



*Low fructose,
full delight*

PRODUCT CATALOGUE

WWW.FRUSANO.COM

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Low fructose, full delight

Frusano - Low Fructose, Full Delight!

No refined sugar added, sweetened only by fructose-free glucose syrup.

Originally, we developed our food products for people who suffer from hereditary fructose intolerance (HFI) or from fructose malabsorption. As new research shows the negative effect of fructose intake in general, our products find a rapidly growing market among people wanting to eat a healthier kind of sweetness. Crystal sugar consists of equal quantities of fructose and glucose, split into these components during digestion. Fructose and glucose are then not only absorbed to different degrees, but also metabolized in a completely different way. While the body can use glucose directly as a source of energy, fructose has to be transformed by the liver and, particularly in high doses, puts stress on it.

Frusano does not use any refined sugar, artificial sweeteners, alditols (e.g. sorbitol) or, this goes without saying, high-fructose corn syrups (hfcs). All products are sweetened by fructose-free glucose syrup or pure glucose only: healthy, mild sweetness that results in long-lasting wellbeing.

Most of our products are 100% organic and have no trace of bitter aftertaste or obtrusive sweetness as do some sugar-free products that contain artificial sweeteners or alditols. Our chocolates, jams, candy, beverages and cookies taste at least as good as products conventionally sweetened by crystal sugar. Guaranteed.

Our products are available online by ordering directly from our website shop or from selected retailers worldwide (see www.frusano.com for a list of distributors of our products).

We ship worldwide. Payment is due after receipt of goods and for orders valued over 60EUR free shipping is available to Germany, Austria, Belgium, Netherlands, Luxembourg, Czech Republic, Denmark, France, Greece, Great Britain, Ireland, Italy, Poland, Portugal, Sweden, Slovakia, Slovenia, Spain and Hungary.

About us



Without added

- fructose
- sucrose
- artificial sweeteners
- artificial flavor
- preservatives

About us



Frusano

Frusano was founded in 2006 to provide special food products for people who suffer from hereditary fructose intolerance (HFI) or from fructose malabsorption. Many manufacturers and distributors do not publish the fructose and sucrose content of their products or they incorrectly label their products as "fructose-free": we have found obviously fructose-containing products such as honey advertised as "fructose-free". This creates uncertainty and frustration for consumers who require a fructose-free product. The idea behind Frusano is that we take care to provide low fructose, sucrose and sorbitol content in all products we offer and tell you exactly what's in them.

Our first step was to analyse many products which, according to the nutritional information and ingredient lists provided should have been low in fructose: virtually none of them could be called low or even approximately low in fructose. This is especially true of "glucose syrup" and caution is needed as it may well conceal the fact that a great deal of the glucose has been converted into fructose in order to achieve greater sweetness. Many food producers are not even aware of this fact, so we have invested a lot of time and money in order NOT to offer such products.

The logical second step was, of course, to develop our own products. A considerable amount of research had to be devoted to choosing the right kind of sweetener because pure glucose - as you may know from experience - has some unpleasant properties such as a "metallic" taste, a high glycemic index and a tendency to crystallize. The result of our efforts is seen in the high quality products we offer: All sweetened with fructose-free glucose syrup which not only tastes better but is also much more wholesome than pure glucose.

Products from Frusano: Low fructose, full delight.

Information about fructose intolerances

Basically there are two kinds of fructose indigestibility: fructose malabsorption, often erroneously called fructose intolerance, and hereditary fructose intolerance.

Fructose Malabsorption

Fructose malabsorption is presumably due to a defective transport mechanism in the small intestine. The specific transport protein responsible for the absorption of fructose is inoperative owing to hereditary or external factors so that fructose is not absorbed and reaches the colon. This results mainly in two complaints: a. water accumulates through osmosis in the small intestine causing diarrhoea because this surplus liquid cannot be absorbed in the colon, and b. fructose is decomposed in the colon by bacteria forming short-chain fatty acids and gases, and this causes complaints such as flatulence, bloating, abdominal pain and headache. Fructose malabsorption is often wrongly diagnosed as irritable bowel syndrome (IBS), just like other kinds of carbohydrate malabsorptions, e.g. lactose malabsorption.

Fructose malabsorption can be diagnosed simply and painlessly by the Hydrogen Breath Test (HBT). Great care should be taken, however, if somebody is suspected of suffering from HFI because the Hydrogen Breath Test can be extremely risky in this case, see below.

At the moment there is no cure for fructose malabsorption. People suffering from it should maintain a low-fructose or, in severe cases, fructose-free diet.

Hereditary Fructose Intolerance

Hereditary Fructose Intolerance (HFI) is a very rare congenital defect of the fructose metabolism which results in hypoglycaemia and serious damage to the liver and kidneys. HFI patients suffer severe symptoms, usually starting in their first year of life as soon as they are given supplementary food. A great many, but by no means all of them, take a dislike to anything sweet (fruit or vegetables) which protects them against eating fructose. In contrast to fructose malabsorption, a low-fructose diet is of no use if someone suffers from fructose intolerance; their intake must be strictly fructose-free.

People suspected of suffering from HFI should be warned against taking a Hydrogen Breath Test before any suspicious factors are cleared up; serious hypoglycemic reactions may occur during the test. Hereditary fructose intolerance can, among other things, be diagnosed by molecular genetic analysis.

Fructose Intolerance



Fructose Intolerance



Nutrition among fructose intolerance

Free from fructose?

Fructose is naturally present in most fruits, vegetables and grains. There is almost no natural food that does not contain any fructose, however the fructose content differs greatly. It is important to keep a low-fructose, while balanced, diet.

The decisive factor is the personal tolerance threshold, which can vary widely and can range from well below 1g / day for HFI up to 20g / day for mild forms of fructose malabsorption. Frusano products are generally very low in fructose, sucrose and sorbitol and there is full disclosure of the fructose, sucrose and sorbitol content on the labels. This is achieved through the exclusive use of fructose-free glucose syrup as a sweetener as well as the selection of low-fructose fruit. In general, Frusano products should not cause problems. If you have a very low personal tolerance level, please pay attention to the fructose, sorbitol and sucrose content labeled on the Frusano packaging and select the products lower in fructose.

Food tables that show the fructose content of the most common foods have shown to be helpful, e.g. "Food Composition and Nutrition Tables" by Souci/Fachmann/Kraut.

Sorbitol content

In addition to the fructose content, sorbitol should always be monitored, because simultaneous intolerance to sorbitol and fructose is more the rule rather than the exception. In addition, sorbitol in large amounts has a laxative effect regardless of fructose/sorbitol intolerance. For HFI, sorbitol needs to be strictly limited just like fructose!

Unfortunately, information on the sorbitol content of regular foods are often wrong. On internet databases, in particular, the sorbitol content is shown as zero for most foodstuffs, even for those foods containing high amounts of sorbitol. Zero is probably sometimes shown, when there is no information available. With fructose intolerance, Sorbitol should be avoided just like fructose.

Nutrition among fructose intolerance

Sucrose content and simultaneous intake of glucose

Fructose is one of the two components of the disaccharide sucrose, which is also called table sugar or simply "sugar" (the other component is glucose). This means that a food that contains, for example, 50g table sugar, contains 25g of fructose. This is also true for cane sugar and brown sugar, which are mainly composed of sucrose.

In many publications it is argued that the simultaneous intake of glucose normalizes fructose intake and in particular that "bound fructose", that is fructose which occurs as part of the sucrose in a particular food, is acceptable. In contrast, countless customers have reported to us, that they have to avoid sucrose as well as fructose to live symptom-free. With HFI, sucrose is prohibited in any case.

We assume that for some people with fructose malabsorption the intake of glucose increases the fructose tolerance, but this cannot be generalized.

With fructose intolerance, you should consider not only the fructose content, but also the content of table sugar, at least until you find out that you tolerate sucrose via an exclusion diet or a Hydrogen Breath Test.

In Frusano products in addition to low levels of fructose, we also maintain low levels of sucrose and indicate the sucrose content for each product.

In addition, all Frusano products contain an extreme glucose surplus, maintaining a significantly higher ratio of glucose to fructose.

Fructose Intolerance



Sugars



Fructose, Sucrose, Lactose

Fructose

Fructose (from the Latin fructus – fruit) is a monosaccharide and belongs to the macronutrient group carbohydrates. Besides, fructose is one of two components of the disaccharide sucrose, also simply called sugar (the other component is glucose). This means that food which, for example, contains 50 g of sugar has a fructose content of 25 g. Please see below for more information about sucrose intake.

Fructose is naturally contained in most fruits, vegetables and cereals. Their fructose content vary considerably. Reference books with charts detailing the fructose content of most common foodstuffs have proved helpful. There is no guarantee, however, that the data given in these books are correct since the fructose content can vary widely depending on the kind of fruit, degree of ripeness and origin.

There are almost no natural foods that are completely fructose-free (see "Nutrition among fructose intolerance" for more information).

Sucrose

Sucrose is the main ingredient of ordinary (refined) sugar, cane sugar, rock candy, icing sugar etc. - that is, all kinds of white and brown sugar. It is a disaccharide, which means it is comprised of two sugars in equal parts: glucose and fructose. Therefore 100g sucrose contain 50 g fructose.

Some people say that fructose as part of sucrose is less problematic than pure fructose. In spite of this, countless customers report to us that they have to avoid sucrose as well as fructose to live symptom-free.

For this reason, we pay particular attention to maintaining very low levels of sucrose as well as low fructose content and indicate the sucrose content for each product.

Lactose

Lactose is a disaccharide that consists of galactose and glucose. Lactose is contained mainly in milk and dairy products. In order for lactose to be absorbed, it has to be split in the digestive process into the two sugars galactose and glucose, to which the body's enzyme lactase is necessary. As a baby, this enzyme is always sufficiently produced to digest breast milk. The production then decreases with increasing age. With Europeans, the decrease is slower than for Africans or Asians, but from an age of about 60 years most people are lactose intolerant.

Glucose, Glucose Syrup, Maltose

Glucose

Glucose (dextrose), produced by enzymatic decomposition from starch, is very quickly absorbed. It is a very valuable substitute for ordinary sugar if you suffer from fructose malabsorption or fructose intolerance. It is available at chemist's/drugstores and supermarkets. Every commercially available dextrose contains up to 10% chemically combined water. The contained water is bound in the crystal structure of the dextrose, but is freed, when the dextrose is dissolved, e.g. in a cake batter. This is the reason, that often people say, that dextrose makes doughs or other dishes more liquid. A good rule of thumb is that when using 1kg dextrose, expect this adds about 85ml of water.

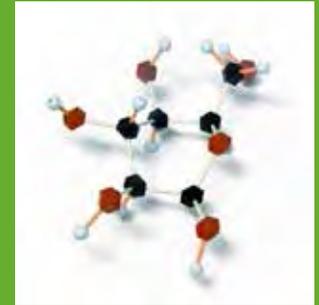
Additional disadvantages of Dextrose are: a "metallic" taste, a tendency to crystallize that is often as a result of cooling (forming a whitish coating which is often mistaken for mould), and very fast increase in blood sugar levels due to its quick absorption. In order to avoid these disadvantages, Frusano uses glucose syrup rather than pure glucose.

Glucose Syrup

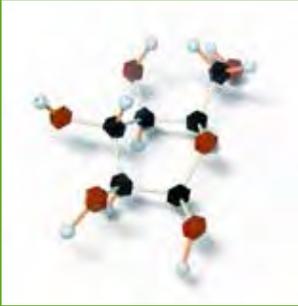
Please see chapter "Ingredients".

Maltose

Maltose is also produced from starch by enzymatic decomposition. It consists of two molecules of glucose. Maltose is permitted if you suffer from fructose intolerance or fructose malabsorption.



