THE TAPIOCA FIBER ADVANTAGE

A clean label fiber with wellness and formulation benefits you can trust





FIBER'S FIT IN TODAY'S FORMULATIONS

Developing successful food and beverage products depends on meeting multiple demands: Consumers want clean labels, appealing taste and texture, and nutrition—while formulators require ingredients with proven functionality and versatility.

Soluble fiber is an ingredient solution that satisfies these two groups.

For the **formulator**, soluble fiber is a multifunctional ingredient that enhances mouthfeel, aids in sugar reduction and ensures product stability in fiber-full products. For the **consumer**, it is a recognizable, sought-after nutrient associated with satiety, weight management, heart health and blood sugar management.

Gut health trends indicate that at least half of global consumers are trying to include more fiber into their diet to improve gut health.[2]

TAPIOCA FIBER
EXPANDS YOUR FIBER OPTIONS



Tapioca Fiber delivers the **functionality** and **versatility** formulators need alongside the **clean label, fiber-full profile** consumers demand. As a corn-free, resistant maltodextrin, it offers a science-backed fiber option, providing a total dietary fiber profile of ≥90% .

KEY ATTRIBUTES OF TAPIOCA FIBER

Functional Appeal

- ≥90% dietary fiber supports good and excellent source of fiber labeling in most applications
- Corn-free soluble dietary fiber solution

  CORN FREE
- Helps improve texture, mouthfeel and nutritional positioning

Nutritional Appeal

- Resistant maltodextrin: a type of dietary fiber resistant to digestion in the small intestine
- Science-backed ingredient that can support digestive health, blood sugar management, satiety and sugar reduction in foods and beverages

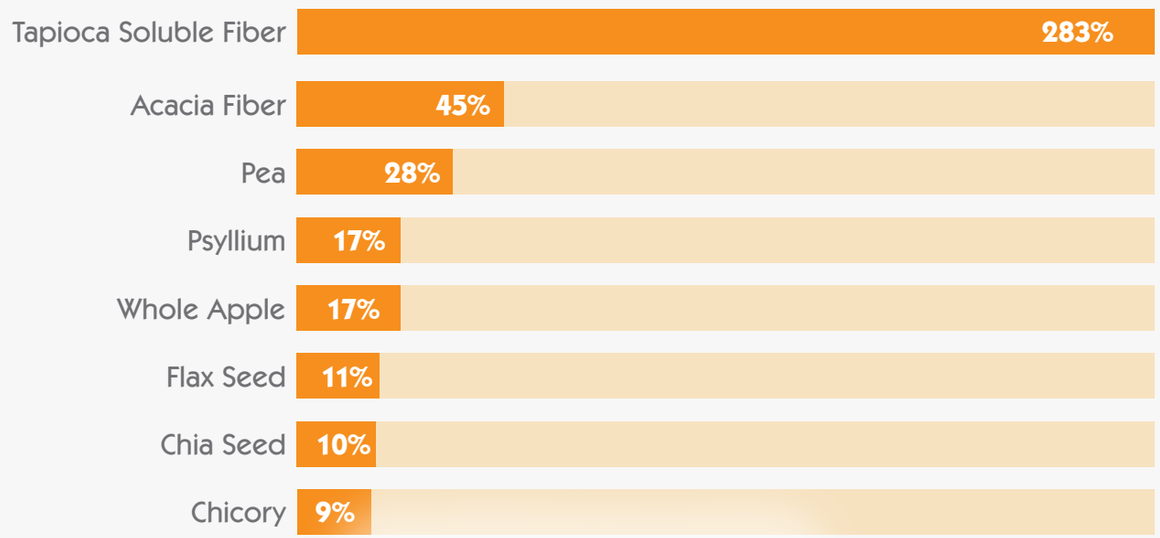
Consumer Appeal

- Clean label
- Non-GMO

SOLUBLE FIBERS:
THE GROWTH ENGINE BEHIND THE FIBER FRENZY

SOLUBLE	INSOLUBLE
Dissolves in water	Doesn't dissolve in water
Slows digestion	Doesn't get digested
Makes you feel full	Helps "move" food through gut

FIBER PERFORMANCE - $ % GROWTH



Source: SPINS. The Fiber Revolution. Expo West 2026

TAPIOCA FIBER:
SCIENCE BACKED, CLAIM READY

As a resistant maltodextrin with ≥90% TDF, Tapioca Fiber not only functions as a source of dietary fiber but also has clinically backed, claim-ready benefits.

