

# LIQUID SUGAR ALCOHOL REFERENCE

Net Carb Estimation Guide – Per 100g Volume

<b>SUGAR ALCOHOL</b>	<b>GLYCEMIC INDEX</b>	<b>TOTAL CARBS</b>	<b>NET CARB IMPACT</b>
Erythritol (Liquid Sol.)	0	100g	<b>0g</b>
Xylitol (Syrup)	13	100g	<b>50g</b>
Maltitol Syrup (Lycasin)	35-52	100g	<b>67g</b>
Sorbitol (Liquid)	9	100g	<b>62g</b>
Isomalt	2	100g	<b>50g</b>
Glycerol (Vegetable Glycerin)	5	100g	<b>0g*</b>

\*Calculations based on standard metabolic absorption rates. Individual glycemic response may vary.