



# Enjoy free from...

✓ fructose-free ✓ lactose-free ✓ low FODMAP



PRODUCT CATALOGUE

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## Low fructose, full delight

### Frusano - Low FODMAP products

Originally, we developed our products for people who suffer from fructose intolerance or who must avoid fructose and sucrose for other reasons.

Frusano uses neither refined sugar nor artificial sweeteners, nor sugar alcohols. Instead, we use only glucose and fructose-free glucose syrup. Our products are balanced sources of energy and have no trace of bitter aftertaste or obtrusive sweetness as do many sugar-free products. Our chocolates, jams, candy and beverages taste at least as good as products conventionally sweetened with crystal sugar. Guaranteed.

The products are made as naturally as possible. They are fructose- and lactose-free, free of sugar substitutes and free of indigestible polysaccharides, properties that would later become known in the context of FODMAP.

Fructose intolerance and FODMAP are incompatibilities which both affect the digestion.

Frusano has been producing low-FODMAP suitable foods from the beginning, even before the term low-FODMAP existed in today's form. Regarding their sugar levels and ingredients, Frusano products are far below the low-FODMAP standards.

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

We deliver worldwide. To Germany, Austria, Switzerland, Belgium, the Netherlands and Luxembourg we deliver on account and already with an order value of 60 euros free shipping!

Have fun informing and shopping!

## About us



## Fructose Intolerance



## 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 diarrhea 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.

## 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 labelled 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.

## Fructose Intolerance



## Fructose Intolerance



## 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, 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

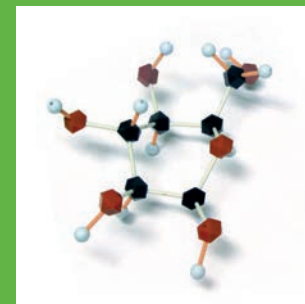
Sucrose is the main ingredient of ordinary (refined) sugar, cane sugar, rock candy, icing sugar etc. – that is, all kinds of white and brown sugar. It is a disaccharide, which means it is comprised of two sugars in equal parts: glucose and fructose. Therefore, 100g sucrose contain 50 g fructose.

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.

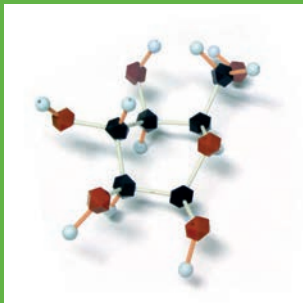
### Lactose

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.

## Sugars



## Sugars



## 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.



## 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.

## Sugars



## Lactose Intolerance



## Lactose-Intolerance

Between 10 and 40 percent of Germans live with Lactose Intolerance. In other countries, for examples those on the African continent, it is even more widespread. Worldwide, up to 70 percent of people are considered lactose intolerant.

Really, this isn't surprising, claim experts with reference to the animal world. No other mammals consume milk after the first years of life. And they certainly don't drink the milk of other species, the way humans drink cow's or goat's milk. In adulthood then, milk is not a natural food, the way many people suppose.

Lactose intolerance is a food intolerance of the sugar lactose, which is a component of milk and milk products, among others. Lactose Intolerance is not a disease and neither is it an allergy. Those affected suffer from bloating, gas, diarrhea and stomach pain after consumption of the sugar lactose. Experts therefore advise patients with Lactose Intolerance to closely monitor their diet, but also to carefully test their individual tolerance threshold for lactose.

The symptoms are caused by the fact that the body produces too little lactase, which can split the lactose and make it usable for the body.

If the lactose in the small intestine hasn't been fully split, doctors talk of Lactose Malabsorption. The small intestine cannot absorb the large un-split lactose molecules. The lactose remains in the intestine, where it binds with water - thus triggering diarrhea. If it finally reaches from the large intestine from the small intestine, bacteria attack the lactose. This produces gases such as methane and hydrogen. They explain the flatulence. The larger intestinal filling also expands the intestine and leads to contractions, which can trigger severe pain. In particular, milk contains so much lactose that the consumption of a larger amount causes problems even in people without Lactose Intolerance. The more lactose is absorbed, the more lactase the body needs in order to utilize the milk sugar. Many people suffer from a lactase deficiency when they drink a glass of milk at once - and in this case, the mechanisms described in small intestine and large intestine begin, although there is actually no Lactose Intolerance.

Experts advise patients with Lactose Intolerance to closely monitor their diet, but also to carefully test their individual tolerance threshold for lactose.

The current best diagnostic method for determining Lactose Intolerance is the hydrogen breath test. The patient drinks about 50 grams of lactose (milk sugar), dissolved in water, on an empty stomach. The hydrogen content of the breath is measured both before and during the three hours after consuming the lactose.

## Celiac Disease

Gluten is found mainly in wheat, rye, barley and spelt. Many people have very unpleasant symptoms after eating gluten-containing products. For this, three clinical pictures come into question.

Forgoing gluten can have different reasons. The most acute condition is probably celiac disease.

Celiac Disease is an abnormal reaction of the body to a certain substance in the diet, the elastic protein, gluten. Gluten is the main ingredient in native cereal varieties such as wheat, rye, barley and spelt.

