

SUGAR ALCOHOL NUTRITIONAL PROFILE

SUGAR ALCOHOL	CALORIES (PER G)	NET CARBS	GI SCORE
Erythritol	0.2	0g	0
Xylitol	2.4	4g	12
Maltitol (Syrup)	3.0	3g	52
Maltitol (Powder)	2.1	2g	35
Sorbitol	2.6	2g	9
Isomalt	2.0	2g	2
Mannitol	1.6	2g	0
Lactitol	2.0	2g	6

* *GI Score = Glycemic Index. Pure Table Sugar (Sucrose) is used as the reference at 65.*