

NATURAL SUGAR ALCOHOL CHART

SUGAR ALCOHOL	GLYCEMIC INDEX	CALORIES (PER G)	NET CARBS (PER 10G)
Erythritol	0	0.2	0g
Xylitol	12	2.4	5g
Isomalt	9	2.0	5g
Lactitol	6	2.0	5g
Sorbitol	9	2.6	6g
Maltitol (Syrup)	52	3.0	7.5g
Maltitol (Powder)	35	2.1	6.5g

**Net carbs are calculated by subtracting sugar alcohols from total carbohydrates. Values may vary by brand.*