Many people believe that the disease is a gluten allergy, but Celiac Disease is, in fact, an autoimmune disease. In the presence of gluten, the immune system of the affected person overreacts. It then incorrectly recognizes the body itself as an enemy to be combated. As a result, the small intestine is inflamed. The inflamed small intestine causes the body to absorb nutrients badly – and brings unpleasant symptoms such as bloating, stomach pain, diarrhea and vomiting as well as other, less obvious symptoms.

For a long time, Celiac Disease (also known as "Gluten Enteropathy" or "Celiac Sprue", and, informally, as "Gluten Intolerance") was considered a rare childhood disease. However, improved diagnostic methods suggest that about three out of every 1,000 Germans suffer from this type of gluten intolerance. Experts estimate a much higher number of unrecorded cases: Although Celiac Disease has been gaining increasing attention in the last few years, experts expect that a large number of patients have not yet received the correct diagnosis.

The bad news with this form of Gluten Intolerance is that there is no chance of healing. You live with Celiac Disease all your life. The only available therapy is a strictly gluten-free diet.

The good news with Celiac Disease (also known informally as Gluten Intolerance) is that a celiac patient who strictly adheres to a gluten-free diet can lead a completely normal, symptom-free life like any other human being. Relatively frequently, celiac patients also suffer from a temporary Fructose Intolerance. For them, many Frusano products are easy to digest because most of them are gluten-free, as well as fructose-free or low-fructose.

## Wheat Intolerances



## Wheat Intolerances



## Wheat-allergy

Another reason to avoid gluten is the wheat allergy. Like Celiac Disease, a wheat allergy is a reaction of the immune system to wheat proteins. However, the nature of the reaction is different. In celiac disease, the immune system destroys its own body cells in the presence of gluten. In the case of Wheat Allergy, on the other hand, the immune system overreacts to certain wheat proteins (albumin, globulin, gluten). However, it does not target its own body cells and does not destroy the small intestinal mucous membranes.

Doctors recognize two forms of wheat allergy. Baker's asthma is an allergy to flour dust. Many people who develop bakery asthma (mostly bakers, but also farmers and millers) do not tolerate flour dust that is absorbed through the airways. As far as nutrition is concerned, however, they hardly have to be careful: bread and other cereal products can be consumed by most baker's asthmatics without any problems. In addition to baker's asthma, there is an allergy to wheat constituents that are absorbed with food. This reaction is triggered by different protein components such as wheat albumin, globulin, and gluten.

The therapy for a Wheat Allergy requires an overhaul of the diet. If an allergist has diagnosed a Wheat Allergy, the patient must avoid wheat and related cereal varieties such as spelt, green spelt, farro, einkorn wheat, and Khorason wheat (Kamut). When purchasing packaged food, the list of ingredients helps: wheat as an ingredient must be indicated and highlighted.

The German Allergy and Asthma Office warns affected people against replacing wheat flour with spelt flour, since the allergens present are nearly identical. In principle, the German Allergy and Asthma Office also warns that gluten-free foods are not always suitable for those suffering from a Wheat Allergy. The wheat starch used could still contain wheat protein as an allergen. However, we exclude this from Frusano products. All gluten-free Frusano products are also suitable for those with a Wheat Allergy.

## Wheat Sensitivity

Wheat sensitivity, also known as "non-celiac non-wheat allergy wheat sensitivity", is similar in its clinical picture and symptoms to celiac disease, but is not detectable as it is. The symptoms include abdominal pain, cramping, nausea, vomiting, flatulence, diarrhea, constipation, fatigue, sleep disorders, headache, muscle, bone and joint pain.

If similar symptoms occur as in the case of wheat allergy or celiac disease, it is therefore advisable to keep a complaint diary. Experts recommend a gluten-free diet or a FODMAP diet to relieve the symptoms. What is certain is that this ill-defined disease is a non-allergic or autoimmune disease in which the consumption of wheat-containing products causes symptoms similar to those of celiac disease. However, with a gluten-free diet, which is possible with almost all Frusano products, the gluten intolerance can be well compensated. With the exception of fewer baked goods, all Frusano products are gluten-free.

The significant increase in Wheat Intolerance is due to the fact that people are more mindful today. Individuals who listen to their bodies and question their condition, perceive more symptoms.

There is another plausible theory to explain more frequent complaints. According to this theory, humans cannot cope with today's Central European diet. The quantity of cereal products which are consumed in a normal diet are simply too high. In particular, wheat is consumed in large quantities. In the diet of our ancestors, cereals emerged only about 10,000 years ago, so it is a food of relatively recent date. Secondly, today's crop varieties – pest-resistant, extremely high-yielding and protein-rich – could cause some people ailments.

## Wheat Intolerances



## 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.

## Organic Whole Milk Chocolate

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.

- Live worry-free with fructose intolerance
- gluten-free
- lactose free
- histamine free

Organic lactose-free whole milk chocolate

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

**Cocoa solids:** 37% minimum

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <1.0%, Dextrose 21%, Maltose 6%.

