

***Fruitose***<sup>®</sup>  
*Crystalline Fructose*

*In Beverages*



*Fruitose<sup>®</sup>'s excellent synergism enhances the natural flavor of fruit drinks and nectars. The sweetness of Fruitose<sup>®</sup> is greatest at low temperatures, low pH and lower concentrations. Fruitose<sup>®</sup> is perceived as up to 1.8 times as sweet as sucrose in fruit drinks.*

# Galam's Recipes

## *Fruitose® In Beverages*

**F**or low-calorie beverages, any combination of it with other sweeteners, natural or artificial, will be perceived as sweeter than expected due to synergism with Fruitose®. In addition, the unwanted after taste of non-nutritive sweeteners is effectively masked.

Fruitose® enhances the natural fruit flavor of the beverage. In addition, it has an effect on the perception of acidity. Fruitose® is tasted almost immediately by the taste sensors after intake, the quickest of all the natural sweeteners. This profile is similar to that of the citric acid response or of fruit flavors. A degree of sweetness is necessary for the taste sensors to perceive the full aroma of the flavor.

Therefore Fruitose®, which immediately has a sweet taste, succeeds in enhancing both the flavor and the acid response. A fuller, natural flavor is perceived. As a result, the amount of added flavoring materials and acid can be reduced.

Fruitose® plays a significant role in health and sports drinks. The unique metabolism of Fruitose® in the liver gives the effect of a slow-release energy source. The body does not utilize Fruitose® as such. It is metabolized to glucose in the liver and slowly released into the bloodstream over a long period of time. This makes it the preferred sweetener for athletes.

Research points to an additional advantage of using Fruitose® in energy drinks. The most important purpose of these drinks is to cause rehydration. Compared to other natural sugars, drinks with Fruitose® enable the release of energy over a longer period.

## *Lemon Lime Flavored Beverage (Mid - calorie)*

<b>Ingredients:</b>	<b>%</b>
Water	96.64
Fruitose®	3.10
Citric acid powder	0.22
Flavor	0.02
Aspartame	0.01
Acesulfame K	0.01
Total	100.00

### *Method of Preparation*

- 1. Mix all the dry ingredients and then dissolve in water.*
- 2. Pasteurize the beverage at 85°C and cool.*





**Instant Beverage Powder**  
for the preparation of a flavored beverage  
enriched with minerals (10% RDA)

Ingredients:	g.
Fruitose®	4.590
Calcium Lactate Gluconate (CLG)	0.700
Magnesium Gluconate	0.520
Zinc Gluconate	0.011
Ferrous Gluconate	0.008
Manganese Gluconate	0.004
Citric acid powder	1.140
Flavor	0.450
Sodium bicarbonate	0.500
Acesulfame K	0.020
Cyclamate	0.030
Beta carotene	0.030
Total	8.000

**Flavored Ice Tea Sweetened with Fruitose®**

Ingredients:	%
Water	67.66
Tea extract	25.00
Sugar	6.00
Fruitose®	1.00
Citric acid powder	0.30
Flavor	x
Caramel color powder	0.04
Total	100.00

**Method of Preparation**

1. Mix all the dry ingredients and then dissolve in water.
2. Pasteurize the tea at 85°C and cool.

**Method of Preparation**

1. Mix all the dry ingredients and then dissolve in 200 ml cold water.



# Galam's Recipes

**Fruitose**® In Beverages



## Flavored Water with Fruitose®

Ingredients:	%
Water	96.00
Fruitose®	2.00-4.00
Citric acid powder	0.07
Flavor	0.10
Total	100.00

### Method of Preparation

1. Mix all the dry ingredients and then dissolve in water, (till complete dissolution of the crystalline fructose).
2. Minerals can be added (Calcium, Magnesium, Zinc etc...).

## Grapefruit Beverage

Ingredients:	%	%
Water	92.96	92.76
Fruitose®	2.70	2.90
Grapefruit base	4.00	4.00
Citric acid powder	0.32	0.32
Aspartame	0.01	
Acesulfame K	0.01	0.011
Sucralose		0.0035
Total	100.00	100.00

### Method of Preparation

1. Mix all the dry ingredients and then dissolve in water.
2. Pasteurize the beverage at 85°C and cool.



These recipes illustrate a process which is believed to be satisfactory for general use. Each recipe is offered for your consideration and authorization. For consulting- please advice Food Applications: Tel +972-46375021 or by email: [mamanj@galam.co.il](mailto:mamanj@galam.co.il)

**Galam Group**  
Refining Nature's Raw Materials  
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