EKÖLITE VITA SOLUBLE FIBRE – INULIN & EKÖLITE VITA PLANT PROTEIN

Scrumptious peanut butter cookies with a melt-in-your-mouth texture that is high in fibre keeping overindulging at bay.

Formulation Example

Ingredients	Standard Dosage (%)
All Purpose Flour	21.0
White Sugar	7.6
Brown Sugar	7.6
Cooking Oil	7.9
Salt	0.4
Ekölite VITA Fibre Inulin 90	8.0
Ekölite VITA Protein Pea 85	5.3
Baking Powder	0.3
Peanut Butter	42.0
TOTAL	100.00
RACC of Cookie	30
Fibre/100g	10.7
% DV of Fibre per RACC (based on 28g DV of Fibre)	11.5
Protein (g/100g)	17.1
% DV of Protein per RACC (based on 50g DV of Protein)	10.2

Nutrition Facts

Serving Size: 30g (5 pcs)
Serving Per Container: 11

Amount Per Serving (100g)

Calories (kcal)	480.0
Total Fat (g)	29.1
Total Carbohydrate (g)	47.6
Dietary Fibre (g)	10.7
Sugars (g)	19.1
Total Protein (g)	17.1



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UHT NON-FAT *Milk* WITH FIBRE

Milk has been enjoyed throughout the world for thousands of years. It is a staple beverage in many cuisines and is widely consumed by everyone across the globe. By incorporating fibre into milk, consumers would be able to integrate healthy nutrition within their regular daily routine.

At Futura Ingredients, we have formulated a (UHT NON-FAT PLAIN MILK) formulation that is fibre fortified for added nutrition and a more well balanced beverage for everyone at any age.



Application Guide

UHT NON-FAT PLAIN MILK WITH EKÖLITE VITA SOLUBLE FIBRE – INULIN & POLYDEXTROSE IN COMBINATION WITH EKÖMUL KREM 300 SERIES

Low-fat milk in which the fibre source provides enhanced creaminess to resemble full-fat milks that are thickened by a high concentration of soluble fibre with delayed creaming off.

Formulation Example

Ingredients	Dosage (%) Added Fibre	Dosage (%) High Fibre
Skim Milk Powder	9.60	9.60
Ekölite VITA Fibre Polydextrose 95	-	3.00
Ekölite VITA Fibre Inulin 90	2.00	-
Ekömul KREM 301 SE	0.20	0.20
Phosphate	0.10	0.10
Water	Up to 100	Up to 100
Protein (%)	3.3	3.3
Fat (%)	0.1	0.1
Serving size (ml)	250	250
Dietary fibre per serving size (g)	4.9	7.2
% Daily Value (%)	18	26

UHT PLANT *Protein Drink* WITH FIBRE

If you live an active lifestyle, you've probably tried or at least considered a pre-made protein shake at some point. The convenience of these drinks is pretty hard to beat when you need to recover after a workout or stay satiated throughout the day, but don't have time to whip up a full meal or snack.

Finding the right option that has the ideal amount of protein for your needs (and isn't overloaded with added sugar) can be tricky.

Our (UHT pea protein drink with fibre) formulation with added fibre is the ultimate formulation to keep one full and satiated for longer, which allows a pleasant drinking experience



Application Guide

UHT PLANT PROTEIN DRINK WITH EKÖLITE VITA SOLUBLE FIBRE- POLYDEXTROSE IN COMBINATION WITH EKÖMUL KREM 300 SERIES

A fibre fortified protein drink formulation that is formulated especially with our Ekömul KREM 300 series texturising system for a creamier and more satisfying mouthfeel.

Formulation Example

Ingredients	Dosage (%) Added Fibre	Dosage (%) High Fibre
Ekölite VITA Protein Pea 85	3.50	3.50
Sugar	3.50	3.50
Sunflower Oil	1.50	1.50
Trehalose	1.50	1.50
Ekölite VITA Fibre Polydextrose 95	2.00	3.00
Ekömul KREM 307 ND	0.18	0.18
Salt	0.15	0.15
Water	Up to 100	Up to 100
Protein (%)	3.0	3.0
Fat (%)	1.5	1.5
Serving size (ml)	250	250
Dietary fibre per serving size (g)	5.0	7.4
% Daily Value (%)	18	26



LOW SUGAR ICE CREAM *with Fibre*

Ice cream is a world favorite treat that transcends age and cultures. Ice creams are indulgent and prove to lighten up any mood with just a bite of scoop of decadence. However, ice creams get a bad reputation for its ingredients as it is most likely high in sugar and high in fat.

Fortunately, Futura Ingredients has a solution to healthier ice cream consumption with our low sugar and fibre added formulation that allows you to keep coming back for more.



ICE CREAM AND FROZEN DESSERT

Application Guide

LOW SUGAR ICE CREAM WITH EKÖLITE VITA SOLUBLE FIBRE - INULIN/POLYDEXTROSE IN COMBINATION WITH EKÖMUL KREM 500 SERIES

Our formulation for the sweet tooth who craves the satisfaction of ice cream without the guilt.