Sugars



Xylitol, Sorbitol, Maltitol

Xylitol

Xylitol (also known as E967) is a sugar alcohol and can be found naturally in small amounts in many fruits and vegetables. Xylitol sweetens in a similar way to sucrose and produces a cooling effect in the mouth with an attractive peppermint taste. Xylitol, like other sugar alcohols, can have a laxative effect. However in contrast to other sugar alcohols, a regular intake of xylitol causes the disappearance of the laxative effect as a result of habituation. Xylitol has a caries-reducing effect since the cariogenic bacteria absorb xylitol, but cannot exploit it and consequently die. Xylitol is not a problem for people with hereditary fructose intolerance.

Sorbitol

Sorbitol is an alditol and resembles fructose in its chemical structure. It is commonly used as a sugar substitute in calorie-reduced products; it is also contained almost without exception in all tooth-pastes. High concentrations of sorbitol are also found in some fruit, e.g. in prunes or cherries.

Sorbitol has to be avoided if you suffer from fructose intolerance and, as a rule fructose malabsorption goes together with sorbitol intolerance.

Maltitol

Maltitol (E965) belongs to the group of sugar alcohols and is mainly used in sugar-free and low calorie foods, for example, in chocolate. One reason for its use is the significantly lower calorie content of 2,4kcal / g compared to sucrose (table sugar). The reason for the lower calorie content is that maltitol is a nearly indigestible carbohydrate: the lower the ratio of food that can be absorbed by the body, the lower the calorie content. It also has a laxative and flatulent effect, especially when consumed in large quantities. The effect thus is similar to the effect of fructose on people with fructose malabsorption. Therefore, we do not offer products on the basis of maltitol.

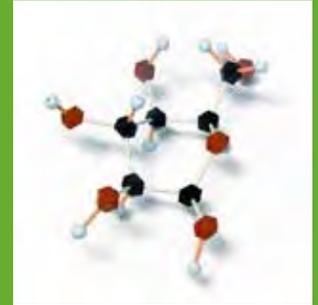
Artificial sweeteners

Artificial sweeteners

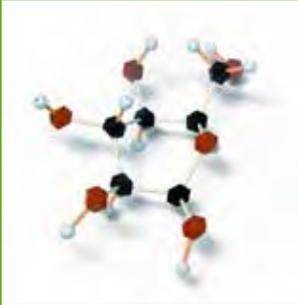
Artificial sweeteners are synthetic sugar substitutes, whose sweetness relative to sucrose (table sugar) per unit weight is significantly higher (up to 4000 times sweeter, depending on type). They have very few or no calories and no carbohydrates. They are to be differentiated from sugar-alcohols such as sorbitol, maltitol or xylitol, which have a much lower intensity. In practice, artificial sweeteners are usually mixed with sugar-alcohols to make the sweetness of products more pleasant and to mask the often bitter aftertaste. Artificial sweeteners are not without controversy with health authorities in different countries holding varying views. In the US, cyclamate, for example, is banned because of possible cancer risks, but it is allowed in the EU. There are studies that show that artificial sweeteners raise insulin levels because the body prepares for sugar intake when receiving the message "sweet" from the tongue. If this "sweet" message is sent by an artificial sweetener instead of sugar, due to the precautionary insulin output, the blood sugar levels decrease, leading to cravings. This effect is controversial in the scientific world and other studies have been unable to verify this effect. The rumor that this effect is used in pig fattening most probably belongs to the realms of fantasy: artificial sweeteners are used there, but rather because pigs, like people, enjoy sweet food and eat greater amounts of food containing sweeteners.

We do not offer products with artificial sweeteners because of their controversial health effects and because artificial sweeteners are generally combined with sugar alcohols in most products.

Sugars



Sugars



Stevia, Erythritol

Stevia

Stevia is a sweetener made from a plant either as an extract (called stevioside) or as a herb.

In the EU Stevia was not permitted for food consumption for a long time. Recently, limited approval was granted. Stevia is very similar to artificial sweeteners in taste and effect. It has a strong bitter aftertaste which is usually covered by the addition of other sweeteners, usually erythritol, sugar alcohols such as mannitol or sorbitol, or artificial sweeteners. People with fructose intolerance in particular should be cautious when sugar alcohols such as sorbitol are added.

Erythritol

Erythritol is a sugar alcohol that is promoted as being well tolerated as well as being low in calories. Unlike other sugar alcohols, calorie reduction is not achieved by a low resorption ratio, but by the fact that erythritol is absorbed, but not metabolised and is excreted by the kidneys more or less unchanged. From the digestive viewpoint, Erythritol is therefore tolerated better than other sugar alcohols; however we are generally cautious of low-calorie sugar substitutes. Using energy-consuming artificial processes to change materials in a way so that they are no longer appropriate for nutrition and are excreted unchanged, goes against our philosophy of promoting food that is as natural-as-possible and wherever possible, using natural ingredients. For example, in our chocolates we use real bourbon vanilla rather than cheap artificial vanillin. Therefore, we don't use Erythritol as a sweetener in our products.

Oligosaccharides, Polysaccharides

Oligosaccharides

Oligosaccharides (complex sugars) are generally chains of simple sugar molecules which result from enzymatic decomposition of starch, most (but not all) oligosaccharides are chains of glucose molecules. The decomposition process is controlled so that the conversion of starch to glucose is not complete, so that in addition to glucose and maltose longer glucose chains are included. These glucose chains are allowed for those with HFI and FM.

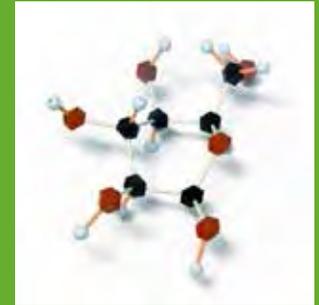
Compared to sugars, they are more slowly absorbed because the chains have to be split before being absorbed. The presence of oligosaccharides in the glucose syrup we use provides an additional advantage to our products.

The term "oligosaccharides" can, however, mark other types of multiple sugars. For example, fructose chains (oligofructose) have recently been widely used in low-fat yogurt as a texture improver. This type of oligosaccharide is difficult to digest and, taken in large quantities, may lead to diarrhea in those sensitive to this type of sugar. Those with fructose intolerance must take the utmost care with regard to these types of oligosaccharides.

Unfortunately, often the different types of oligosaccharides are confused, which results in easily digestible, natural oligosaccharides (glucose chains) being falsely discredited.

Polysaccharides

Polysaccharides are similar to oligosaccharides but the chains are longer. There is no clear distinction between oligosaccharides and polysaccharides.



Ingredients



Sugars and allergen information

Sugar declaration

Frusano provides detailed information on the fructose, sucrose and sorbitol content of every product.

The generic term "sugar" used in nutritional information tables not only refers to granulated sugar, but to the sum total of all types of sugar. Frusano products predominantly contain allowable types of sugars such as dextrose and maltose.

Regulations regarding food declaration demand that the detailed nutritional information indicated on packaging must contain the sum of all sugar types, declared under the generic term "sugar" even though the product may contain very different sugar types. Glucose, fructose, sucrose and maltose are all called "sugar" within the meaning of the law. So in addition to the nutrition table, Frusano in all products provides detailed information about the different sugar types present, such as glucose, fructose, sucrose, maltose and lactose.

Allergen information (May contain traces of...)

The declaration "May contain traces of..." means that the equipment and facilities used for the manufacture of a particular product are also used to manufacture other products containing milk, nuts, etc. Despite thorough and complex cleaning, tiny traces of previous products cannot be completely excluded and the remainder may cause an allergic reaction by very sensitive allergy sufferers. This declaration is purely a precaution and only relevant for those who react to trace amounts of the indicated substances. This does not mean that the named substances are added to the product, as an ingredient for example. For people with an intolerance that is the result of malabsorption, such as lactose-malabsorption, this declaration is irrelevant. If you are in any doubt, please contact your doctor and/or a nutritional adviser.

Glucose syrup

Glucose syrup

Glucose syrup is produced like glucose by enzymatic decomposition from starch. Depending on the crop, the starch is made from, it is also referred as rice syrup, corn syrup or wheat syrup. Most glucose syrup is liquid, but it can also be dried and packaged as a powder.

Frusano exclusively uses fructose-free glucose syrup made from extremely thoroughly purified starch because of its physiological properties and superior taste.

However, caution is required when consuming other manufacturers products because the term "glucose syrup" may be legally used for syrups containing glucose that has been converted in part into fructose in order to achieve greater sweetness. This is especially true for "High Fructose Corn Syrup (HFCS)" widely used in the US as a replacement for crystal sugar. Because of HFCS, corn syrup has generally gained the reputation of containing high fructose, which is often, but not always, the case. Our analyses of commercial products have shown wide use of fructose-containing glucose syrups.

It is true that glucose syrup, rice syrup and wheat syrup may contain high levels of fructose. It is incorrect to assume that glucose syrup, rice syrup and wheat syrup always contain fructose, because there are fructose-free variants. The glucose syrup contained in the products we distribute is always the fructose-free variety.

Apart from glucose, glucose syrup contains chains of glucose molecules: maltose which consists of two glucose molecules, and oligosaccharides which consist of more than two glucose molecules. Made up exclusively of glucose, these sugars are permitted if you suffer from fructose malabsorption or fructose intolerance.

In addition, glucose syrup has a "softer" sweetness and tastes better than pure glucose.

Ingredients



Chocolate



Art.Id: 4260137741320

Content: 100 g / 3.5 oz

Frusano - low fructose, full delight

Organic Filita Whole Milk Chocolate - fructose-free

Dextrose and maltose give our milk chocolate its light sweetness. A combination of high-quality cocoa and lactose-free milk, this smooth, organic whole milk chocolate melts on the tongue. Keep a close eye on yours – it's not just popular among people with fructose or lactose intolerance.

Enjoy care-free without fructose:

- sweetened exclusively with maltose and dextrose
- fructose-free
- gluten-free
- lactose-free

Organic lactose-free whole milk chocolate

Ingredients: Organic glucose syrup* (41%) (-> pls. see info pages), organic cocoa butter, organic dried milk product**, organic cocoa mass, organic clarified butter, emulsifier: organic sunflower lecithin, organic natural vanilla flavoring ***from organic lactose-free whole milk

*Frusano guarantees a 100% fructose-free glucose syrup.
(May contain traces of nuts and soy. -> pls. see info pages)

Cocoa solids: 37% minimum

Nutrition declaration	per 100g	per portion* (2 pieces = 8,3g)
Energy value	2402kJ/574kcal	199kJ/48kcal
Fat	39g	3g
of which saturates	25g	2g
Carbohydrates	48g	4g
of which sugars (-> pls. see info pages)	27g	2g
Fibre	2.6g	0.2g
Protein	6.7g	0.6g
Salt	0.19g	0.02g

Sugars contained	per 100g	per portion* (2 pieces = 8,3g)
Glucose (Dextrose)	20.6g	1.7g
Maltose (Malt Sugar)	6.1g	0.5g
Fructose (Fruit Sugar)	<0.1g	<0.008g
Sucrose (Refined Sugar)	<0.8g	<0.07g
Lactose (Milk Sugar)	<0.1g	<0.008g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 12 portions.

Organic Filita Amaranth Chocolate - fructose-free

Chocolate

The popular Filita organic whole milk chocolate with crispy amaranth crisps - sweetened only with dextrose and maltose! Amaranth is an ancient crop and was a principal food of the Maya and Inca. Amaranth is extremely rich in protein, zinc, iron and other valuable minerals, while gluten-free.

