

We've added fiber to our family.



Reduce sugar intake and increase dietary fiber at the same time—it's an innovative way to sweeten.

- 1 gram of soluble corn fiber per packet
- Same sweet taste as a packet of SLENDA® No Calorie Sweetener
 - Sweetness of approximately 2 teaspoons of sugar
- Suitable for people with diabetes
 - Dietary exchanges per serving: Free
- Excellent safety profile*
- No dairy or animal ingredients
- No lactose, wheat, rye, oats, barley, eggs, fish, peanuts, tree nuts, or soybeans
- Certified kosher parve

SLENDA® No Calorie Sweetener with Fiber

Nutrition Facts	
Serving Size: 1 packet	
Calories 0	
	% Daily Value†
Total Fat 0g	0%
Sodium 0g	0%
Total Carbohydrate 2g	1%
Sugars 0g	0%
Dietary Fiber 1g	4%
Soluble Fiber 1g	
Protein 0g	
Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, sugars, vitamin A, vitamin C, calcium and iron.	
†Percent Daily Values are based on a 2,000 calorie diet.	
Ingredients: Soluble corn fiber, sucralose	

Making life sweet for your patients.™

Visit SplendaProfessional.com for free samples & patient materials.

*Sucralose is approved for use by the FDA in tabletop sweetener products. The soluble corn fiber is a food ingredient that is generally recognized as safe (GRAS) for use in food by food safety experts.

Additional questions you may have...

Why recommend SPLENDA® No Calorie Sweetener with Fiber?

The 2005 US Dietary Guidelines for Americans recommend a daily intake of approximately 25 grams of dietary fiber for adults as part of a healthy diet.¹ Yet, on average, Americans only consume about half that, or approximately 13 grams of fiber per day.² Recommending SPLENDA® with Fiber is an excellent way to supplement your patients' daily fiber intake—it can be used in beverages, as well as on fresh fruit, in hot and cold cereals, and other whole grains.

Will SPLENDA® with Fiber cause gastrointestinal (GI) side effects?

SPLENDA® with Fiber contains 1 gram of soluble fiber per packet. For the vast majority of people, this amount of fiber would not be expected to cause GI side effects. The soluble corn fiber in SPLENDA® with Fiber has been tested in adults at intake levels of up to 15 grams at one time with mild to no side effects reported.

Can SPLENDA® with Fiber cause hypoglycemia (low blood sugar) in people with diabetes?

Consuming a reasonable amount of SPLENDA® with Fiber (1 gram of soluble fiber per packet) at one time would not be expected to cause hypoglycemia in a person with diabetes who takes insulin and/or other blood glucose-lowering medications. People with diabetes who take blood glucose-lowering medication should also consider the dietary fiber from the other items they consume at a meal or snack.

One packet of SPLENDA® with Fiber has sweetness equivalent to 2 teaspoons of sugar with only 4 calories, 2 grams of total carbohydrates, and 1 gram of dietary fiber. Due to its sweetness equivalence, it is unlikely that a person would use more than 1 to 3 packets per eating occasion.

How many packets of SPLENDA® with Fiber count as a “free food” in a diet for diabetes?

Up to 3 packets of SPLENDA® with Fiber are considered a “free food” in meal plans for those with diabetes.*

Can you cook and bake with SPLENDA® with Fiber?

Sucralose, the sweetening ingredient in SPLENDA® with Fiber, is extremely stable in a range of temperatures. SPLENDA® with Fiber will generally have the same cooking and baking properties as regular SPLENDA®. Some properties are different than cooking and baking with sugar. Cooking and baking tips for use with SPLENDA® are available at Splenda.com.

Twenty-four packets of SPLENDA® with Fiber (with 24 grams of soluble fiber) replaces the sweetness of 1 cup of sugar. If significant quantities of this product are used in cooking and baking, we recommend that the amount of dietary fiber on a per-serving basis be considered.

To learn more about SPLENDA® with Fiber, please call 1-800-777-5363.



*The American Dietetic Association and the American Diabetes Association consider a free food to be any food or beverage that contains <20 calories or 5 grams of carbohydrates per serving. The fiber in SPLENDA® with Fiber is counted in the total carbohydrate value.

References: 1. U.S. Department of Health and Human Services. U.S. Department of Agriculture. *Dietary Guidelines for Americans* 2005. <http://www.healthierus.gov/dietaryguidelines>. Accessed April 30, 2008. 2. Decker KJ. Fiber goes with the flow. Food Product Design Web site. <http://www.foodproductdesign.com/articles/7a1applications.html>. Accessed July 15, 2008.



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