Formulation Example

Ingredients	Dosage (%) Standard	Dosage (%) Low Sugar
Coconut oil	8.00	8.00
Skimmed milk powder	8.00	8.00
Whey powder	3.50	3.50
Sugar	12.00	6.50
Glucose syrup, 80% solids	4.00	3.00
Sorbitol	-	4.50
Ekölite VITA Fibre Inulin 90	-	7.00
Ekömul KREM 518 XTI	0.55	0.55
Water	63.95	58.95
Total	100.0	100.0
Total Milk Solid Non-Fat	11.04	11.04
Total Solids	34.87	35.55
Relative Sweetness	13.20	10.58
Freezing Point Depression Factor	15.20	21.65
RACC of Ice Cream	100g	
Fibre/100g	-	6.30
% of DV for Fibre per RACC (based on 28g DV of Fibre)	-	22.50

Formulation Example

Ingredients	Dosage (%) Standard	Dosage (%) Low Sugar
Coconut oil	8.00	8.00
Skimmed milk powder	8.00	8.00
Whey powder	3.50	3.50
Sugar	12.00	6.50
Glucose syrup, 80% solids	4.00	3.00
Sorbitol	-	4.50
Ekölite VITA Fibre Polydextrose 95	-	7.00
Ekömul KREM 532 XTI	0.55	0.55
Water	63.95	58.95
Total	100.0	100.0
Total Milk Solid Non-Fat	11.04	11.04
Total Solids	34.87	35.55
Relative Sweetness	13.20	10.58
Freezing Point Depression Factor	15.20	21.65
RACC of Ice Cream	100g	
Fibre/100g	-	6.65
% of DV for Fibre per RACC (based on 28g DV of Fibre)	-	23.70

Nutrition Facts

Serving Size: 1/2 cup
Serving Per Container:4

Amount Per Serving (100g)	Standard	Low Sugar
Calories (kcal)	175.0	164.0
Total Fat (g)	8.0	8.0
Total Carbohydrate (g)	16.0	21.0
Dietary Fibre (g)	-	6.3
Sugars (g)	12.0	6.5
Erythritol (g)	-	4.5
Total Protein (g)	3.0	3.0

Nutrition Facts

Serving Size: 1/2 cup
Serving Per Container:4

Amount Per Serving (100g)	Standard	Low Sugar
Calories (kcal)	176.0	175.0
Total Fat (g)	8.0	8.0
Total Carbohydrate (g)	16.0	21.0
Dietary Fibre (g)	-	6.7
Sugars (g)	12.0	6.5
Erythritol (g)	-	4.5
Total Protein (g)	3.0	3.0

NO ADDED SUGAR, REDUCED FAT *Ice Cream* WITH ADDED FIBRE

Whether you're doing keto or just trying to lead a healthier lifestyle we just all still want dessert!

The answer..a no added sugar formulation.

A no added sugar ice cream is still quite sweet, but not over the top like some regular ice creams.

Futura Ingredients has formulated a no added sugar dessert that is not only with no added sugar but also, low in fat without compromising mouthfeel or texture.



ICE CREAM AND FROZEN DESSERT

Application Guide

NO ADDED SUGAR, REDUCED FAT ICE CREAM WITH ADDED FIBRE WITH EKÖLITE VITA SOLUBLE FIBRE – INULIN IN COMBINATION WITH EKÖMUL KREM 500 SERIES

A guilt-free formulation that does not lack in flavour or texture.

Formulation Example

Ingredients	Dosage (%) Standard	Dosage (%) No Added Sugar
Coconut oil	8.00	4.50
Skimmed milk powder	8.00	9.20
Whey powder	3.50	3.00
Sugar	12.00	-
Glucose syrup, 80% solids	4.00	-
Sorbitol	-	3.00
Erythritol	-	5.00
Stevia	-	0.04
EköLite VITA Fibre Inulin 90	-	9.00
Ekömul KREM 538 MGI	0.55	0.80
Water	63.95	65.46
Total	100.0	100.0
Total Milk Solid Non-Fat	11.04	11.71
Total Solids	34.87	33.15
Relative Sweetness	13.20	13.90
Freezing Point Depression Factor	15.20	25.10
RACC of Ice Cream		100g
Fibre (g/100g)	-	8.10
% of DV for Fibre per RACC (based on 28g DV of Fibre)	-	28.90

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Nutrition Facts

Serving Size: 1/2 cup
Serving Per Container:4

Amount Per Serving (100g)	Standard	No Added Sugar
Calories (kcal)	176.0	125.0
Total Fat (g)	8.0	4.5
Total Carbohydrate (g)	16.0	8.0
Dietary Fibre (g)	-	8.1
Sugars (g)	12.0	-
Sugar Alcohol (g)	-	8.0
Total Protein (g)	3.0	3.4

NOTES

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