Digestive Health

At 4-8g per day (for 2 weeks), Tapioca Fiber:*

- Helps support/maintain intestinal regularity
- Helps relieve occasional constipation
- May support gut health
- Improves stool consistency

Satiety and GLP-1 Support

At 10g with a meal, Tapioca Fiber:*

- May delay hunger
- May stimulate appetite-regulating hormones
- May increase GLP-1 as a part of a normal physiological response in healthy individuals

Bone Health

- Resistant maltodextrin, like Tapioca Fiber, may help maintain healthy calcium metabolism, which may help support bone health, in postmenopausal women*
  (*When consumed at 9.5g/day split into two doses for 50 days)
- Resistant maltodextrin, like Tapioca Fiber, supports calcium absorption in adolescents**
  (**When consumed at 9.3g/day split into two doses for 3 weeks)

Blood Triglycerides

At 5-6g with a meal, Tapioca Fiber*:

- Helps attenuate the rise in blood triglycerides after a meal that are within the normal range in healthy individuals
- Helps retain healthy blood triglyceride levels

Blood Glucose and Insulin

At 4-6g with a meal, Tapioca Fiber:*

- Helps reduce blood sugar levels/minimize blood sugar spikes after a meal that are within the normal range in healthy individuals
- Helps reduce blood insulin response/the rise in blood insulin after a meal that are within the normal range in healthy individuals

Calorie Reduction

- Tapioca Fiber contributes fewer calories vs. rapidly digested carbohydrates

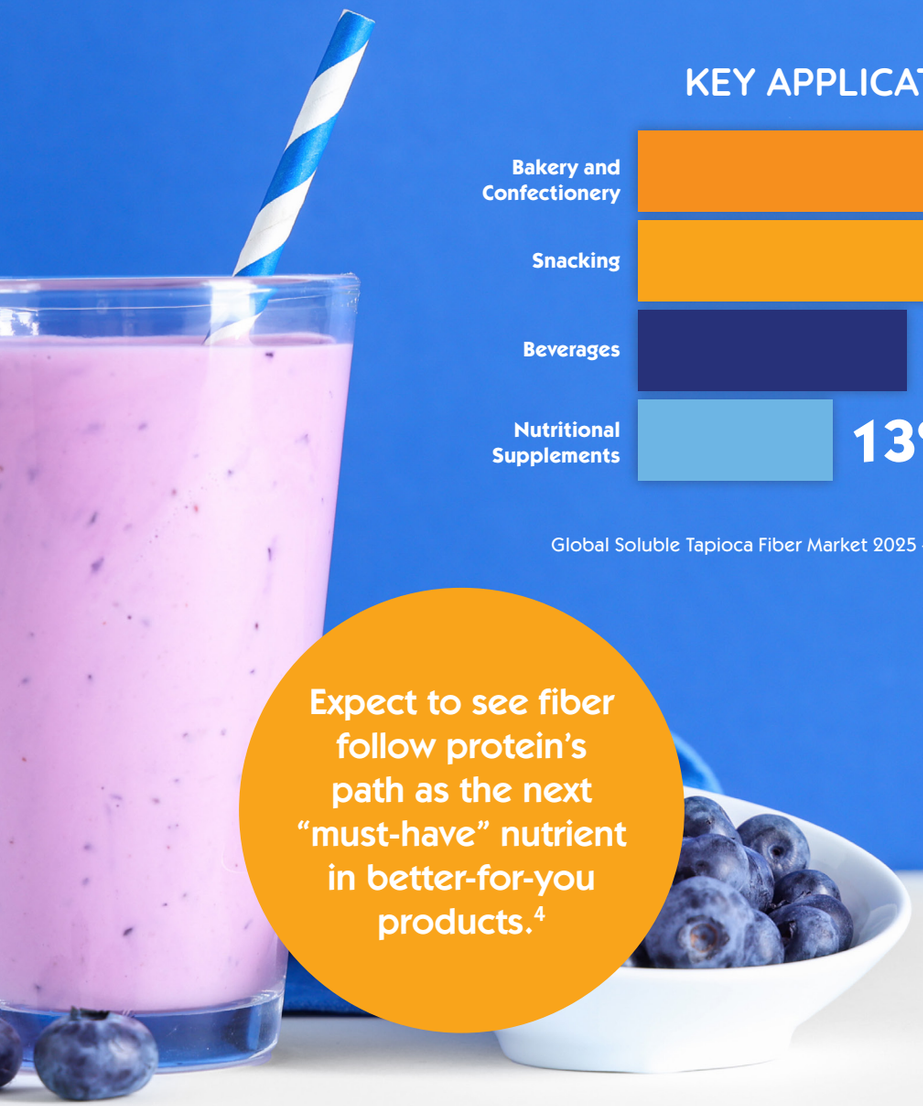
Digestive health is a primary health concern for 30% of global consumers.[3]



