Understanding Sugar Alcohols

New Nepro® with Carb Steady™ and Suplena® with Carb Steady™ have been reformulated to contain a blend of ingredients clinically shown to help manage blood glucose.[1-5] What this means for your CKD patients is a nutritional supplement that's more suited to their specific dietary needs and, as part of a diabetes meal plan, can help with glycemic management.

The Facts About Sugar Alcohols

- The Carb Steady™ blend contains 3.5g of maltitol syrup per 8 fl oz. Maltitol syrup is one of many sugar alcohols used in foods.
- Sugar alcohols are carbohydrates that are slowly and incompletely absorbed, providing fewer calories and resulting in lower blood glucose levels, and a lower rise in insulin after consumption than many other carbohydrates.
- Sugar alcohols are a type of carbohydrate that occurs naturally in some fruits and vegetables, or are manufactured for use in food products.

Advantages of Sugar Alcohols

- Sugar alcohols are widely used in the food industry as nutritive sweeteners to produce foods lower in calories and sugar. They can be consumed by people with diabetes, giving them a wider variety of low-or reduced-calorie choices.
- Sugar alcohols produce a lower postprandial glucose response than fructose, sucrose, or glucose.[6] In addition to its beneficial effects on blood glucose, maltitol is used in Nepro® with Carb Steady™ and Suplena® with Carb Steady™ because it is better tolerated than other sugar alcohols and enhances product flavor.[7]

Sugar Alcohols and GI Tolerance

- Tolerance to sugar alcohols varies considerably among people and is dependent upon amounts consumed. In a study of maltitol tolerance, researchers concluded that a dose of <50 g/day is not associated with adverse digestive symptoms.[8]
  - Patients drinking one 8 fl oz can/day of Nepro® with Carb Steady™ or Suplena® with Carb Steady™ would be consuming 3.5g/day.
  - Tube-fed patients being fed a typical diet of 1,800 calories would be consuming 14.7g/day

Use Under Medical Supervision

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