Natural pleasure without fructose:

- sweetened exclusively with maltose and dextrose
- fructose-free
- gluten-free
- lactose-free

Lactose-free whole milk chocolate with puffed amaranth

Ingredients: Organic glucose syrup (39%)* (-> pls. see info pages), organic cocoa butter, organic dried milk product**, organic cocoa mass, organic puffed amaranth (4%), organic clarified butter, emulsifier: organic sunflower lecithin, organic natural vanilla flavoring **from organic lactose-free whole milk

*Frusano guarantees a 100% fructose-free glucose syrup.

(May contain traces of nuts and soy. -> pls. see info pages)

Cocoa solids: 36% minimum

Nutrition declaration	per 100g	per portion* (2 pieces = 7,1g)
Energy value	2369kJ/566kcal	168kJ/40kcal
Fat	38.2g	2.7g
of which saturates	23.8g	1.7g
Carbohydrates	47.9g	3.4g
of which sugars (-> pls. see info pages)	25.8g	1.8g
Fibre	2.7g	0.2g
Protein	7g	0.5g
Salt	0.2g	0.01g

Sugars contained	per 100g	per portion* (2 pieces = 7,1g)
Glucose (Dextrose)	19.8g	1.4g
Maltose (Malt Sugar)	5.9g	0.4g
Fructose (Fruit Sugar)	<0.1g	<0.007g
Sucrose (Refined Sugar)	<0.8g	<0.06g
Lactose (Milk Sugar)	<0.1g	<0.007g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 12 portions.



Art.Id: 4260137741351

Content: 85 g / 3.0 oz

Frusano - low fructose, full delight

Chocolate



Art.Id: 4260137741337

Content: 85 g / 3.0 oz

Frusano - low fructose, full delight

Organic Filita Dark Chocolate - fructose-free

Our dark chocolate is only sweetened with dextrose and maltose. It is not only fructose-free, but also vegan, lactose-free and gluten-free and offers you pure, genuine chocolate flavor. Discover the rich aroma and the smooth character of our dark chocolate.

Enjoy care-free without fructose:

- sweetened exclusively with maltose and dextrose
- fructose-free
- gluten-free
- lactose-free
- vegan

Organic dark chocolate

Ingredients: Organic cocoa mass, organic glucose syrup* (41%) (-> pls. see info pages), organic cocoa butter, emulsifier: organic sunflower lecithin, organic natural vanilla flavoring

*Frusano guarantees a 100% fructose-free glucose syrup.

(May contain traces of **nuts, milk and soy**. -> pls. see info pages)

Cocoa solids: 58% minimum

Nutrition declaration	per 100g	per portion* (2 pieces = 7,1g)
Energy value	2278kJ/544kcal	162kJ/39kcal
Fat	36.7g	2.6g
of which saturates	22.4g	1.6g
Carbohydrates	42.9g	3.0g
of which sugars (-> pls. see info pages)	27.1g	1.9g
Fibre	11.8g	0.8g
Protein	5.6g	0.4g
Salt	0.1g	0.01g

Sugars contained	per 100g	per portion* (2 pieces = 7,1g)
Glucose (Dextrose)	20.6g	1.5g
Maltose (Malt Sugar)	6.2g	0.4g
Fructose (Fruit Sugar)	<0.1g	<0.007g
Sucrose (Refined Sugar)	<0.8g	<0.06g
Lactose (Milk Sugar)	<0.1g	<0.007g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 12 portions.

Janosch Organic Filita Whole Milk with Amaranth Minis

Chocolate

Accompany the little tiger and the little bear on their exciting trip to Panama. In their luggage, they've packed their food: the whole milk chocolate with crispy amaranth. There is so much to discover. For example, the small picture puzzle on the mini-bars. Who is actually drawing whom here?

Live worry-free without fructose:

- sweetened exclusively with maltose and dextrose
- fructose-free
- gluten-free
- lactose-free

Organic lactose-free whole milk chocolate with puffed amaranth

Ingredients: Organic glucose syrup* (39%) (-> pls. see info pages), organic cocoa butter, organic dried milk product**, organic cocoa mass, organic puffed amaranth (4%), organic clarified butter, emulsifier: organic sunflower lecithin, organic natural vanilla flavoring **from organic lactose-free whole milk

*Frusano guarantees a 100% fructose-free glucose syrup.

(May contain traces of nuts and soy. -> pls. see info pages)

Cocoa solids: 36% minimum



Art.Id: 4260137741764

Content: 4x 12.5g = 50g / 1.8 oz

Nutrition declaration	per 100g	per portion* (12.5g)
Energy value	2369kJ/566kcal	296kJ/71kcal
Fat	38.2g	4.8g
of which saturates	23.8g	3.0g
Carbohydrates	47.9g	6.0g
of which sugars (-> pls. see info pages)	25.8g	3.2g
Fibre	2.7g	0.3g
Protein	7g	1g
Salt	0.2g	0.03g
Sugars contained	per 100g	per portion* (12.5g)
Glucose (Dextrose)	19.8g	2.5g
Maltose (Malt Sugar)	5.9g	0.7g
Fructose (Fruit Sugar)	<0.1g	<0.01g
Sucrose (Refined Sugar)	<0.8g	<0.1g
Lactose (Milk Sugar)	<0.1g	<0.01g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 4 portions.

Frusano - low fructose, full delight

Chocolate



Art.Id: 4260137741887

Content: 4x 12.5g = 50g / 1.8 oz

Frusano - low fructose, full delight

Organic Filita Whole Milk Minis - fructose-free

Dextrose and maltose give our chocolate its light sweetness. The popular Filita chocolate for on-the-go – serious chocolate pleasure compressed into four mini-bars of the finest, fructose-free milk chocolate.

Worry-free indulgence without fructose:

- sweetened exclusively with maltose and dextrose
- fructose-free
- gluten-free
- lactose-free

Organic lactose-free whole milk chocolate

Ingredients: Organic glucose syrup (41%) (-> pls. see info pages), organic cocoa butter, organic dried milk product*, organic cocoa mass, organic clarified butter, emulsifier: organic sunflower lecithin, organic natural vanilla flavoring *from organic lactose-free whole milk
(May contain traces of nuts and soy. -> pls. see info pages)

Cocoa solids: 37% minimum

Nutrition declaration	per 100g	per portion* (12.5g)
Energy value	2399kJ/573kcal	300kJ/72kcal
Fat	39.3g	4.9g
of which saturates	24.1g	3.0g
Carbohydrates	47.7g	6.0g
of which sugars (-> pls. see info pages)	26.8g	3.4g
Fibre	3.3g	0.4g
Protein	6.4g	0.8g
Salt	0.2g	0.03g

Sugars contained	per 100g	per portion* (12.5g)
Glucose (Dextrose)	20.6g	2.6g
Maltose (Malt Sugar)	6.1g	0.8g
Fructose (Fruit Sugar)	<0.1g	<0.01g
Sucrose (Refined Sugar)	<0.8g	<0.1g
Lactose (Milk Sugar)	<0.1g	<0.01g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 4 portions.

Organic Filita Dark Chocolate Minis - fructose-free

The combination of dextrose and maltose gives our dark chocolate minis their subtle sweetness. These delicate, wafer-thin mini-bars will appeal to all dark chocolate devotees.

Delightful without fructose:

- sweetened exclusively with maltose and dextrose
- fructose-free
- gluten-free
- lactose-free
- vegan

Organic dark chocolate

Ingredients: Organic cocoa mass, organic glucose syrup* (41%) (-> pls. see info pages), organic cocoa butter, emulsifier: organic sunflower lecithin, organic vanilla flavoring

*Frusano guarantees a 100% fructose-free glucose syrup.

(May contain traces of **nuts**, **milk** and **soy**. -> pls. see info pages)

Cocoa solids: 58% minimum

Nutrition declaration	per 100g	per portion* (12.5g)
Energy value	2278kJ/544kcal	285kJ/68kcal
Fat	36.7g	4.6g
of which saturates	22.4g	2.8g
Carbohydrates	42.9g	5.4g
of which sugars (-> pls. see info pages)	27.1g	3.4g
Fibre	11.8g	1.5g
Protein	5.6g	0.7g
Salt	0.1g	0.01g
Sugars contained	per 100g	per portion* (12.5g)
Glucose (Dextrose)	20.6g	2.6g
Maltose (Malt Sugar)	6.2g	0.8g
Fructose (Fruit Sugar)	<0.1g	<0.01g
Sucrose (Refined Sugar)	<0.8g	<0.1g
Lactose (Milk Sugar)	<0.1g	<0.01g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 4 portions.

Chocolate



Art.Id: 4260137741382

Content: 4x 12.5g = 50g / 1.8 oz

Frusano - low fructose, full delight

Chocolate



Art.Id: 4260137741344

Content: 125 g / 4.4 oz

Organic Filita Rice-Crispies - fructose-free

The crunchy organic Filita rice crispies are sweetened exclusively with dextrose and maltose - completely without refined sugar. Airy, slightly puffed rice coated in exquisite milk chocolate. Try them yourself and enjoy these fructose-free chocolate snacks.

Experience worry-free indulgence without fructose:

- sweetened exclusively with maltose and dextrose
- fructose-free
- gluten-free
- lactose-free

Organic puffed rice (17%) with organic lactose-free whole milk chocolate (83%)

Ingredients: Organic glucose syrup* (34%) (-> pls. see info pages), organic cocoa butter, organic puffed rice (17%), organic dried milk product**, organic cocoa mass, organic clarified butter, emulsifier: organic sunflower lecithin, organic natural vanilla flavoring. **from organic lactose-free whole milk

*Frusano guarantees a 100% fructose-free glucose syrup.

(May contain traces of nuts and soy. -> pls. see info pages)

Cocoa solids: 37% minimum

Nutrition declaration	per 100g	per portion* (10g)
Energy value	2277kJ/544kcal	228kJ/54kcal
Fat	33.2g	3.3g
of which saturates	20.2g	2.0g
Carbohydrates	53.2g	5.3g
of which sugars (-> pls. see info pages)	22.4g	2.2g
Fibre	4.2g	0.4g
Protein	6.7g	0.7g
Salt	0.5g	0.05g

Sugars contained	per 100g	per portion* (10g)
Glucose (Dextrose)	17.1g	1.7g
Maltose (Malt Sugar)	5.1g	0.5g
Fructose (Fruit Sugar)	<0.1g	<0.01g
Sucrose (Refined Sugar)	<0.8g	<0.08g
Lactose (Milk Sugar)	<0.1g	<0.01g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 13 portions.

Frusano - low fructose, full delight

Organic Filita Quinoa Crispies

Quinoa crispies in organic Filita dark chocolate. The crunchy organic Filita Quinoa Crispies are sweetened only with glucose and malt sugar (maltose) - no sucrose added. Quinoa-pops and gluten-free cornflakes with delicious Filita dark chocolate. Treat yourself with a crunchy and light chocolate treat.

Enjoy care-free without fructose:

- sweetened exclusively with maltose and dextrose
- fructose-free
- gluten-free
- lactose-free
- vegan

Organic dark chocolate with cornflakes and quinoa

Ingredients: Organic glucose syrup* (29%) (-> pls. see info pages), organic cocoa mass, organic cornflakes (20%) (organic corn, release agent: sunflower lecithin), organic quinoa (10%), organic cocoa butter, organic natural vanilla flavoring

*Frusano guarantees a 100% fructose-free glucose syrup.

(May contain traces of **nuts, milk and soy.** -> pls. see info pages)

Cocoa solids: 58% minimum

Nutrition declaration	per 100g	per portion* (10g)
Energy value	2059kJ/492kcal	206kJ/49kcal
Fat	25.9g	2.6g
of which saturates	16g	1.6g
Carbohydrates	53.8g	5.4g
of which sugars (-> pls. see info pages)	19.1g	1.9g
Fibre	8.3g	0.8g
Protein	7.1g	0.7g
Salt	0g	0g

Sugars contained	per 100g	per portion* (10g)
Glucose (Dextrose)	14.4g	1.4g
Maltose (Malt Sugar)	4.3g	0.4g
Fructose (Fruit Sugar)	<0.3g	<0.03g
Sucrose (Refined Sugar)	<0.8g	<0.08g
Lactose (Milk Sugar)	<0.1g	<0.01g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 13 portions.