Nutrition declaration	per 100g	per portion* (2 pieces=8.3g)
Energy	2398kJ/573kcal	199kJ/48kcal
Fat	39g	3g
of which saturates	25g	2g
Carbohydrate	48g	4g
of which sugars	35g	3g
Fibre	2.5g	0.2g
Protein	6.7g	0.6g
Salt	0.21g	0.02g

\* Pack contains 12 portions.

Without sorbitol, without sweeteners in accordance with law.

## Chocolate



Art.Id: 4260137741320

Content: 100 g / 3.5 oz

Frusano – Low FODMAP

## Chocolate



Art.Id: 4260137741887

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

Frusano - Low FODMAP

## Organic Whole Milk Minis

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

- Worry-free indulgence, even with fructose intolerance
- gluten-free
- lactose free
- histamine free

Organic lactose-free whole milk chocolate

**Ingredients:** Organic dried glucose syrup, organic cocoa butter, organic dried **milk** product\*, organic cocoa mass, organic clarified **butter**, emulsifier: organic sunflower lecithins, organic natural vanilla flavouring. \*from organic lactose-free whole **milk**.

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

**Cocoa solids:** 37% minimum

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <1.0%, Dextrose 21%, Maltose 6%.

Nutrition declaration	per 100g	per portion* (12.5g)
Energy	2398kJ/573kcal	300kJ/72kcal
Fat	39g	5g
of which saturates	25g	3g
Carbohydrate	48g	6g
of which sugars	35g	4g
Fibre	2.5g	0.3g
Protein	6.7g	0.8g
Salt	0.21g	0.03g

\* Pack contains 4 portions.

Without sorbitol, without sweeteners in accordance with law.



## Organic Dark Chocolate

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

- Enjoy worry-free indulgence, also with fructose intolerance
- gluten-free
- lactose free
- vegan

Organic dark chocolate

**Ingredients:** Organic cocoa mass, organic dried glucose syrup, organic cocoa butter, emulsifier: organic sunflower lecithins, organic natural vanilla flavouring.

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

**Cocoa solids:** 58% minimum

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <1.0%, Dextrose 21%, Maltose 6%.

Nutrition declaration	per 100g	per portion* (2 pieces=7.1g)
Energy	2259kJ/540kcal	160kJ/38kcal
Fat	37g	2.6g
of which saturates	23g	1.6g
Carbohydrate	42g	3.0g
of which sugars	28g	2.0g
Fibre	9.6g	0.7g
Protein	6.7g	0.5g
Salt	0.10g	0.007g

\* Pack contains 12 portions.

Without sorbitol, without sweeteners in accordance with law.

## Chocolate



Art.Id: 4260137741337

Content: 85 g / 3.0 oz

Frusano - Low FODMAP

## Chocolate



Art.Id: 4260137741382

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

Frusano - Low FODMAP

## Organic Dark Chocolate Minis

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.

- Live worry-free with fructose intolerance
- gluten-free
- lactose free
- vegan

Organic dark chocolate

**Ingredients:** Organic cocoa mass, organic dried glucose syrup, organic cocoa butter, emulsifier: organic sunflower lecithins, organic natural vanilla flavouring.

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

**Cocoa solids:** 58% minimum

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <1.0%, Dextrose 21%, Maltose 6%.

Nutrition declaration	per 100g	per portion* (12.5g)
Energy	2259kJ/540kcal	282kJ/67kcal
Fat	37g	5g
of which saturates	23g	3g
Carbohydrate	42g	5g
of which sugars	28g	4g
Fibre	9.6g	1.2g
Protein	6.7g	0.8g
Salt	0.10g	0.01g

\* Pack contains 4 portions.

Without sorbitol, without sweeteners in accordance with law.

## Organic Nougat Crisp Chocolate

Our fine organic nougat crisp chocolate, sweetened only with maltose and glucose and of course also lactose- and gluten-free, is the latest creation in the Frusano chocolate range. Delicately nutty and sprinkled with crunchy rice crisps, it will make the hearts of all chocolate fans beat faster. This tenderly melting, lactose-free milk chocolate with that little extra touch is a pleasure to be enjoyed piece by piece.

- Worry-free indulgence, even with fructose intolerance
- gluten-free
- lactose free

Organic lactose-free whole milk chocolate with organic hazelnut paste and organic rice crisp

**Ingredients:** Organic dried glucose syrup, organic cocoa butter, organic dried **milk** product\*, organic cocoa mass, 8% organic **hazelnut** paste, 4,5% organic rice crisp (organic rice flour, organic whole rice flour, sea salt), organic clarified **butter**, emulsifier: organic sunflower lecithins, organic natural vanilla flavouring. \*from organic lactose-free whole **milk**

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

**Cocoa solids:** 33% minimum

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <1.5%, Dextrose 21%, Maltose 5%.

Nutrition declaration	per 100g	per portion* (2 pieces=7.1g)
Energy	2392kJ/571kcal	170kJ/41kcal
Fat	40g	3g
of which saturates	22g	2g
Carbohydrate	46g	3g
of which sugars	31g	2g
Fibre	2.2g	0.2g
Protein	7.2g	0.5g
Salt	0.21g	0.01g

\* Pack contains 12 portions.

