

ADM Introduces SweetRight Stevia and VerySweet Monk Fruit Brand Sweeteners

Illinois-based Archer Daniels Midland Company (ADM) is bringing two new sweetener brands, SweetRight stevia and VerySweet monk fruit, to market. These two new additions to the ADM portfolio, sourced through ADM's partnership with GLG Life Tech Corporation, offer food and beverage product developers all the benefits of stevia and monk fruit, as well as access to ADM's extensive ingredient portfolio, formulations expertise and blending capabilities. ADM's global distribution network provides the added assurance that these ingredients are readily available.

SweetRight and VerySweet join ADM's VivaSweet sucralose, the first high-intensity, zero-calorie sweetener in ADM's portfolio. VivaSweet is suitable for use in virtually any food or beverage application and offers a

clean, sweet taste, as well as process and shelf stability.

SweetRight stevia, sourced from the stevia leaf, is clean-label friendly and provides a high quality of sweetness, making it ideal to help reduce sugar while still maintaining desirable taste and sweetness. SweetRight offers a range of stevia ingredients extracted from the stevia leaf using a proprietary process. SweetRight stevia is up to 250 times as sweet as sugar and offers a clean-label, GRAS (generally recognized as safe), non-GMO (genetically modified organism), and plant-based sweetener solution. It blends well with other sweeteners, is process and shelf-stable, and is available in three forms—RA, RA granular and EMS enzymatically modified stevia—to meet a variety of needs.



VerySweet monk fruit has a sweet taste without bitterness, making it an ideal choice for reducing sugar in a wide range of food and beverage products, according to the company. VerySweet is sourced from the luohanshan fruit and is up to 200 times as sweet as sugar. This low-calorie, GRAS sweetener solution may be used alone, blended or as part of a complete sweetening system.

For more information, visit www.adm.com/stevia or www.adm.com/monkfruit.

Clinical Study Shows Velositol Doubles Power of Protein for Significantly Improved Muscle Protein Synthesis

A new study published in the *Journal of the International Society of Sports Nutrition* shows the combination of amylopectin and chromium in New York-based Nutrition 21's patented ingredient Velositol doubles the muscle protein synthesis (MPS) rate compared to what was seen when using whey protein alone. Velositol increased MPS by 48 percent from baseline when combined with whey protein (6 g), as compared to a 24 percent increase seen with whey protein alone. The significant increase in MPS, along with a non-significant increase in insulin to help

initiate muscle growth, was noted in the study subjects made up of healthy men and women. Blood glucose levels remained in the healthy, normal range.

"This study shows Velositol has the ability to unlock the potential of protein, promote leaner body composition and enhance muscle building," said Joe Weiss, president of Nutrition 21. "This study confirmed our theories, and exceeded our expectations for Velositol."

The randomized, double-blind, single-dose, active-controlled crossover study was conducted at The Center for Applied

Health Sciences in Stow, OH, on 10 healthy men and women aged 22-34. On two different occasions, participants were given a single dose of Velositol with 6 g of whey protein or 6 g of whey protein alone, and completed eight sets of bilateral isotonic leg extensions at a load equivalent to 80 percent of their estimated one-repetition maximum. The study was done over an eight-hour time period in which three muscle biopsies were taken at hours 2, 4 and 8 to measure muscle protein synthesis.

For more information, visit www.nutrition21.com.

Alpha-carotene Critical for Metabolic Health Modulation in Healthy Overweight Subjects

A new study reveals that alpha-carotene (a type of pro-vitamin A) plays a critical role in the maintenance of phenotypic flexibility (ie: ability to respond to physiological changes) in the context of plasma micronutrient status in healthy overweight subjects.

In this double-blind, placebo-controlled and crossover study, 36 healthy, overweight and obese male subjects were supplemented with anti-inflammatory dietary mixture (resveratrol, green tea extract, alpha-tocopherol, vitamin C, n-3 (omega-3) polyunsaturated fatty acids, and tomato extract) in hard

and soft gel capsules for five weeks, followed by a nutritional challenge test (NCT) with high content of fat. The correlation of the plasma status of four carotenoids (alpha-carotene, beta-carotene, beta-cryptoxanthin and lycopene), retinol, alpha- and gamma-tocopherol (vitamin E) and vitamin D3 with metabolic and inflammatory parameters at baseline were examined in response to NCT and at fasting using proteomics and metabolomics platforms.

When examining the correlation at fasting, plasma alpha-carotene shows inverse relationship with pro-inflammatory proteins.

Conversely in the micronutrient status correlation network, alpha-carotene shows inverse correlation with inflammatory parameters upon NCT. The results also show that gamma-tocopherol helps with modulation of peptides that are associated with insulin sensitivity. In addition, higher plasma gamma-tocopherol ameliorated inflammatory response. The results from this study, collectively, show that both alpha-carotene and gamma-tocopherol may help in the modulation of metabolic-inflammatory processes.

For more information, visit www.excelvite.com.