Chocolate



Art.Id: 4260137741924

Content: 125 g / 4.4 oz

Frusano - low fructose, full delight

Chocolate



Art.Id: 4260137741429

Content: 4 x 15g = 60g / 2.1 oz

Frusano - low fructose, full delight

Organic Filita Minis Easter Edition - fructose-free

Organic Filita milk chocolate, sweetened exclusively with dextrose and maltose. These minis come in cheerful, fresh colors in their nest – just in time for Easter! Hide the small bars for family and friends or for yourself.

Enjoy care-free without fructose:

- sweetened exclusively with maltose and dextrose
- fructose-free
- gluten-free
- lactose-free

Organic lactose-free whole milk chocolate

Ingredients: Organic glucose syrup* (41%) (-> pls. see info pages), organic cocoa butter, organic dried milk product*, organic cocoa mass, organic clarified butter, emulsifier: organic sunflower lecithin, organic natural vanilla flavoring *from organic lactose-free whole milk

*Frusano guarantees a 100% fructose-free glucose syrup.

(May contain traces of nuts and soy. -> pls. see info pages)

Cocoa solids: 37% minimum

Nutrition declaration	per 100g	per portion* (15g)
Energy value	2399kJ/573kcal	360kJ/86kcal
Fat	39.3g	5.9g
of which saturates	24.1g	3.6g
Carbohydrates	47.7g	7.2g
of which sugars (-> pls. see info pages)	26.8g	4.0g
Fibre	3.3g	0.5g
Protein	6.4g	1.0g
Salt	0.2g	0.03g

Sugars contained	per 100g	per portion* (15g)
Glucose (Dextrose)	20.6g	3.1g
Maltose (Malt Sugar)	6.1g	0.9g
Fructose (Fruit Sugar)	<0.1g	<0.02g
Sucrose (Refined Sugar)	<0.8g	<0.1g
Lactose (Milk Sugar)	<0.1g	<0.02g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 4 portions.

Organic Filita Minis Christmas Edition - fructose-free

Chocolate

Organic Filita milk chocolate, sweetened exclusively with dextrose and maltose, in festive Christmas-garb and in the ideal size for gifting.

Fructose-free christmas with Frusano:

- sweetened exclusively with maltose and dextrose
- fructose-free
- gluten-free
- lactose-free

Lactose-free whole milk chocolate

Ingredients: Organic glucose syrup* (41%) (-> pls. see info pages), organic cocoa butter, organic dried milk product**, organic cocoa mass, organic clarified butter, emulsifier: organic sunflower lecithin, organic natural vanilla flavoring **from organic lactose-free whole milk

*Frusano guarantees a 100% fructose-free glucose syrup.
(May contain traces of nuts and soy. -> pls. see info pages)

Cocoa solids: 37% minimum



Art.Id: 4260137741894

Content: 4x 12.5g = 50g / 1.8 oz

Nutrition declaration	per 100g	per portion* (15g)
Energy value	2399kJ/573kcal	360kJ/86kcal
Fat	39.3g	5.9g
of which saturates	24.1g	3.6g
Carbohydrates	47.7g	7.2g
of which sugars (-> pls. see info pages)	26.8g	4.0g
Fibre	3.3g	0.5g
Protein	6.4g	1.0g
Salt	0.2g	0.03g

Sugars contained	per 100g	per portion* (15g)
Glucose (Dextrose)	20.6g	3.1g
Maltose (Malt Sugar)	6.1g	0.9g
Fructose (Fruit Sugar)	<0.1g	<0.02g
Sucrose (Refined Sugar)	<0.8g	<0.1g
Lactose (Milk Sugar)	<0.1g	<0.02g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 4 portions.

Frusano - low fructose, full delight

Chocolate



Art.Id: 4260137741771

Content: 75 g / 2.6 oz

Frusano - low fructose, full delight

Organic Frusano Chocolate Santa (whole milk)

Frusano's fructose-free, organic chocolate Santa Claus, made of melt-in-your-mouth organic Filita whole milk chocolate, will sweeten all your holidays. Whether fructose or lactose intolerant, Santa is the ideal gift for St. Nicholas Day and Christmas.

Worry-free indulgence without fructose

- sweetened exclusively with maltose and dextrose
- fructose-free
- gluten-free
- lactose-free

Organic lactose-free whole milk chocolate

Ingredients: Organic glucose syrup* (41%) (-> pls. see info pages), organic cocoa butter, organic dried milk product**, organic cocoa mass, organic clarified butter, emulsifier: organic sunflower lecithin, organic natural vanilla flavoring. **from organic lactose-free whole milk

*Frusano guarantees a 100% fructose-free glucose syrup.

(May contain traces of nuts and soy. -> pls. see info pages)

Cocoa solids: 37% minimum

Nutrition declaration	per 100g	per portion* (10g)
Energy value	2399kJ/573kcal	240kJ/57kcal
Fat	39.3g	3.9g
of which saturates	24.1g	2.4g
Carbohydrates	47.7g	4.8g
of which sugars (-> pls. see info pages)	26.8g	2.7g
Fibre	3.3g	0.3g
Protein	6.4g	0.6g
Salt	0.2g	0.02g

Sugars contained	per 100g	per portion* (10g)
Glucose (Dextrose)	20.6g	2.1g
Maltose (Malt Sugar)	6.1g	0.6g
Fructose (Fruit Sugar)	<0.1g	<0.01g
Sucrose (Refined Sugar)	<0.8g	<0.08g
Lactose (Milk Sugar)	<0.1g	<0.01g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 8 portions.

Organic fitness bears from Fit For Fun and Frusano

Sporty, fructose-free Fit For Fun organic fitness bears in exciting, new flavors – horned melon, mango and cranberry – finely sweetened using only malt sugar and dextrose, without granulated sugar. Cycling, running, climbing or at the gym - the ideal energy booster between workouts.

Worry-free indulgence without fructose

- sweetened exclusively with maltose and dextrose
- fructose-free
- gluten-free
- vegan

Organic gummi bears with fruit flavour

Ingredients: Organic glucose syrup* (-> pls. see info pages), organic dried glucose syrup* (-> pls. see info pages), gelling agent (pectin), acidity regulator (sodium tartrate, potassium tartrate), acidifying agent (citric acid), natural flavorings, natural organic turmeric flavoring, natural lemon flavoring, natural cranberry flavoring with other natural flavorings, organic elderberry juice concentrate, organic black carrot juice concentrate, organic algae extract (spirulina platensis), coating agent (organic carnauba wax)

*Frusano guarantees a 100% fructose-free glucose syrup.

Nutrition declaration	per 100g	per portion* (10g)
Energy value	1344kJ/317kcal	134kJ/32kcal
Fat	0.2g	0.02g
of which saturates	0.2g	0.02g
Carbohydrates	79g	7.9g
of which sugars (-> pls. see info pages)	53.2g	5.3g
Fibre	0g	0g
Protein	0g	0g
Salt	0.22g	0.022g

Sugars contained	per 100g	per portion* (10g)
Glucose (Dextrose)	4.2g	0.4g
Maltose (Malt Sugar)	49g	4.9g
Fructose (Fruit Sugar)	<0.1g	<0.01g
Sucrose (Refined Sugar)	<0.1g	<0.01g
Lactose (Milk Sugar)	<0.1g	<0.01g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 10 portions.

Confectionery



Art.Id: 4260137741993

Content: 100 g / 3.5 oz

Frusano - low fructose, full delight

Confectionery



Art.Id: 4260137741986

Content: 50 g / 1.8 oz

Frusano - low fructose, full delight

Organic Janosch Bear Friends - without gelatine

Vegan and organic Janosch gummi bears without gelatine or refined sugar, like our very popular organic Fili-Bears, ideal for people with fructose intolerance. Tiger duck, frog and bear from the Janosch Panama world are convincing Janosch fans and gummi bear friends with their delicious taste. Conveniently packaged in beautifully designed Janosch-bags. Ideal for on the go, in the lunch box or on the couch.

Experience worry-free indulgence without fructose:

- sweetened exclusively with maltose and dextrose
- fructose-free
- gluten-free
- vegan

Organic gummi bears with fruit flavour

Ingredients: Organic glucose syrup* (-> pls. see info pages), organic dried glucose syrup* (-> pls. see info pages), gelling agent (pectin), acidity regulator (sodium tartrate, potassium tartrate), acidifier (citric acid), natural flavorings, organic natural curcuma flavor, natural lemon flavor, natural orange flavor with other natural flavors, organic concentrated black carrots, organic algae extract (spirulina platensis), coating agent (organic carnauba wax).

*Frusano guarantees a 100% fructose-free glucose syrup.

Nutrition declaration	per 100g	per portion* (10g)
Energy value	1346kJ/321kcal	135kJ/32kcal
Fat	0.2g	0.02g
of which saturates	0.2g	0.02g
Carbohydrates	79g	7.9g
of which sugars (-> pls. see info pages)	53g	5.3g
Fibre	0g	0g
Protein	0g	0g
Salt	0.22g	0.022g

Sugars contained	per 100g	per portion* (10g)
Glucose (Dextrose)	4.1g	0.4g
Maltose (Malt Sugar)	48.9g	4.9g
Fructose (Fruit Sugar)	<0.1g	<0.01g
Sucrose (Refined Sugar)	<0.1g	<0.01g
Lactose (Milk Sugar)	<0.1g	<0.01g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 5 portions.

Organic Fili-Bears

Gummi bears without refined sugar, sweetened only with fructose-free organic glucose syrup. The delicious soft bears are packed in handy 50g bags that can be taken anywhere.

Enjoy care-free without fructose:

- sweetened exclusively with maltose and dextrose
- fructose-free
- lactose-free
- gluten-free

Organic gummi bears with fruit flavour

Ingredients: Organic glucose syrup* (-> pls. see info pages), organic gelatine, citric acid, natural flavorings, natural organic curcuma flavor, natural lemon flavor and natural orange flavor with other natural flavors, organic black concentrated black carrots, organic algae extract (spirulina platensis), coating agent (organic carnauba wax)

*Frusano guarantees a 100% fructose-free glucose syrup.

Nutrition declaration	per 100g	per portion* (10g)
Energy value	1449kJ/346kcal	145kJ/35kcal
Fat	0.2g	0.02g
of which saturates	0.2g	0.02g
Carbohydrates	77.0g	7.7g
of which sugars (-> pls. see info pages)	49g	4.9g
Fibre	0g	0g
Protein	6.8g	0.7g
Salt	0g	0g

Sugars contained	per 100g	per portion* (10g)
Glucose (Dextrose)	1.6g	0.2g
Maltose (Malt Sugar)	46g	4.6g
Fructose (Fruit Sugar)	<0.1g	<0.01g
Sucrose (Refined Sugar)	<0.1g	<0.01g
Lactose (Milk Sugar)	<0.1g	<0.01g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 5 portions.

Confectionery



Art.Id: 4260137741979

Content: 50 g / 1.8 oz

Frusano - low fructose, full delight

Confectionery



Art.Id: 4260137742112

Content: 21 g / 0.7 oz

Organic Blackberry Candies

We use dextrose exclusively and forgo all refined sugars for the candies. With their subtle note of blackberry, these 14 dextrose-candies bring energy back, even on the road.

Natural pleasure without fructose:

- sweetened exclusively with maltose and dextrose
- fructose-free
- gluten-free
- lactose-free
- vegan

Ingredients: Organic dried glucose syrup* (-> pls. see info pages), organic dextrose, organic palm fat, acidifier citric acid, organic blackberry powder (0,1%), natural flavoring: blackberry (0,1%)

*Frusano guarantees a 100% fructose-free glucose syrup.