Without sorbitol, without sweeteners in accordance with law.

## Chocolate



Art.Id: 4260137743751

Content: 85 g / 3.0 oz

Frusano - Low FODMAP

## Chocolate



Art.Id: 4260137743119

Content: 50 g / 1.8 oz

## Organic Janosch Chocolate Minis with Nougat

Little tiger and little bear go on lots of adventures and they always take these lactose-free, fructose-free organic nougat chocolates – sweetened only with glucose and malt sugar. The rich milk chocolate with organic nougat will melt in your mouth. And these chocolate minis are some of tiger's absolute favorite foods!

- Live worry-free with fructose intolerance
- gluten-free
- lactose free

Organic lactose-free whole milk chocolate with organic hazelnut paste

**Ingredients:** Organic dried glucose syrup, organic cocoa butter, organic dried **milk** product\*, organic cocoa mass, 8% organic **hazelnut** paste, organic clarified **butter**, emulsifier: organic sunflower lecithins, organic natural vanilla flavouring. \*from organic lactose-free whole **milk**  
(May contain traces of **nuts** and **soy**. -> pls. see info pages)

**Cocoa solids:** 34% minimum

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <1.5%, Dextrose 18%, Maltose 6%.

Nutrition declaration	per 100g	per portion* (2 pieces=12.5g)
Energy	2430kJ/580kcal	304kJ/73kcal
Fat	41g	5g
of which saturates	24g	3g
Carbohydrate	45g	6g
of which sugars	32g	4g
Fibre	2.3g	0.3g
Protein	7.1g	0.9g
Salt	0.19g	0.02g

\* Pack contains 4 portions.

Without sorbitol, without sweeteners in accordance with law.

## Organic White Chocolate

Whole milk chocolate, dark chocolate and... WHITE CHOCOLATE! Finally, the Frusano trilogy is complete! Fine, melt-in-your-mouth, lactose-free white chocolate – sweetened only with dextrose and maltose. The subtle sweetness of the white chocolate harmonizes perfectly with the gentle vanilla flavor. This taste experience is a must for all chocolate lovers – try it for yourself!

- Worry-free indulgence, even with fructose intolerance
- gluten-free
- lactose free
- histamine free

Lactose-free organic White Chocolate

**Ingredients:** dried organic glucose syrup, organic cocoa butter, organic dried **milk** product\*, organic clarified **butter**, emulsifier: organic sunflower lecithins, organic natural Bourbon vanilla flavoring. \*from lactose-free organic whole **milk**.

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

**Cocoa solids::** 27% minimum

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <0.5%, Dextrose 25%, Maltose 6%.

Nutrition declaration	per 100g	per portion* (2 pieces=7.1g)
Energy	2377kJ/568kcal	169kJ/40kcal
Fat	37g	2.6g
of which saturates	23g	1.6g
Carbohydrate	55g	3.9g
of which sugars	40g	2.8g
Protein	4.8g	0.3g
Salt	0.21g	0.015g

\* Pack contains 12 portions.

Without sorbitol, without sweeteners in accordance with law.

## Chocolate



Art.Id: 4260137740965

Content: 85 g / 3.0 oz

Frusano – Low FODMAP

## Chocolate



Art.Id: 4260137741344

Content: 125 g / 4.4 oz

Frusano - Low FODMAP

## Organic Rice-Crispies

The crunchy organic 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 gluten- and lactose-free chocolate snacks.

- Enjoy worry-free indulgence, also with fructose intolerance
- gluten-free
- lactose free
- histamine free

Organic puffed rice with organic lactose-free whole milk chocolate

**Ingredients:** Organic dried glucose syrup, organic cocoa butter, 17% organic puffed rice, organic dried **milk** product\*, organic cocoa mass, organic clarified **butter**, emulsifier: organic sunflower lecithins, 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

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <1.0%, Dextrose 17%, Maltose 5%.

Nutrition declaration	per 100g	per portion* (10g)
Energy	2263kJ/541kcal	226kJ/54kcal
Fat	33g	3.3g
of which saturates	21g	2.1g
Carbohydrate	54g	5.4g
of which sugars	29g	2.9g
Fibre	2.2g	0.2g
Protein	6.8g	0.7g
Salt	0.18g	0.018g

\* Pack contains 13 portions.

Without sorbitol, without sweeteners in accordance with law.

## Organic Quinoa Crispies

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

- Enjoy worry-free indulgence, also with fructose intolerance
- gluten-free
- lactose free
- vegan

Organic dark chocolate with organic cornflakes and organic quinoa

**Ingredients:** Organic cocoa mass, organic dried glucose syrup, 20% organic cornflakes (organic corn, release agent: sunflower lecithins), 10% organic puffed quinoa, organic cocoa butter, emulsifier: organic organic sunflower lecithins, natural vanilla flavouring.

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

**Cocoa solids:** 58% minimum

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <1.0%, Dextrose 14%, Maltose 4%.

