

Resistant Starch; The Exceptional Prebiotic

Many resistant starches have a *prebiotic effect*, but not all prebiotics contain resistant starch. See how Solnul™ stacks up against other prebiotics in its category.

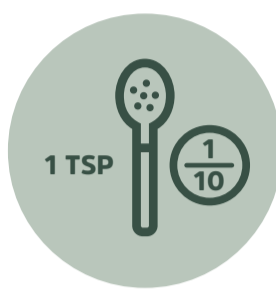


✔ It's Food

Solnul™ is a **native prebiotic RS2 from an unmodified food source**. Other prebiotics can be made from sources with no history of human consumption like straw.

✔ It's Ancestral

Resistant starch has been a part of human diets for over 10,000 years, making it one of the **most widely consumed prebiotics** in human history.



✔ It's Low Dose RS2¹

Clinically-proven at doses as low as 3.5 g, Solnul™ is the **first low dose resistant starch**, effective at 1/10 of the previously documented dosage.

✔ It's FODMAP Friendly

Low FODMAP diets can improve IBS-related symptoms but can also starve the gut by reducing the abundance of prebiotic fiber needed for GI healing. Contrary to many prebiotic fibers, Solnul™ is **slow to ferment, well-tolerated and FODMAP Friendly approved**.



✔ It's Multi-Functional



While other prebiotics can have a singular mechanism, Solnul™ has a **double-action effect on IBS related symptoms** with a reduction in daily occurrences of constipation and diarrhea, **promoting regularity**.



✔ It's Ambilateral

Most prebiotics fall into either soluble or insoluble fiber categories. Resistant starch is unique in that it acts like both; it arrives in the large intestines **intact like insoluble fiber**, but is **completely fermentable like soluble fiber**.

✔ It's Clinically-Proven²

Human behavior and physiology can't be modeled in test tubes. That's why Solnul™ is **studied in human clinical trials instead of in vitro**, allowing for substantiated label claims.



✔ It's Seamless

Solnul™'s **neutral color, flavor and mouthfeel** makes it undetectable in supplement and functional foods. Benefits without the sweet or gritty taste.



Americans only get 20% SDT from diet alone

It's a Valuable Nutrient

Australian researchers have identified a resistant starch Suggested Dietary Target (SDT) of 20 g to achieve optimum bowel health and improved health outcomes.³ **Resistant starch is the only prebiotic with dietary targets separate from fiber.**

Prebiotic	Ancestral Food Source	Resistant Starch	Dose (g/day)	Tolerated	Fermentation Rate	Flavor
Solnul™	Yes	>60% RS2	3.5-30	Well	Slow	Neutral
XOS/AXOS	Some	0%	1-4	Mildly	Fast	Sweet
GOS	Yes	0%	2.75-7	Mildly	Fast	Sweet
FOS/Inulin	Yes	0%	3-20	Poorly	Fast	Sweet
Dextrin	No	0%	10-20	Mildly	Medium	Sweet
PHGG	No	0%	6	Mildly	Medium	Slightly Sweet

Choosing the right prebiotic ingredient will not only strengthen a formulation, the claims on package and pique consumer interest but encourage consumers to take action. **Solnul™ Prebiotic RS2 is your all-in-one digestive health solution.**



References:

¹ Bush JR, Baisley J, Harding SV, Alfa MJ. Consumption of Solnul™ Resistant Potato Starch Produces a Prebiotic Effect in a Randomized, Placebo-Controlled Clinical Trial. *Nutrients*. 2023; 15(7):1582. [Available Here](#)
² Landon S, Colyer C, Salzman H. The resistant starch report – Food Australia Supplement 2012 [Internet]. [cited 2019 Oct 1]. [Available Here](#)

Contact us:

Solnul™ (Trademark of MSP Starch Products, Inc.)
 P.O. Box 850, 10 Fredrick Street, Carberry, Manitoba, Canada, R0K 0H0
www.solnul.com | info@solnul.com