Nutrition declaration	per 100g	per portion* (1.5g)
Energy value	1632kJ/390kcal	24kJ/6kcal
Fat	1g	0.02g
of which saturates	0.9g	0.01g
Carbohydrates	95.2g	1.4g
of which sugars (-> pls. see info pages)	95.2g	1.4g
Fibre	0g	0g
Protein	0g	0g
Salt	0g	0g

Sugars contained	per 100g	per portion* (1.5g)
Glucose (Dextrose)	94.1g	1.4g
Maltose (Malt Sugar)	1g	0.02g
Fructose (Fruit Sugar)	<0.3g	<0.005g
Sucrose (Refined Sugar)	<0.1g	<0.002g
Lactose (Milk Sugar)	<0.1g	<0.002g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 14 portions.

Organic Peppermint Candies

Candies are rich in dextrose and completely without refined sugar. Fructose-free freshness with the bonus of quick energy. Fourteen dextrose-candies, compact in a roll – ideal for carrying in your bag.

Worry-free indulgence without fructose:

- sweetened exclusively with maltose and dextrose
- fructose-free
- gluten-free
- vegan

Ingredients: Organic dried glucose syrup* (-> pls. see info pages), organic dextrose, organic palm fat, natural flavoring: peppermint oil (0,3%)

*Frusano guarantees a 100% fructose-free glucose syrup.

Nutrition declaration	per 100g	per portion* (1.5g)
Energy value	1663kJ/397kcal	25kJ/6kcal
Fat	1.0g	0.02g
of which saturates	0.9g	0.01g
Carbohydrates	97g	1.5g
of which sugars (-> pls. see info pages)	97g	1.5g
Fibre	0g	0g
Protein	0g	0g
Salt	0g	0g
Sugars contained	per 100g	per portion* (1.5g)
Glucose (Dextrose)	95.8g	1.4g
Maltose (Malt Sugar)	1g	0.02g
Fructose (Fruit Sugar)	<0.3g	<0.005g
Sucrose (Refined Sugar)	<0.1g	<0.002g
Lactose (Milk Sugar)	<0.1g	<0.002g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 14 portions.

Confectionery



Art.Id: 4260137741115

Content: 21 g / 0.7 oz

Frusano - low fructose, full delight

Confectionery



Art.Id: 4260137741917

Content: 6 x 10g = 60g / 2.1 oz

Organic Orange Lollipops

The little bear and the little tiger share everything on their adventures. That makes double the fun! Sweetened only with maltose and dextrose, these new fructose-free organic Janosch lollipops are their favorite provision. With bear-strength orange flavor!

Worry-free indulgence without fructose:

- sweetened exclusively with maltose and dextrose
- fructose-free
- gluten-free
- vegan

Ingredients: Organic glucose syrup* (-> pls. see info pages), organic natural flavoring: orange (0,5%), plant extract: paprika, acidifier: citric acid

*Frusano guarantees a 100% fructose-free glucose syrup.

Nutrition declaration	per 100g	per portion* (1 Lolly=10g)
Energy value	1315kJ/314kcal	132kJ/31kcal
Fat	0g	0g
of which saturates	0g	0g
Carbohydrates	78.2g	7.8g
of which sugars (-> pls. see info pages)	46g	4.6g
Fibre	0g	0g
Protein	0g	0g
Salt	0g	0g

Sugars contained	per 100g	per portion* (1 Lolly=10g)
Glucose (Dextrose)	4.6g	0.5g
Maltose (Malt Sugar)	40.9g	4.1g
Fructose (Fruit Sugar)	<0.5g	<0.05g
Sucrose (Refined Sugar)	<0.5g	<0.05g
Lactose (Milk Sugar)	<0.1g	<0.01g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 6 portions.

Frusano - low fructose, full delight

Organic Fili-Cereal Bar with dark chocolate

Snacks

The new crunchy source of energy from Frusano, whether during sports or as a delicious snack for every moment of the day! Delicious gluten-free cereals buckwheat, amaranth, millet and quinoa combined in a handy granola bar. The "cereal to go" is paired with our popular lactose-free Filita organic chocolate.

Enjoy care-free without fructose:

- sweetened exclusively with maltose and dextrose
- fructose-free
- gluten-free
- lactose-free
- vegan

Organic cereal bar with organic Filita dark chocolate.

Ingredients: Organic glucose syrup* (-> pls. see info pages), organic dark chocolate (14%) (organic cocoa mass, organic glucose syrup* (41%), organic cocoa butter, emulsifier: organic sunflower lecithin, organic natural vanilla flavoring), organic whole grain rice crispies, organic almonds (9%), organic buckwheat, organic puffed amaranth, organic millet, organic coconut flakes (4%), organic quinoa

*Frusano guarantees a 100% fructose-free glucose syrup.
(May contain traces of egg and soy -> pls. see info pages)



Art.Id: 4260137742013

Content: 40 g / 1.4 oz

Nutrition declaration	per 100g	per portion* (40g)
Energy value	1704kJ/407kcal	682kJ/163kcal
Fat	13.5g	5.4g
of which saturates	6g	2.4g
Carbohydrates	62.1g	24.8g
of which sugars (-> pls. see info pages)	25.4g	10.2g
Fibre	5.2g	2.1g
Protein	6.2g	2.5g
Salt	0.01g	0.004g
Sugars contained	per 100g	per portion* (40g)
Glucose (Dextrose)	12.5g	5.0g
Maltose (Malt Sugar)	11.6g	4.6g
Fructose (Fruit Sugar)	<0.3g	<0.1g
Sucrose (Refined Sugar)	<1.5g	<0.6g
Lactose (Milk Sugar)	<0.1g	<0.04g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 1 portions.

Frusano - low fructose, full delight

Biscuits & Pastries



Art.Id: 4260137742068

Content: 250 g / 8.8 oz

Frusano - low fructose, full delight

NEW! Organic brick-oven baguette

NEW! Organic, brick-oven baguette – originally baked in France for Frusano. Guaranteed without added sugars, fructose-free and without sorbitol, which is often added to bakery products. Freshly baked, this crispy baguette tastes great at any time of the day - for breakfast, as a sandwich, or as a side-dish when grilling.

Live worry-free without fructose:

- fructose-free
- lactose-free
- vegan

Organic pre-baked brick-oven baguette

Ingredients: Organic wheat flour, water, organic sourdough (organic rye flour, organic wheat malt flour), organic rye flour, organic wheat gluten, salt, yeast, flavor, antioxidant: ascorbic acid. (May contain traces of eggs, soy, milk, nuts, mustard, sesame and sulphites. -> pls. see info pages)

Nutrition declaration	per 100g
Energy value	1060kJ/253kcal
Fat	0.8g
of which saturates	0.2g
Carbohydrates	51g
of which sugars (-> pls. see info pages)	2.9g
Fibre	3.4g
Protein	8.0g
Salt	1.2g

Sugars contained	per 100g
Glucose (Dextrose)	0.2g
Maltose (Malt Sugar)	2.3g
Fructose (Fruit Sugar)	<0.5g
Sucrose (Refined Sugar)	<0.1g
Lactose (Milk Sugar)	<0.1g

Organic means no sorbitol, sugar substitutes, artificial sweeteners.

Preparation: Bake in a pre-heated oven at 210°C on medium rack for approx. 13 minutes.

Organic Cheese Cake

A sweet indulgence Cheese Cake from Frusano. This popular classic is pre-baked and ready to serve. Simply open and enjoy. Whether for a spontaneous visit, a family reunion or a little snack just because, our cheesecake with Frusano Corn Sugar is always appropriate and tastes like it is homemade. With our special formulation, this cake stays as fresh and tasty as straight from the oven, for a long time. And all that without preservatives.

Worry-free indulgence without fructose:

- pre-baked and ready-to-serve
- sweetened exclusively with maltose and dextros
- fructose-free

Ingredients: Organic curd cheese (63%) (solid fat), organic dried glucose syrup* (21%) (-> pls. see info pages), organic wheat flour, organic vegetable fat (palm), vegetable oil (rape), organic egg, water, organic maize starch, organic wheat semolina, organic whole milk powder, organic lemon bowl paste, salt, organic lemon juice

*Frusano guarantees a 100% fructose-free glucose syrup.
(May contain traces of nuts. -> pls. see info pages)

Nutrition declaration	per 100g	per portion* (50g)
Energy value	994kJ/237kcal	497kJ/119kcal
Fat	8.8g	4.4g
of which saturates	4.9g	2.5g
Carbohydrates	31.4g	15.7g
of which sugars (-> pls. see info pages)	22.9g	11.5g
Fibre	0.9g	0.5g
Protein	7.7g	3.9g
Salt	0.3g	0.2g
Sugars contained	per 100g	per portion* (50g)
Glucose (Dextrose)	19.9g	10.0g
Maltose (Malt Sugar)	1g	0.5g
Fructose (Fruit Sugar)	<0.3g	<0.2g
Sucrose (Refined Sugar)	<0.3g	<0.2g
Lactose (Milk Sugar)	<2g	<1.0g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 8 portions.

Biscuits & Pastries



Art.Id: 4260137741801

Content: 400 g / 14.1 oz

Frusano - low fructose, full delight

Biscuits & Pastries



Art.Id: 4260137741580

Content: 120 g / 4.2 oz

Organic Spelt Butter Biscuit

"Nibble, nibble little mouse – who is nibbling at my low-fructose and lactose-free spelt butter biscuits?" Fairy tales are modernized and sometimes even come true at Frusano. Enjoy our butter biscuits, with only the sweetness of dextrose and maltose - lactose-free and without refined sugar.

Live worry-free, even with Fructose Intolerance:

- sweetened exclusively with maltose and dextrose
- low in fructose
- lactose-free

Ingredients: Organic spelt flour (64%), organic dried glucose syrup* (15%) (-> pls. see info pages), organic clarified butter (13%), organic maltose syrup, organic whole egg powder, raising agent: sodium hydrogen carbonate, natural vanilla flavoring

*Frusano guarantees a 100% fructose-free glucose syrup.
(May contain traces of nuts and soy. -> pls. see info pages)

Nutrition declaration	per 100g	per portion* (10g)
Energy value	1908kJ/456kcal	191kJ/46kcal
Fat	15g	1.5g
of which saturates	8.8g	0.9g
Carbohydrates	70g	7.0g
of which sugars (-> pls. see info pages)	21g	2.1g
Fibre	3.6g	0.4g
Protein	7.9g	0.8g
Salt	0.1g	0.01g

Sugars contained	per 100g	per portion* (10g)
Glucose (Dextrose)	13.7g	1.4g
Maltose (Malt Sugar)	4.5g	0.5g
Fructose (Fruit Sugar)	<2g	<0.2g
Sucrose (Refined Sugar)	<1g	<0.1g
Lactose (Milk Sugar)	<0.1g	<0.01g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 12 portions.

Frusano - low fructose, full delight

NEW! Organic chocolate pudding with organic corn sugar

Dessert

NEW! Organic chocolate pudding, already sweetened with Frusano organic corn sugar – all in one. The mild sweetness of the maltose and dextrose in the organic corn sugar brings out the vibrant flavor of high-quality cocoa. Simply stir into milk and bring to a boil, then this fructose-free treat is sure to satisfy any sweet tooth, big or small.

Enjoy care-free without fructose:

- sweetened exclusively with maltose and dextrose
- fructose-free
- gluten-free
- lactose-free
- vegan

Organic chocolate pudding powder with organic dried glucose syrup

Ingredients: Organic dried glucose syrup* (65%), organic corn starch, organic low-fat cocoa (13%)

*Frusano guarantees a 100% fructose-free glucose syrup.