Nutrition declaration	per 100g	per portion* (10g)
Energy	2057kJ/491kcal	206kJ/49kcal
Fat	26g	2.6g
of which saturates	16g	1.6g
Carbohydrate	54g	5.4g
of which sugars	20g	2.0g
Fibre	7.2g	0.7g
Protein	7.0g	0.7g
Salt	0.07g	0.007g

\* Pack contains 13 portions.

Without sorbitol, without sweeteners in accordance with law.

## Chocolate



Art.Id: 4260137741924

Content: 125 g / 4.4 oz

Frusano – Low FODMAP

## Chocolate



Art.Id: 4260137743966

Content: 40 g / 1.4 oz

Frusano - Low FODMAP

## Petit plaisir tartine - chocolate selection with nut and wafer filling

Fine handmade chocolates with wafer and hazelnut filling - created for true connoisseurs! Our small, irresistible delicacies are made from first-class, low-fructose ingredients. A noble creation that captivates with its creamy soft and at the same time crunchy filling, covered with lactose-free Frusano dark chocolate. This tempting composition is perfect to enjoy or give away as a gift.

- Worry-free indulgence, even with fructose intolerance
- lactose free

Lactose-free chocolates with hazelnuts and wafer

**Ingredients:** 33% hazelnuts, **milk** chocolate (dried glucose syrup, cocoa butter, dried **milk** product\*, cocoa mass, clarified **butter**, emulsifier: sunflower lecithins, natural bourbon vanilla flavor), dark chocolate (cocoa mass, dried glucose syrup, cocoa butter, emulsifier: sunflower lecithins, natural bourbon vanilla flavor), 5% wafer (**milk**\*, glucose syrup, **spelt** flour, **butter**\*)\* from lactose-free organic whole **milk**

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

**Milk chocolate** (cocoa solids: 37% minimum)

**Dark chocolate** (cocoa solids: 58% minimum)

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <3.0%, Dextrose 15%, Maltose 3%.

Nutrition declaration	per 100g
Energy	1604kJ/383kcal
Fat	25g
of which saturates	16g
Carbohydrate	32g
of which sugars	20g
Fibre	4.3g
Protein	5.2g
Salt	0.15g

Without sorbitol, without sweeteners in accordance with law.



## My organic gummy bears

Organic gummy bears in exciting, new flavors –lemon, mango, orange, grapefruit, raspberry and black currant. Cycling, running, climbing or at the gym – the ideal energy booster between workouts.

- Enjoy worry-free indulgence, also with fructose intolerance
- gluten-free
- lactose free
- vegan

Organic gummy bears with fruit flavour

**Ingredients:** Organic glucose syrup, gelling agent: pectin, organic dextrose, acidity regulator ( potassium tartrate, sodium tartrate), acid: citric acid, natural lemon flavouring, natural raspberry flavouring, natural currant flavouring, natural grapefruit flavouring, natural orange flavouring, natural mango flavouring, organic colouring fruit and organic plant concentrates: (organic carrot, organic apple, organic blackcurrant, organic elderberry, organic black carrot) natural organic turmeric flavouring, glazing agent: organic carnauba wax.

Suitable for a low-fructose diet: Fructose <0.5%, Sucrose <0.5%, Dextrose 3%, Maltose 49%.

Nutrition declaration	per 100g	per portion* (10g)
Energy	1380kJ/330kcal	138kJ/33kcal
Fat	0g	0g
of which saturates	0.2g	0.02g
Carbohydrate	79g	7.9g
of which sugars	52g	5.2g
Fibre	2.2g	0.2g
Protein	0g	0g
Salt	0.22g	0.022g

\* Pack contains 10 portions.

Without sorbitol, without sweeteners in accordance with law.

## Confectionery



Art.Id: 4260137741993

Content: 100 g / 3.5 oz

Frusano – Low FODMAP

## Confectionery



Art.Id: 4260137743836

Content: 50 g / 1.8 oz

Frusano - Low FODMAP

## 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.

- gluten-free
- lactose free
- vegan

Organic gummi bears with fruit flavour

**Ingredients:** Organic glucose syrup, organic dextrose, gelling agent: pectin, acidity regulator (sodium tartrate, potassium tartrate), acidifier: citric acid, natural lemon flavouring, natural raspberry flavouring, natural currant flavouring, natural grapefruit flavouring, natural orange flavouring, colouring fruit and plant concentrates (organic carrot, organic apple, organic blackcurrant, organic black carrot), organic natural turmeric flavouring, glazing agent: organic carnauba wax.

Suitable for a low-fructose diet: Fructose <0.5%, Sucrose <0.5%, Dextrose 6%, Maltose 45%.

Nutrition declaration	per 100g	per portion* (10g)
Energy	1378kJ/329kcal	138kJ/33kcal
Fat	0g	0g
of which saturates	0.2g	0.02g
Carbohydrate	79g	7.9g
of which sugars	51g	5.1g
Protein	0g	0g
Salt	0.22g	0.022g

\* Pack contains 5 portions.

Without sorbitol, without sweeteners in accordance with law.

## 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.

- Worry-free indulgence, even with fructose intolerance
- gluten-free
- lactose free

Organic gummi bears with fruit flavour

**Ingredients:** Organic glucose syrup, 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.

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <0.5%, Dextrose 4%, Maltose 47%.

