

Roquette NUTRIOSE® Soluble Fiber Range Obtains Low FODMAP Certification

Roquette responds to the growing consumer demand for healthy and safe food ingredients that improve digestive health.

La Madeleine (France), June 22, 2020. Roquette, a global leader in plant-based ingredients and a pioneer of plant proteins, has obtained Low FODMAP certification from the Monash University, Australia, for its NUTRIOSE® soluble fiber range. This certification is another important milestone in Roquette's commitment to support its customers in the development of tasty and nutritious foods that enable healthier lifestyles.

FODMAPs (fermentable oligosaccharides disaccharides monosaccharides and polyols) are a group of poorly absorbed or indigestible carbohydrates which may cause digestive symptoms in people with a highly sensitive gut. A low FODMAP diet can be recommended as a first line of treatment in people with irritable bowel syndrome (IBS). This common condition causes several symptoms (abdominal pain, stomach cramps, bloating, excessive gas, bowel changes, etc.). These tend to come and go over time.



MONASH
UNIVERSITY
LOW FODMAP
CERTIFIED™

Monash University research showed that IBS symptoms improved in 3 out of 4 people that followed a low FODMAP diet.

All products tested by Monash University undergo rigorous laboratory testing for FODMAPs. Monash University confirmed that Roquette's NUTRIOSE® soluble fiber range meets the low FODMAP criteria.

Roquette's NUTRIOSE® soluble fiber range comes from plant-based sources. In addition to its excellent digestive tolerance and its best-in-class process stability, NUTRIOSE® soluble fiber range helps support balanced intestinal health. The NUTRIOSE® range has a neutral taste that preserves the original flavor of food and beverage consumer products.

"One out of seven adults suffer from irritable bowel syndrome worldwide. Digestive health is an important issue today. Our functional and nutritional plant-based ingredients help maintain a healthier lifestyle. This Low FODMAP certification underscores our efforts to help consumers on specific diets and to identify and easily select suitable food ingredients that are of high quality and safe," explains Jatin Sharma, Global Market Manager at Roquette.

Empowered by more than 80 years of recognized experience in food, nutrition and health markets, Roquette creates plant-based ingredients of the highest quality that help its customers to develop the safe, nutritious and tasty foods that consumers are looking for, the food that they love.

Monash University Low FODMAP Certified trademarks used under license by Roquette. A low FODMAP diet does not treat a disease but may help to meet nutritional needs with reduced gastrointestinal symptoms. Monash University receives a license fee for use of the Monash University Low FODMAP Certified trademarks.



ROQUETTE

Offering the best of nature™

To learn more about Roquette NUTRIOSE® range, visit [this link](#).

More information about the Monash University Low FODMAP certification program is available at <https://www.monashfodmap.com>.

About Roquette: “Offering the best of nature,” Roquette is a global leader in plant-based ingredients and a pioneer of plant proteins. In collaboration with its customers and partners, the group addresses current and future societal challenges by unlocking the potential of nature to offer the best ingredients for food, nutrition and health markets. Each of these ingredients responds to unique and essential needs, and they enable healthier lifestyles. Thanks to a constant drive for innovation and a long-term vision, the group is committed to improving the well-being of millions of people all over the world while taking care of resources and territories. Roquette currently operates in over 100 countries, has a turnover of around 3.7 billion euros and employs 8,670 people worldwide.

Learn more about Roquette: <https://www.roquette.com>.

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