The product prepared with lactose-free milk (1,5% fat) contains:

Nutrition declaration	per 100g
Energy value	523kJ/125kcal
Fat	1.5g
of which saturates	1.0g
Carbohydrates	26g
of which sugars (-> pls. see info pages)	20g
Fibre	1.1g
Protein	3.2g
Salt	<0.01g
Sugars contained	per 100g
Glucose (Dextrose)	17.3g
Maltose (Malt Sugar)	0.7g
Fructose (Fruit Sugar)	<0.1g
Sucrose (Refined Sugar)	<0.1g
Lactose (Milk Sugar)	<0.1g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

Preparation: Measure 500 ml milk, lactose-free milk, soy or grain drink. Remove 150 ml of the liquid and mix it with the pouch contents while still cold. Bring the remaining 350 ml of liquid to a boil. Stir in the pudding powder mixture. Let the pudding simmer for at least one minute. Portion the chocolate pudding into a bowl and store cold.



Art.id: 4260137742044

Content: 175 g / 6.2 oz

Frusano - low fructose, full delight

Sweetening



Art.Id: 4260137741702

Content: 350 g / 12.3 oz

Organic Rice Syrup squeeze-bottle

The fructose-free alternatives to honey or granulated sugar consists mainly of dextrose and maltose. Our rice syrup is made from gluten-free organic rice flour and has a pleasant sweetness with a slightly nutty, malty flavor.

Natural pleasure without fructose:

- sweetened exclusively with maltose and dextrose
- fructose-free
- gluten-free
- lactose-free
- vegan

Ingredients: Organic rice (93%), water

Nutrition declaration	per 100g	per portion* (10g)
Energy value	1301kJ/311kcal	130kJ/31kcal
Fat	0.2g	0.02g
of which saturates	0g	0g
Carbohydrates	77g	7.7g
of which sugars (-> pls. see info pages)	54g	5.4g
Protein	0.5g	0.05g
Salt	0.1g	0.01g

Sugars contained	per 100g	per portion* (10g)
Glucose (Dextrose)	23.2g	2.3g
Maltose (Malt Sugar)	30.4g	3.0g
Fructose (Fruit Sugar)	<0.2g	<0.02g
Sucrose (Refined Sugar)	<0.2g	<0.02g
Lactose (Milk Sugar)	<0.1g	<0.01g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 35 portions.

Frusano - low fructose, full delight

Organic Rice Syrup economy pack

The fructose-free alternatives to honey or granulated sugar consists mainly of dextrose and maltose. Our rice syrup is made from gluten-free organic rice flour and has a pleasant sweetness with a slightly nutty, malty flavor. Organic rice syrup in a convenient bag-in-box XL economy pac for kitchen use or to refill the convenient squeeze-bottles. With the 3,5kg economy pack you get more syrup and less packaging.

Natural pleasure without fructose:

- sweetened exclusively with maltose and dextrose
- fructose-free
- gluten-free
- lactose-free
- vegan

Ingredients: Organic rice (93%), water

Nutrition declaration	per 100g	per portion* (10g)
Energy value	1322kJ/316kcal	132kJ/32kcal
Fat	0.1g	0.01g
of which saturates	0.04g	0.004g
Carbohydrates	77.8g	7.8g
of which sugars (-> pls. see info pages)	59.2g	5.9g
Fibre	0.2g	0.02g
Protein	0.5g	0.05g
Salt	0.125g	0.0125g
Sugars contained	per 100g	per portion* (10g)
Glucose (Dextrose)	23.2g	2.3g
Maltose (Malt Sugar)	36.0g	3.6g
Fructose (Fruit Sugar)	<0.2g	<0.02g
Sucrose (Refined Sugar)	<0.2g	<0.02g
Lactose (Milk Sugar)	0g	0g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 350 portions.

Sweetening



Art.Id: 4260137741405

Content: 3500 g / 123.5 oz

Frusano - low fructose, full delight

Sweetening



Art.Id: 4260137741719

Content: 250 g / 8.8 oz

Frustrano - low fructose, full delight

Organic Corn Sugar

Fine-grained glucose syrup made from organic corn. The alternative to crystal sugar and dextrose, especially for those with fructose intolerance.

Worry-free indulgence without fructose:

- exclusive sweetness from malt sugar and dextrose
- fructose-free
- gluten-free
- vegan

Frustrano Corn Sugar can substitute table sugar in a ratio of one-to-one in most recipes, the result will be slightly less sweet. Frustrano Corn Sugar, like dextrose, consists predominantly of glucose but has a far lower water content. Background: Dextrose contains up to 10% water. The contained water is bound in the crystal structure of dextrose, but is freed when the dextrose is dissolved, e.g. in a cake batter. This is the reason why often people say that dextrose makes dough or other dishes more fluid. This is *not* the case with Frustrano Corn Sugar.

Organic dried glucose syrup

Ingredients: Organic dehydrated glucose syrup*

*Frustrano guarantees a 100% fructose-free glucose syrup.

Nutrition declaration	per 100g
Energy value	1683kJ/402kcal
Fat	0g
of which saturates	0g
Carbohydrates	99g
of which sugars (-> pls. see info pages)	96.2g
Fibre	0g
Protein	0g
Salt	0g

Sugars contained	per 100g
Glucose (Dextrose)	91.1g
Maltose (Malt Sugar)	4.9g
Fructose (Fruit Sugar)	<0.1g
Sucrose (Refined Sugar)	<0.1g
Lactose (Milk Sugar)	<0.1g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

NEW! Organic mustard

NEW! Our organic mustard is lactose-, gluten-, and fructose free, as well as vegan. The successful combination of the mild spice of the mustard with a subtle sweetness from dextrose always tastes good - in sauces and hearty dishes, or as a classic dip at barbecues with family and friends.

Experience worry-free indulgence without fructose:

- exclusively sweetend with glucose
- low in fructose
- gluten-free
- lactose-free
- vegan

Organic medium hot mustard

Ingredients: Water, organic mustard seeds (19%), organic vinegar, salt, organic dextrose (1%) (-> pls. see info pages), organic spice mixture

Nutrition declaration	per 100g	per portion* (20g)
Energy value	480kJ/115kcal	96kJ/23kcal
Fat	5.9g	1.2g
of which saturates	0.3g	0.06g
Carbohydrates	8.0g	1.6g
of which sugars (-> pls. see info pages)	2.9g	0.6g
Protein	5.1g	1.0g
Salt	2.9g	0.6g
Sugars contained	per 100g	per portion* (20g)
Glucose (Dextrose)	1.4g	0.3g
Maltose (Malt Sugar)	0.1g	0.02g
Fructose (Fruit Sugar)	<0.5g	<0.1g
Sucrose (Refined Sugar)	<1.5g	<0.3g
Lactose (Milk Sugar)	<0.1g	<0.02g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 9 portions.

Fine Cuisine



Art.Id: 4260137741825

Content: 180 g / 6.3 oz

Frusano - low fructose, full delight



Art.Id: 4260137741566

Content: 0.478 l / 16.2 fl oz

Organic Frusano Tomato Ketchup

Tasty ketchup made from organic tomatoes, sweetened only with fructose-free organic glucose syrup. Frusano tomato ketchup is low on fructose. Compared to ordinary ketchup this ketchup contains considerably less fructose and sucrose and much more glucose. Easy to use squeeze bottle and the perfect accompanist to our organic vegan mayonnaise.

Worry-free indulgence, even with Fructose Intolerance:

- sweetened exclusively with maltose and dextrose
- low in fructose
- gluten-free
- lactose-free
- vegan

Ingredients: Organic tomato puree (210g tomatoes for 100g ketchup), water, organic glucose syrup* (-> pls. see info pages), organic vinegar, salt, organic citric acid, organic spice mixture
*Frusano guarantees a 100% fructose-free glucose syrup.

Nutrition declaration	per 100ml	per portion* (20ml)
Energy value	498kJ/117kcal	100kJ/24kcal
Fat	0.2g	0.04g
of which saturates	0g	0g
Carbohydrates	24.6g	4.9g
of which sugars (-> pls. see info pages)	21.8g	4.4g
Fibre	1.4g	0.3g
Protein	1.4g	0.3g
Salt	2.2g	0.4g

Sugars contained	per 100ml	per portion* (20ml)
Glucose (Dextrose)	19.5g	3.9g
Maltose (Malt Sugar)	0.3g	0.06g
Fructose (Fruit Sugar)	<3g	<0.6g
Sucrose (Refined Sugar)	<0.3g	<0.06g
Lactose (Milk Sugar)	<0.1g	<0.02g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 24 portions.

Organic vegan mayo

Organic mayo with dextrose and without egg - a fructose-free classic among sauces. Delightfully spicy and creamy, rounded off with the light sweetness of dextrose. This vegan organic mayonnaise gives each dish a unique delicious touch. Ideal for vegan potato salad, noodle salad and similar. Also delicate to fish and for french fries red / white just add frusano's organic ketchup.

Live worry-free without fructose:

- sweetened exclusively with dextrose
- fructose-free
- gluten-free
- lactose-free
- vegan (egg-free)

Ingredients: Organic sunflower oil (50%), water, modified starch, organic dextrose (2%) (-> pls. see info pages), salt, organic mustard seed, organic vinegar, thickener: carob gum, organic spices mixture

Nutrition declaration	per 100ml	per portion* (20ml)
Energy value	1924kJ/467kcal	385kJ/92kcal
Fat	53.7g	10.7g
of which saturates	3.9g	0.8g
Carbohydrates	5.4g	1.1g
of which sugars (-> pls. see info pages)	2.5g	0.5g
Fibre	0g	0g
Protein	0.2g	0.04g
Salt	1.4g	0.3g
Sugars contained	per 100ml	per portion* (20ml)
Glucose (Dextrose)	2.1g	0.4g
Maltose (Malt Sugar)	0g	0g
Fructose (Fruit Sugar)	0g	0g
Sucrose (Refined Sugar)	<0.5g	<0.1g
Lactose (Milk Sugar)	0g	0g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 13 portions.

Fine Cuisine



Art.Id: 4260137741849

Content: 0.263 l / 8.9 fl oz

Frusano - low fructose, full delight

Spreads



Art.Id: 4260137741948

Content: 200 g / 7.1 oz

Frusano - low fructose, full delight

NEW! Organic Hazelnut Spread low in lactose

NEW! High-quality organic hazelnuts, sweetened only with glucose and maltose – this fructose-free and low-lactose treat is a must for every breakfast table. Lactose-free milk powder makes this hazelnut spread delightfully creamy and spreadable. Particularly important to us is the fact that the palm oil that we use is not only organic, but also RSPO certified. This ensures that the palm oil for our spread is of the best organic quality and that the rainforest is preserved

Live worry-free without fructose-free:

- sweetened exclusively with maltose and dextrose
- fructose-free
- gluten-free
- low in lactose
- vegan

Ingredients: Organic dried glucose syrup (46,5%)*(>glucose syrup), organic vegetable oil (organic palmoil, organic sunfloweroil), organic hazelnuts (12%), organic lactose-free whole milk powder, organic fat reduced cocoa, emulsifier: sunflower lecithin, organic vanilla extract

*Frusano guarantees a 100% fructose-free glucose syrup
(May contain traces of peanuts and soy. -> pls. see info pages)

Nutrition declaration	per 100g	per portion* (15g)
Energy value	2406kJ/575kcal	361kJ/86kcal
Fat	39g	5.9g
of which saturates	11g	1.7g
Carbohydrates	50g	7.5g
of which sugars (-> pls. see info pages)	48g	7.2g
Fibre	3g	0.5g
Protein	4.9g	0.7g
Salt	0.07g	0.011g

Sugars contained	per 100g	per portion* (15g)
Glucose (Dextrose)	45.1g	6.8g
Maltose (Malt Sugar)	2.3g	0.3g
Fructose (Fruit Sugar)	<0.5g	<0.08g
Sucrose (Refined Sugar)	<3.0g	<0.5g
Lactose (Milk Sugar)	<1.0g	<0.2g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 13 portions.