Nutrition declaration	per 100g	per portion* (10g)
Energy	1401kJ/335kcal	140kJ/33kcal
Fat	0g	0g
of which saturates	0.2g	0.02g
Carbohydrate	75g	7.5g
of which sugars	51g	5.1g
Fibre	0g	0g
Protein	6.6g	0.7g
Salt	0g	0g

\* Pack contains 5 portions.

Without sorbitol, without sweeteners in accordance with law.

## Confectionery



Art.Id: 4260137741979

Content: 50 g / 1.8 oz

Frustrano – Low FODMAP

**Content: 85 g / 3.0 oz**

Soothing mild sweetness of malt and grape sugar, with the extract of 7 different herbs. The herbs give our easy-to-digest organic sweets their exquisite taste, which is pleasantly refreshing in its overall composition. Enjoy a candy, which is completely free of sugar substitutes and sweeteners. Herbal candies with soothing herbs and the sweetness of maltose and dextrose.

- Enjoy worry-free indulgence, also with fructose intolerance
- gluten-free
- lactose free
- vegan

**Ingredients:** Organic glucose syrup, essential oils (organic sage, organic thyme, eucalyptus, organic peppermint, fennel, organic anise, liquorice extract), menthol.

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <0.5%, Dextrose 4%, Maltose 42%.

Nutrition declaration	per 100g	per portion* (5g)
Energy	1329kJ/317kcal	66kJ/16kcal
Fat	0g	0g
of which saturates	0g	0g
Carbohydrate	78g	3.9g
of which sugars	46g	2.3g
Protein	0g	0g
Salt	0g	0g

Without sorbitol, without sweeteners in accordance with law.

## Organic Orange Candies

Classic orange candies, with glucose and maltose only. Known as "Gutsel" or "Gutsle" in some parts of Germany, "Zuckerl" in Austria, and "Guetzli" in Switzerland, these fruity and slightly sour orange candies are just plain tasty wherever you are!

- Enjoy worry-free indulgence, also with fructose intolerance
- gluten-free
- lactose free
- vegan

Organic candies with orange flavour

**Ingredients:** organic glucose syrup, acidulant: citric acid, 0.52% organic orange oil, natural paprika extract.

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <0.5%, Dextrose 4%, Maltose 42%.

Nutrition declaration	per 100g	per portion* (5g)
Energy	1635kJ/391kcal	82kJ/20kcal
Fat	0g	0g
of which saturates	0g	0g
Carbohydrate	96g	4.8g
of which sugars	56g	2.8g
Fibre	0g	0g
Protein	0g	0g
Salt	0g	0g

\* Pack contains 17 portions.

Without sorbitol, without sweeteners in accordance with law.

## Confectionery



Art.Id: 4260137744024

Content: 85 g / 3.0 oz

Frusano - Low FODMAP

## Confectionery



Art.Id: 4260137743850

Content: 85 g / 3.0 oz

Frusano - Low FODMAP

## Organic Lemon Candies

Refreshingly sour and delicious organic lemon candies with maltose and glucose. The valuable organic lemon oil makes our vegan candies particularly intense in taste and goes perfectly with the mild sweetness of the dextrose. 100% fructose-free pleasure – completely gluten-free and lactose-free!

- Worry-free indulgence, even with fructose intolerance
- gluten-free
- lactose free
- vegan

Organic candies with lemon flavour

**Ingredients:** Organic glucose syrup, acid: citric acid, 0,5% organic lemon oil, organic turmeric extract.

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <0.5%, Dextrose 7%, Maltose 42%.

Nutrition declaration	per 100g	per portion* (5g)
Energy	1635kJ/391kcal	82kJ/20kcal
Fat	0g	0g
of which saturates	0g	0g
Carbohydrate	96g	4.8g
of which sugars	56g	2.8g
Fibre	0g	0g
Protein	0g	0g
Salt	0g	0g

\* Pack contains 17 portions.

Without sorbitol, without sweeteners in accordance with law.

## Dextrose hearts

At Frusano we truly put our heart into this product, which is completely made of dextrose and therefore the ideal partner for fructose intolerance. The sweet and fruity hearts in different colors are just one click away at Frusano. Get your "perfect match"!

- Live worry-free with fructose intolerance
- with dextrose
- gluten-free
- lactose free
- vegan

Dextrose tablets with fruit flavour

**Ingredients:** 95% Dextrose, glucose syrup, acid: citric acid, glazing agent: magnesium salts of fatty acids, colouring concentrates (lemon, safflower, cherry, sweet potato, apple, radish, black currant, spirulina), natural flavouring, 0.05% blueberry powder, 0.05% lemon powder.

Suitable for a low-fructose and low FODMAP diet: Fructose <0.1%, Sucrose <0.1%, Dextrose 87%, Maltose 1%.

Nutrition declaration	per 100g	per portion* (10g)
Energy	1557kJ/372kcal	156kJ/37kcal
Fat	0.7g	0.07g
of which saturates	0.7g	0.07g
Carbohydrate	90g	9.0g
of which sugars	88g	8.8g
Fibre	0g	0g
Protein	0g	0g
Salt	0g	0g

\* Pack contains 9 portions.

