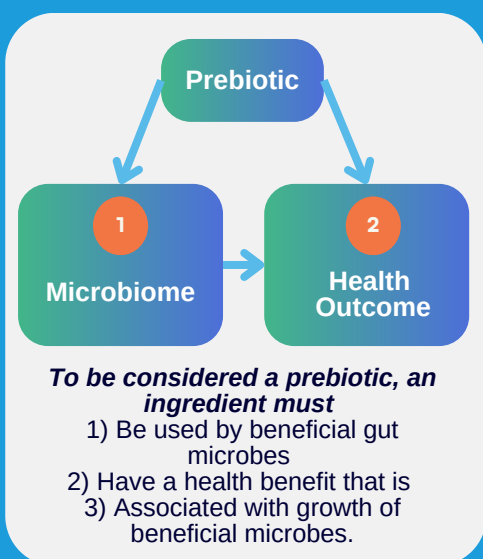


## Prebiotic Soluble Corn Fiber: Helps Support Digestive Health & Beyond

Consumers are increasingly prioritizing ingredients that support digestive and gut health, driven by a growing awareness of the gut's role in overall well-being. This has led to rising interest in probiotics, prebiotics, and fiber-rich options, as part of a broader focus on wellness.

### Understanding Prebiotics: Nourishing Your Gut



1. **Prebiotics** are food components the human body cannot digest but **nourish the helpful bacteria in the gut** and confer a health benefit.
2. Health benefits from prebiotics do not need to be specific to digestive health.

### Prebiotic Benefits

Some examples of health benefits linked to prebiotics include:



Immune and mood support



Limit complications of gastrointestinal disorders



Weight management



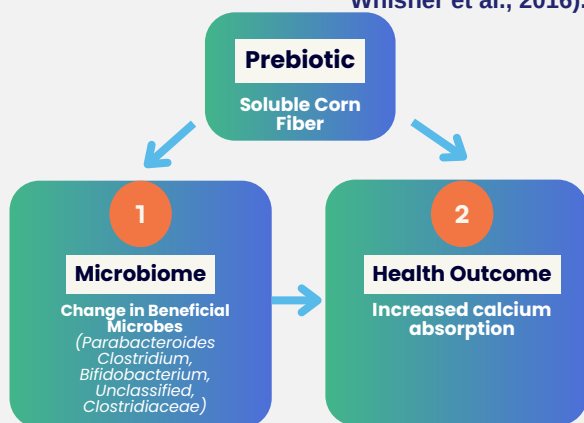
Increase mineral absorption

Increased calcium absorption is a benefit seen with PROMITOR soluble corn fiber!

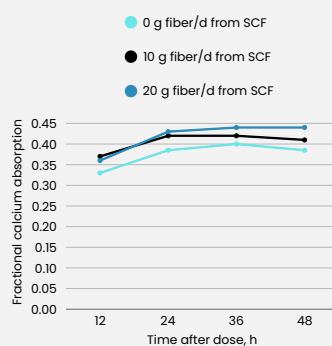
What are prebiotics? (ISAPP: Gibson et al. 2017)

**Soluble corn fiber (SCF) is supported as a prebiotic fiber through positive effects on gut microbiota composition and calcium absorption.**

Two clinical trials have shown that **PROMITOR® SCF increases calcium absorption** in association with an increase in multiple beneficial bacteria in adolescent boys and girls and pubertal females (Whisner et al., 2014 & Whisner et al., 2016).



Fractional Calcium Absorption Over 48 Hours in Healthy Adolescent Females



**What is soluble corn fiber?**

Soluble corn fiber is a prebiotic fiber that's made from partially broken-down corn starch.

### SCF application in PepsiCo's products

Pepsi Prebiotic Cola is made with prebiotic SCF to help support gut health with 3g of dietary fiber per serving.

Pepsi Prebiotic Cola contains: **5g sugar, 30 calories, and no artificial sweeteners!**



Note: Pepsi Prebiotic Cola cans contain a disclaimer stating that "10 g of soluble corn fiber consumed throughout the day has been shown to provide a prebiotic effect. This product provides 3 g of soluble corn fiber." to clearly communicate the amount of SCF to consumers.

- References:
1. Gibson, G. R., Hutkins, R., Sanders, M. E., Prescott, S. L., Reimer, R. A., Salminen, S. J., Scott, K., Stanton, C., Swanson, K. S., Cani, P. D., Verbeke, K., & Reid, G. (2017). The International Scientific Association for Probiotics and Prebiotics (ISAPP) consensus statement on the definition and scope of prebiotics. *Nature Reviews Gastroenterology & Hepatology*, 14(8), 491–502. <https://doi.org/10.1038/nrgastro.2017.75>
  2. Whisner, C. M., Martin, B. R., Nakatsu, C. H., Story, J. A., MacDonald-Clarke, C. J., McCabe, L. D., McCabe, G. P., & Weaver, C. M. (2016). Soluble Corn Fiber Increases Calcium Absorption Associated with Shifts in the Gut Microbiome: A Randomized Dose-Response Trial in Free-Living Pubertal Females. *The Journal of nutrition*, 146(7), 1298–1306. <https://doi.org/10.3945/jn.115.227256>
  3. Whisner CM, Martin BR, Nakatsu CH, McCabe GP, McCabe LD, Peacock M, Weaver CM. (2014). Soluble maize fibre affects short-term calcium absorption in adolescent boys and girls: a randomised controlled trial using dual stable isotopic tracers. *Br J Nutr*. 2014 Aug 14;112(3):446-56. <https://doi.org/10.1017/S0007114514000981>