Organic Hazelnut Spread with Cocoa - fructose-free

Spreads

Our exclusive nut nougat cream made from exquisite organic hazelnuts is sweetened only with dextrose and maltose and is therefore fructose- and lactose-free. Our certified organic hazelnuts come from the Parco dei Nebrodi nature reserve in Sicily. The "Tonda di Sicilia" hazelnuts that grow there are prized for their incomparable, deep aroma and delicate flavor.

Live worry-free without fructose:

- sweetened exclusively with maltose and dextrose
- fructose-free
- gluten-free
- lactose-free
- vegan

Ingredients: Organic glucose syrup* (-> pls. see info pages), organic sunflower oil, organic hazelnuts (10%), organic low fat cocoa powder (9%), organic soy powder, organic bourbon vanilla, emulsifier: organic soy lecithin

*Frusano guarantees a 100% fructose-free glucose syrup.

(May contain traces of other shell fruits. -> pls. see info pages)



Art.Id: 4260137741870

Content: 180 g / 6.3 oz

Nutrition declaration	per 100g	per portion* (15g)
Energy value	2380kJ/568kcal	357kJ/85kcal
Fat	37.7g	5.7g
of which saturates	2.8g	0.4g
Carbohydrates	48.9g	7.3g
of which sugars (-> pls. see info pages)	48.9g	7.3g
Fibre	4.1g	0.6g
Protein	7.1g	1.1g
Salt	0g	0g
Sugars contained	per 100g	per portion* (15g)
Glucose (Dextrose)	45.1g	6.8g
Maltose (Malt Sugar)	2.4g	0.4g
Fructose (Fruit Sugar)	<0.5g	<0.08g
Sucrose (Refined Sugar)	<1.5g	<0.2g
Lactose (Milk Sugar)	0g	0g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 12 portions.

Frusano - low fructose, full delight

Spreads



Art.Id: 4260137741603

Content: 235 g / 8.3 oz

Organic Strawberry Rhubarb Spread

A delicious combination of seductive strawberry and very low-fructose rhubarb. Enjoy the velvety soft consistency without seeds and without chunks.

Worry-free indulgence, even with Fructose Intolerance:

- sweetened exclusively with maltose and dextrose
- minimal fructose
- gluten-free
- vegan

Ingredients: Organic glucose syrup* (59%) (-> pls. see info pages), organic strawberry (24%), organic rhubarb (16%), gelling agent pectin, ascorbic acid

*Frusano guarantees a 100% fructose-free glucose syrup.

Nutrition declaration	per 100g	per portion* (10g)
Energy value	839kJ/200kcal	84kJ/20kcal
Fat	0.1g	0.01g
of which saturates	0.01g	0.001g
Carbohydrates	49g	4.9g
of which sugars (-> pls. see info pages)	30.8g	3.1g
Fibre	0.8g	0.08g
Protein	0.3g	0.03g
Salt	0.01g	0.001g
Sugars contained	per 100g	per portion* (10g)
Glucose (Dextrose)	15.9g	1.6g
Maltose (Malt Sugar)	14g	1.4g
Fructose (Fruit Sugar)	<1.5g	<0.2g
Sucrose (Refined Sugar)	<0.5g	<0.05g
Lactose (Milk Sugar)	0g	0g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 24 portions.

Organic Rhubarb spread

Spreads

Our organic rhubarb fruit spread is one of the lowest in fructose in our Frusano range. The pleasant tart taste of the rhubarb goes well with the mild sweetness of maltose, resulting in a wonderful flavor composition. Botanically, rhubarb is considered a vegetable, but it is mostly prepared as a fruit. This is the case for Frusano too. Try our organic rhubarb fruit spread not just on your morning toast, but also for example in a dessert.

Live worry-free without fructose:

- sweetened exclusively with maltose and dextrose
- fructose-free
- gluten-free
- vegan

Ingredients: Organic glucose syrup* (59%), organic rhubarb (40%), gelling agent: pectin

*Frusano guarantees a 100% fructose-free glucose syrup



Art.Id: 4260137741542

Content: 235 g / 8.3 oz

Nutrition declaration	per 100g	per portion* (10g)
Energy value	821kJ/196kcal	82kJ/20kcal
Fat	0.06g	0.006g
of which saturates	0.02g	0.002g
Carbohydrates	47.8g	4.8g
of which sugars (-> pls. see info pages)	30.5g	3.1g
Fibre	0.8g	0.08g
Protein	0.3g	0.03g
Salt	0.01g	0.001g

Sugars contained	per 100g	per portion* (10g)
Glucose (Dextrose)	15.5g	1.6g
Maltose (Malt Sugar)	14.7g	1.5g
Fructose (Fruit Sugar)	<0.5g	<0.05g
Sucrose (Refined Sugar)	<0.2g	<0.02g
Lactose (Milk Sugar)	0g	0g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 24 portions.

Frusano - low fructose, full delight

Spreads



Art.Id: 4260137741535

Content: 235 g / 8.3 oz

Organic Red Currant spread

Small, red organic currants sweetened with dextrose and maltose in a tart, refreshing spread, completely without seeds. And in addition, it's gluten-free and, like all fruit spreads, vegan. With our organic Currant Fruit Spread, we offer you the sweet-and-sour alternative to traditional jams.

Natural pleasure with Fructose Intolerance:

- sweetened exclusively with maltose and dextrose
- low in fructose
- gluten-free
- vegan

Ingredients: Organic glucose syrup* (59%), organic red currant (40%), gelling agent pectin

*Frusano guarantees a 100% fructose-free glucose syrup.

Nutrition declaration	per 100g	per portion* (10g)
Energy value	867kJ/207kcal	87kJ/21kcal
Fat	0g	0g
of which saturates	0g	0g
Carbohydrates	50g	5.0g
of which sugars (-> pls. see info pages)	34g	3.4g
Fibre	1.6g	0.2g
Protein	0.5g	0.05g
Salt	0g	0g

Sugars contained	per 100g	per portion* (10g)
Glucose (Dextrose)	15.7g	1.6g
Maltose (Malt Sugar)	16.5g	1.7g
Fructose (Fruit Sugar)	<2.0g	<0.2g
Sucrose (Refined Sugar)	<0.2g	<0.02g
Lactose (Milk Sugar)	0g	0g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 24 portions.

Frusano - low fructose, full delight

Raspberry spread

Lots of dextrose and maltose and no refined sugar – that's what you'll find in the fruit spreads from Frusano. Enjoy your morning toast or mid-afternoon yoghurt together with the velvety Frusano raspberry fruit spread, completely without seeds.

Live worry-free without fructose:

- sweetened exclusively with maltose and dextrose
- low in fructose
- gluten-free
- vegan

Ingredients: Glucose syrup* (59%) , raspberries (40%) , acidifier ascorbic acid, gelling agent pectin

*Frusano guarantees a 100% fructose-free glucose syrup.

Nutrition declaration	per 100g	per portion* (10g)
Energy value	865kJ/207kcal	87kJ/21kcal
Fat	0g	0g
of which saturates	0g	0g
Carbohydrates	50g	5.0g
of which sugars (-> pls. see info pages)	33g	3.3g
Fibre	2.2g	0.2g
Protein	0.5g	0.05g
Salt	0g	0g
Sugars contained	per 100g	per portion* (10g)
Glucose (Dextrose)	16.1g	1.6g
Maltose (Malt Sugar)	15.4g	1.5g
Fructose (Fruit Sugar)	<2.0g	<0.2g
Sucrose (Refined Sugar)	<0.4g	<0.04g
Lactose (Milk Sugar)	0g	0g

No sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 24 portions.

Spreads



Art.Id: 4260137741573

Content: 235 g / 8.3 oz

Frusano - low fructose, full delight

Spreads



Art.Id: 4260137741481

Content: 235 g / 8.3 oz

Tayberry spread

The low-fructose, dark-red berries are sweetened only with dextrose and maltose for a velvety, seedless fruit spread. A unique alternative to the classic raspberry jam. And by the way, this tart, refreshing berry comes from Scotland. They are said to have been named for the Scottish river Tay, where raspberries and blackberries were first crossed.

Worry-free indulgence, even with fructose intolerance:

- sweetened exclusively with maltose and dextrose
- low in fructose
- gluten-free
- vegan

Ingredients: Glucose syrup* (59%), tayberries (40%), acidifier citric acid, gelling agent pectin

*Frusano guarantees a 100% fructose-free glucose syrup.

Nutrition declaration	per 100g	per portion* (10g)
Energy value	848kJ/203kcal	85kJ/20kcal
Fat	0.3g	0.03g
of which saturates	0g	0g
Carbohydrates	48.8g	4.9g
of which sugars (-> pls. see info pages)	31.8g	3.2g
Fibre	1.6g	0.2g
Protein	0.5g	0.05g
Salt	0g	0g

Sugars contained	per 100g	per portion* (10g)
Glucose (Dextrose)	15.6g	1.6g
Maltose (Malt Sugar)	14.9g	1.5g
Fructose (Fruit Sugar)	<1.5g	<0.2g
Sucrose (Refined Sugar)	<0.2g	<0.02g
Lactose (Milk Sugar)	0g	0g

No sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 24 portions.

Frusano - low fructose, full delight

Organic Sea Buckthorn spread

Spreads

Sea buckthorn fruit is extremely rich in vitamin C (up to 700mg / 100g in a serving) and is combined with dextrose and maltose to create an extraordinary fruit spread without any seeds.

Experience worry-free indulgence with Fructose Intolerance.

- sweetened exclusively with maltose and dextrose
- low in fructose
- gluten-free
- vegan

Ingredients: Organic glucose syrup (59%), organic sea buckthorn juice (35%), water, gelling agent citruspectin, citric acid ascorbic acid

*Frusano guarantees a 100% fructose-free glucose syrup.



Art.Id: 4260137741757

Content: 235 g / 8.3 oz

Nutrition declaration	per 100g	per portion* (10g)
Energy value	926kJ/221kcal	93kJ/22kcal
Fat	2.5g	0.3g
of which saturates	0.2g	0.02g
Carbohydrates	48.1g	4.8g
of which sugars (-> pls. see info pages)	32.9g	3.3g
Fibre	1.1g	0.1g
Protein	0.5g	0.05g
Salt	0g	0g
Sugars contained	per 100g	per portion* (10g)
Glucose (Dextrose)	16.1g	1.6g
Maltose (Malt Sugar)	16g	1.6g
Fructose (Fruit Sugar)	<0.6g	<0.06g
Sucrose (Refined Sugar)	<0.1g	<0.01g
Lactose (Milk Sugar)	0g	0g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 24 portions.

Frusano - low fructose, full delight

Spreads



Art.Id: 4260137741030

Content: 235 g / 8.3 oz

Calamansi spread, fructose-free

The acidity of Frusano calamansi spread is balanced by the mild sweetness of maltose and dextrose. Calamansi is a citrus fruit from the Philippines and is extremely low on fructose. The taste falls somewhere between a lime and a tangerine. :

Enjoy care-free without fructose:

- sweetened exclusively with maltose and dextrose
- fructose-free
- gluten-free
- vegan
- Fair Trade

Ingredients: Organic glucose syrup* (73%), calamansi (10%), acidifier ascorbic acid, gelling agent pectin (88% of agricultural ingredients come from organic farming.)

*Frusano guarantees a 100% fructose-free glucose syrup.