Without sorbitol, without sweeteners in accordance with law.

## Confectionery



Art.Id: 4260137743867

Content: 86 g / 3.0 oz

Frusano - Low FODMAP

## Confectionery



Art.Id: 4260137742112

Content: 21 g / 0.7 oz

Frusano - Low FODMAP

## 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.

- Worry-free indulgence, even with fructose intolerance
- with dextrose
- gluten-free
- lactose free
- vegan

**Ingredients:** Organic dried glucose syrup, 33% organic dextrose, organic palm fat, acidifier citric acid, 0,1% organic blackberry powder, 0,1% natural flavoring: blackberry.

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <0.1%, Dextrose 94%, Maltose 1%.

Nutrition declaration	per 100g	per portion* (1.5g)
Energy	1632kJ/390kcal	24kJ/6kcal
Fat	1.0g	0.02g
of which saturates	0.9g	0.01g
Carbohydrate	95g	1.4g
of which sugars	95g	1.4g
Fibre	0g	0g
Protein	0g	0g
Salt	0g	0g

\* Pack contains 14 portions.

Without sorbitol, without sweeteners in accordance with law.



## Organic Peppermint Candies

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

- Live worry-free with fructose intolerance
- with dextrose
- gluten-free
- lactose free
- vegan

**Ingredients:** Organic dried glucose syrup, 33% organic dextrose, organic palm fat, 0,3% natural flavoring: peppermint oil.

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <0.1%, Dextrose 96%, Maltose 1%.

Nutrition declaration	per 100g	per portion* (1.5g)
Energy	1663kJ/397kcal	25kJ/6kcal
Fat	1.0g	0.02g
of which saturates	0.9g	0.01g
Carbohydrate	97g	1.5g
of which sugars	97g	1.5g
Fibre	0g	0g
Protein	0g	0g
Salt	0g	0g

\* Pack contains 14 portions.

Without sorbitol, without sweeteners in accordance with law.

## Confectionery



Art.Id: 4260137741115

Content: 21 g / 0.7 oz

Frusano – Low FODMAP

## Confectionery



Art.Id: 4260137743027

Content: 60 g / 2.1 oz

## Organic Orange & Lemon 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 organic Janosch lollipops are their favorite provision. With bear-strength orange flavor!

- Worry-free indulgence, even with fructose intolerance
- gluten-free
- lactose free
- vegan

Organic lollies with orange and lemon flavour

**Ingredients:** Organic glucose syrup, acidifier: citric acid, 0,25% orange organic natural flavouring, 0,25% lemon organic natural flavouring, organic plant extract (organic paprika, organic turmeric).

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <0.5%, Dextrose 5%, Maltose 41%.

Nutrition declaration	per 100g	per portion* (1 Lolly=10g)
Energy	1315kJ/314kcal	132kJ/31kcal
Fat	0g	0g
of which saturates	0g	0g
Carbohydrate	78g	7.8g
of which sugars	46g	4.6g
Fibre	0g	0g
Protein	0g	0g
Salt	0g	0g

\* Pack contains 6 portions.

Without sorbitol, without sweeteners in accordance with law.

## Organic Cereal Bar with dark chocolate

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 organic chocolate.

- Worry-free indulgence, even with fructose intolerance
- gluten-free
- lactose free
- vegan

Organic cereal bar with organic dark chocolate

**Ingredients:** Organic glucose syrup, 14% organic dark chocolate (organic cocoa mass, organic dried glucose syrup, organic cocoa butter, emulsifier: organic sunflower lecithins, organic natural vanilla flavouring), organic whole grain rice crispies, organic **almonds**, organic buckwheat, organic puffed amaranth, organic millet, organic coconut flakes.

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

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <1.5%, Dextrose 13%, Maltose 12%.

Nutrition declaration	per 100g	per portion* (40g)
Energy	1703kJ/407kcal	681kJ/163kcal
Fat	14g	5.6g
of which saturates	6.4g	2.6g
Carbohydrate	62g	24.8g
of which sugars	26g	10.4g
Fibre	2.9g	1.2g
Protein	6.0g	2.4g
Salt	0.02g	0.008g

\* Pack contains 1 portions.

Without sorbitol, without sweeteners in accordance with law.

## Snacks



Art.Id: 4260137742013

Content: 40 g / 1.4 oz

Frusano - Low FODMAP

## Snacks



Art.Id: 4260137742051

Content: 40 g / 1.4 oz

Frusano - Low FODMAP

## Organic Protein Bar Chai-Latte

Sporty and full of energy - with malt sugar and glucose from our organic protein bar. We combine the best organic quality with plenty of important protein and quickly available energy. The trendy chai-latte flavor makes our lactose-free organic protein bar a perfect snack before, after and during exercise.