*Claims based on evidence from clinical trials with corn Fibersol®. Tapioca Fiber is substantially equivalent to corn Fibersol®.

TAPIOCA FIBER:
FUNCTIONAL AND VERSATILE

The current Tapioca Fiber market is led by high-fiber offerings in bakery and confectionery, snacking, beverages and nutritional supplements.



KEY APPLICATIONS

Global Soluble Tapioca Fiber Market 2025 – Verified Market Reports

Expect to see fiber follow protein's path as the next "must-have" nutrient in better-for-you products.[4]

Tapioca Fiber's heat and acid stability makes it easily formulated and ensures its nutritional integrity and functional properties remain intact in applications ranging from beverages to bakery and bars.

- **BAKERY:** Improves texture, mouthfeel and binding, and can help reduce sugar and net carb content
- **CONFECTIONERY:** Helps reduce sugar and calorie content
- **SNACKS AND BARS:** Functions a binder in bars and adds crispness/texture to snacks
- **BEVERAGES:** Helps reduce sugar, provides mouthfeel and rounds out flavor
- **NUTRITIONAL SUPPLEMENTS:** Disperses quickly and is slightly sweet and odorless

TAPIOCA FIBER CAN HELP ADD A BETTER-FOR-YOU PROFILE ALONG WITH ITS FUNCTIONAL BENEFITS:

- **High fiber content**
- **Technically rigorous**
- **Formulation ready**
- **High solubility and adds minimal viscosity**
- **Odorless**
- **Slightly sweet**
- **Available as powder**

ADD MULTIFUNCTIONAL, CLEAN LABEL, CORN-FREE

TAPIOCA FIBER TO YOUR NEXT FIBER-ENRICHED INNOVATION

Our long-standing experience working with fiber ingredients, technical and formulation expertise, and extensive market research will help guide your fiber-full product development.

READY TO TAP INTO TAPIOCA FIBER?
CONTACT US AND LET'S TALK TAPIOCA FIBER.



Sources
[1] Innova Market Insights. Global Fiber and Prebiotic Market Trends. May 2025.
[2] Innova Market Insights. Gut Health Trends. Global Market Overview. Feb. 2026.
[3] Innova Market Insights. Fiber and Prebiotic Trends: Global Market Overview. 2025.
[4] Mintel. The Rise of Fiber: How Brands Can Win with the Next 'Must-Have' Nutrient. 2025.