

Polyol Comparison Chart

Polyol	% Relative Sweetness vs. Sucrose	Calorie Content (Kcal/g)			Laxation Threshold (g/day)	Glycemic Index	Solubility at 25°C (g/100g H ₂ O)	Heat of Solution (cal/g)	Melting Point (°C)	Degree of Hygroscopicity	Molecular Weight	USA Regulatory Status	EU Regulatory Approval
		USA	EU	Japan									
Sorbitol	60	2.6	2.4	3	50	Low	235g	-26.5	99-101	Medium	182	GRAS	Yes
Mannitol	50	1.6	2.4	2	20	Low	22g	-28.9	165-169	Very Low	182	Food Additive	Yes
Polyglycitol Syrups	30-40	3*	N/A	2.3-3.4	>100	Low	Soluble	N/A	N/A	Medium	Variable	GRAS ¹	Pending
Polyglycitol Powders	<20	3	N/A	2.3-3.4	>150	High	65-175g	+11	N/A	Low	900-1800	GRAS ¹	Pending
Maltitol Syrups	70-80	3*	2.4	2.3-3.4	>100	Low	Soluble	N/A	N/A	Medium	Variable	GRAS ¹	Yes
Maltitol	90	2.1	2.4	2	60-90	Low	175g	-5.5	144-147	Low	344	GRAS ¹	Yes
Xylitol	100	2.4	2.4	3	50-90	Low	200g	-36.6	92-95	High	152.17	Food Additive	Yes
Lactitol Monohydrate	30-40	2	2.4	2	20-50	Low	140g	-13.9	95-101	Low	362.33	GRAS ¹	Yes
Anhydrous Isomalt	40	2	2.4	2	50-70	Low	39g	-9.4	145-150	Very Low	344.32	GRAS ¹	Yes
Erythritol	60-70	0.2	N/A	0	125	Low	61g	-42.9	119-123	Very Low	122	GRAS ¹	Pending
Glycerin	55-75	4.3	4.3	-	>125	Low	Soluble	+16.0	17.8	Medium	99	GRAS	Yes
Polydextrose	0	1	1	1	90	Low	80g	+9.0	130	High	<22,000	Food Additive	Yes
Sucrose	100	4	4	4	>100	Medium	185g	-4.3	160-186	Low	342	GRAS	Yes
Fructose	117	4	4	4	50-70	Low	400g	-8.0	102-105	High	180	GRAS	Yes
Maltose	30	4	4	4	>100	High	70g	-8.0	120-125	Medium	342	GRAS	Yes

*Based on solids
¹Self Affirmed GRAS