Nutrition declaration	per 100g	per portion* (10g)
Energy value	995kJ/238kcal	100kJ/24kcal
Fat	0.1g	0.01g
of which saturates	0.02g	0.002g
Carbohydrates	58.2g	5.8g
of which sugars (-> pls. see info pages)	33.7g	3.4g
Fibre	0.1g	0.01g
Protein	0.1g	0.01g
Salt	0.01g	0.001g

Sugars contained	per 100g	per portion* (10g)
Glucose (Dextrose)	19.6g	2.0g
Maltose (Malt Sugar)	13.8g	1.4g
Fructose (Fruit Sugar)	<0.4g	<0.04g
Sucrose (Refined Sugar)	<0.1g	<0.01g
Lactose (Milk Sugar)	0g	0g

No sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 24 portions.

Frusano - low fructose, full delight

Organic Janosch Panama Joy - Chocolate Drink

Beverages

Organic Janosch Panama Joy – The cocoa with only dextrose and without any refined sugar. It's a chocolaty, delicious taste adventure for all lovers of cocoa, big and small. Our new, improved recipe makes our mixture even better soluble! Hot or cold milk, lactose-free rice drinks, oat or soy drinks, our Panama Joy turns them all into a truly delicious chocolate delight. Panama Joy comes in a reclosable, easy-to-store box that helps preserve its flavor.

Live worry-free without fructose:

- sweetened exclusively with maltose and dextrose
- fructose-free
- gluten-free
- lactose-free
- vegan

Organic cocoa-containing beverage powder

Ingredients: Organic glucose syrup* (-> pls. see info pages), organic low-fat cocoa (20%), emulsifier: sunflower lecithin, organic natural vanilla flavor, salt

*Frusano guarantees a 100% fructose-free glucose syrup.

(May contain traces of milk, crustaceans and soy. -> pls. see info pages)

Nutrition declaration	per 100g
Energy value	1629kJ/389kcal
Fat	3.8g
of which saturates	1.8g
Carbohydrates	78.5g
of which sugars (-> pls. see info pages)	70.7g
Fibre	6.6g
Protein	5.7g
Salt	0.07g
Sugars contained	per 100g
Glucose (Dextrose)	69.3g
Maltose (Malt Sugar)	1.2g
Fructose (Fruit Sugar)	<0.5g
Sucrose (Refined Sugar)	<0.1g
Lactose (Milk Sugar)	<0.1g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

Preparation: Put 2 tablespoons organic cocoa drink powder into 200 ml milk and stir or shake - also delicious in lactose-free milk, soy or grain drink.



Art.Id: 4260137741689

Content: 250 g / 8.8 oz

Frusano - low fructose, full delight

Beverages



Art.Id: 4260137741634

Content: 0.2 l / 6.8 fl oz

Frusano - low fructose, full delight

Organic Fili Secco

Fizzy Frusano Organic Fili Secco with subtle sweetness from glucose. Invited to a celebration and not sure if you will be able to tolerate the drinks there? Bring Frusano Organic Fili Secco and don't miss out: Minimum residual sugar content and thus hardly any fructose. In a practical can, it fits into every handbag. Tastes good at home too, of course. But be careful – Fili Secco doesn't just taste good to people with fructose intolerance! Perfect to mix a refreshing Hugo-Cocktail.

Enjoy care-free without fructose:

- sweetened exclusively with maltose and dextrose
- fructose-free
- gluten-free and vegan
- histamine level below the detection limit

Organic wine-drink with added carbonic acid

Ingredients: Organic white wine, organic glucose syrup* (-> pls. see info pages), antioxidant: sulfur dioxide

*Frusano guarantees a 100% fructose-free glucose syrup.

(product contains sulfite)

Nutrition declaration	per 100ml
Energy value	403kJ/96kcal
Fat	0g
of which saturates	0g
Carbohydrates	9.1g
of which sugars (-> pls. see info pages)	4.3g
Fibre	0g
Protein	0.2g
Salt	0.01g

Sugars contained	per 100ml
Glucose (Dextrose)	2.5g
Maltose (Malt Sugar)	1.7g
Fructose (Fruit Sugar)	<0.4g
Sucrose (Refined Sugar)	<0.1g
Lactose (Milk Sugar)	0g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

10%vol. alcohol

Organic Elderflower Syrup

The combination of malt sugar and dextrose gives our organic elderflower syrup its rounded sweetness, the fragrant flowers of the elderberry the intense aroma. The syrup can be used to sweeten desserts, to mix with sparkling wine or champagne or in milkshakes. Ideal for preparing a delicious Hugo-Cocktail.

Enjoy care-free without fructose:

- sweetened exclusively with maltose and dextrose
- fructose-free
- gluten-free
- lactose-free
- vegan

Ingredients: Organic glucose syrup* (59%) (-> pls. see info pages), organic elderflower extract (40%), acidifier citric acid

*Frusano guarantees a 100% fructose-free glucose syrup.

Nutrition declaration	per 100ml	per portion*
Energy value	792kJ/189kcal	261kJ/62kcal
Fat	0g	0g
of which saturates	0g	0g
Carbohydrates	46.6g	15.4g
of which sugars (-> pls. see info pages)	31.1g	10.3g
Fibre	0g	0g
Protein	0g	0g
Salt	0g	0g

Sugars contained	per 100ml	per portion*
Glucose (Dextrose)	14.8g	4.9g
Maltose (Malt Sugar)	16.5g	5.4g
Fructose (Fruit Sugar)	<0.1g	<0.03g
Sucrose (Refined Sugar)	<0.1g	<0.03g
Lactose (Milk Sugar)	0g	0g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 15 portions.

*0,2l soft drink made from 0,033l syrup and 0,167l water.

Diluted in a ratio of 1:5 with mineral water, it yields about 3 l of elderflower drink.

Beverages



Art.Id: 4260137742556

Content: 0.5 l / 16.9 fl oz

Frusano - low fructose, full delight

Beverages



Art.Id: 4260137741559

Content: 0.5 l / 16.9 fl oz

Organic Red Currant Syrup

Rich in dextrose and without added granulated sugar, Frusano Organic Red Currant Syrup will appeal to anyone who wants to bring some color into their everyday life. The fully ripe red currants are carefully processed and, due to their balanced ratio of sweet and sour flavor, they are perfect not only as a refreshment. Can be used also to sweeten desserts, to mix with sparkling wine or champagne or in milkshakes.

Worry-free indulgence, even with Fructose Intolerance:

- sweetened exclusively with maltose and dextrose
- low in fructose
- gluten-free
- vegan

Ingredients: Organic glucose syrup* (64%) (-> pls. see info pages), organic red currant juice (36%)

*Frusano guarantees a 100% fructose-free glucose syrup.

Nutrition declaration	per 100ml	per portion*
Energy value	927kJ/221kcal	306kJ/73kcal
Fat	0.07g	0.02g
of which saturates	0.01g	0.003g
Carbohydrates	53.9g	17.8g
of which sugars (-> pls. see info pages)	29.8g	9.8g
Fibre	1.4g	0.5g
Protein	0.5g	0.2g
Salt	0g	0g

Sugars contained	per 100ml	per portion*
Glucose (Dextrose)	15.4g	5.1g
Maltose (Malt Sugar)	12.5g	4.1g
Fructose (Fruit Sugar)	<2g	<0.7g
Sucrose (Refined Sugar)	<0.2g	<0.07g
Lactose (Milk Sugar)	0g	0g

Organic means no sorbitol, other sugar substitutes or artificial sweeteners added.

* Pack contains 15 portions.

* 0,2l soft drink made from 0,033l syrup and 0,167l water. Diluted in a ratio of 1:5 with mineral water, it yields about 3 l of red currant drink.

Frusano - low fructose, full delight

NEW! FiliMultin vitamin tablets

NEW! Complete vitamin care as a chewable dextrose tablet for individuals with fructose intolerance – guaranteed without fructose or sorbitol.

- chewable dextrose tablet
- fructose-free
- gluten-free
- lactose-free
- vegetarian
- with 19 important vitamins, minerals and trace elements

Orange-flavored Nutritional Supplements. Chewable dextrose tablet with vitamins, minerals and trace elements.

Ingredients: Dextrose (68%)(>glucose syrup), calcium carbonate, magnesium oxide, acidifier: citric acid, aroma, release agent: magnesium salts of fatty acids, vitamin A, thiamin, riboflavin, vitamin B6, vitamin B12, vitamin C, vitamin D, vitamin E, vitamin K, biotin, folic acid, niacin, pantothenic acid, chrome, molybdenum, selenium, zinc

Nutritional Information per 1 tablet / 2 tablets and %-NRV* in clamps: 25/50 µg Biotin (50/100), 150/300 µg Folic acid (75/150), 8/16 mg Niacin (NE)(50/100), 3/6 mg Pantothenic acid (50/100), 200/400 µg Vitamin A (RE)(25/50), 0,55/1,1 mg Vitamin B1 (50/100), 0,7/1,4 mg Vitamin B2 (50/100), 0,7/1,4 mg Vitamin B6 (50/100), 1,25/2,5 µg Vitamin B12 (50/100), 40/80 mg Vitamin C (50/100), 2,5/5 µg Vitamin D (50/100), 6/12 mg Vitamin E (α -TE)(50/100), 37,5/75 µg Vitamin K (50/100), 120/240 mg Calcium (15/30), 20/40 µg Chrome (50/100), 37/74 mg Magnesium (10/20), 25/50 µg Molybdenum (50/100), 15/30 µg Selenium (27/55), 5/10 mg Zinc (50/100)

*NRV: Nutrient reference values according to Regulation (EU) No1169/2011

Traditionally without sorbitol, sugar substitutes, artificial sweeteners.

*pack contains 24 portions.

Recommended Dosage: For adults, take 2 tablets daily; children over 4 years, take 1 tablet daily. The indicated dosage should not be exceeded. Dietary supplements are not a substitute for a balanced, varied diet and a healthy lifestyle. This product contains Vitamin A. If you are pregnant, you should consult your doctor before taking FiliMultin.

Dietary supplement



Art.Id: 4260137743256

Content: 24 pcs

Frusano - low fructose, full delight

Recipes



Visit www.frusano.com for more recipes

Hugo

How about a fizzy Hugo on the balcony, in the garden, on the couch, or as a refreshing aperitif? With this simple recipe and our Organic Fili-Secco and Organic Elder Flower Syrup, you'll have a tasty Hugo in no time!

Prep Time: about 5 min.

Difficulty: easy

Ingredients for 1 glass:

- 200ml Organic Fili-Secco from Frusano
- 6 cl Organic Elder Flower Syrup from Frusano
- 4 cl sparkling mineral water
- 3 fresh mint leaves
- 3-4 ice cubes
- 1 lime wedge (optional)

Directions:

- Add the mint leaves to a wine glass and press gently with a spoon.
- Add the ice cubes, and then fill with the Organic Fili-Secco, Organic Elder Flower Syrup and a splash of mineral water.
- If desired, add a lime wedge – limes contain very little fructose.

Have fun preparing and Bon Appetit!

Where to Buy

Where can I purchase low-fructose products?

You can get our low-fructose products in health-food stores, organic grocery stores, select drug stores and pharmacies, and in well-stocked food retail stores.

You can search for a vendor in your area online at www.frusano.com under “vendors” with our interactive vendor map.

No vendor in your area? Make your current local vendor aware of your Frusano product needs.

You can also get our entire range of low-fructose food products directly from us in our online shop.

We ship globally. Free shipping starting with orders of 60€ Delivery on account to Germany, Austria, Switzerland, Belgium, Netherlands and Luxembourg. Detailed shipping costs can be found at www.frusano.com/shop under “shipping”.

Nutritional Consulting

Under “Knowledgebase / Nutritional Consulting” there is a nutritionist map which you can use to search for nutritionists in your area. We recommend consulting with a qualified nutritionist if you have been diagnosed with a “fructose intolerance”.

Where to Buy





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January 2018



DE-ÖKO-037