- Worry-free indulgence, even with fructose intolerance
- gluten-free
- lactose free
- vegan
- high protein content 22%

Organic protein bar with chai latte flavour

**Ingredients:** Organic glucose syrup, organic **soy** protein isolate, organic dark chocolate (organic cocoa mass, organic dried glucose syrup, organic cocoa butter, emulsifier: organic sunflower lecithin, organic natural vanilla flavouring), organic whole grain rice crispies, organic coconut oil, 0,3% organic ginger powder, organic spice mixture (contains **mustard**), organic turmeric powder, 0,07% organic cinnamon, organic dark pepper.

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

Suitable for a low-fructose and low FODMAP diet: Fructose <1.0%, Sucrose <1.0%, Dextrose 12%, Maltose 11%.

Nutrition declaration	per 100g	per portion* (40g)
Energy	1734kJ/414kcal	694kJ/166kcal
Fat	14g	5.6g
of which saturates	9.9g	4.0g
Carbohydrate	51g	20.4g
of which sugars	25g	10.0g
Fibre	1.0g	0.4g
Protein	22g	8.8g
Salt	0.07g	0.028g

\* Pack contains 1 portions.

Without sorbitol, without sweeteners in accordance with law.

## Organic Choco Balls

Frusano's Organic Choco Balls make a fun and carefree breakfast! We have combined gluten-free cereals with dextrose and cocoa. Especially crunchy and chocolaty, young and old alike will enjoy them for breakfast. Our Choco Balls can be wonderfully combined with our other breakfast cereals according to preference. Have a look and put together your favorite combination.

- Worry-free indulgence, even with fructose intolerance
- gluten-free
- lactose free
- vegan

Crispy organic corn cereals with cocoa powder

**Ingredients:** 68% Organic corn semolina, organic dried glucose syrup, 6% organic cocoa powder, sea salt.

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

Suitable for a low-fructose and low FODMAP diet: Fructose <1.0%, Sucrose <1.0%, Dextrose 23%, Maltose 1%.

Nutrition declaration	per 100g	per portion* (70g)
Energy	1574kJ/376kcal	1102kJ/263kcal
Fat	2.2g	1.5g
of which saturates	1.0g	0.7g
Carbohydrate	77g	54g
of which sugars	24g	17g
Fibre	5.7g	4.0g
Protein	7.9g	5.5g
Salt	0.25g	0.18g

\* Pack contains 3 portions.

Without sorbitol, without sweeteners in accordance with law.

## Snacks



Art.Id: 4260137743515

Content: 225 g / 7.9 oz

Frusano - Low FODMAP

## Snacks



Art.Id: 4260137744093

Content: 225 g / 7.9 oz

Frusano - Low FODMAP

## Organic Oat Crispies

Organic Oat Crispies - the perfect base for a great breakfast. We have developed gluten-free cereals based on oat and rice flour for carefree enjoyment. With their subtle sweetness and especially crunchy texture, young and old alike will enjoy them for breakfast. Our Oat Crispies can be wonderfully combined with our other breakfast cereals according to preference. Have a look and put together your favorite combination.

- Live worry-free with fructose intolerance
- gluten-free
- lactose free
- vegan

Crispy organic extruded rice and oat

**Ingredients:** 43% organic rice flour, 30% organic **oat** flour, dried organic glucose syrup, natural vanilla flavor, sea salt.

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

Suitable for a low-fructose and low FODMAP diet: Fructose <1.0%, Sucrose <1.0%, Dextrose 22%, Maltose 1%.

Nutrition declaration	per 100g	per portion* (70g)
Energy	1597kJ/381kcal	1118kJ/267kcal
Fat	2.4g	1.7g
of which saturates	0.4g	0.3g
Carbohydrate	79g	55g
of which sugars	23g	16g
Fibre	4.0g	2.8g
Protein	7.6g	5.3g
Salt	0.17g	0.12g

\* Pack contains 3 portions.

Without sorbitol, without sweeteners in accordance with law.

## Organic rice waffle with dark chocolate

Light and airy rice cakes with the finest Frusano dark chocolate – sweetened only with glucose and maltose. They are not only lactose-free, but also vegan and gluten-free and offer you pure, unadulterated pleasure for in between. The combination of puffed whole grain rice and our aromatic dark chocolate gives them that something extra.

- Worry-free indulgence, even with fructose intolerance
- gluten-free
- lactose free
- vegan

Organic rice cake with organic dark chocolate

**Ingredients:** 50% Organic whole grain rice, 50% organic dark chocolate (organic cocoa mass, organic dried glucose syrup, organic cocoa butter, emulsifier: organic sunflower lecithins, organic natural vanilla flavouring).

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

**Cocoa solids:** 57% minimum

Suitable for a low-fructose and low FODMAP diet: Fructose <1.0%, Sucrose <3.0%, Dextrose 10%, Maltose 3%.

Nutrition declaration	per 100g	per portion* (50g)
Energy	1937kJ/463kcal	969kJ/231kcal
Fat	20g	10.0g
of which saturates	12g	6.0g
Carbohydrate	60g	30.0g
of which sugars	14g	7.0g
Fibre	6.8g	3.4g
Protein	7.5g	3.8g
Salt	0.06g	0.030g

\* Pack contains 2 portions.

Without sorbitol, without sweeteners in accordance with law.

## Snacks



Art.Id: 4260137743911

Content: 100 g / 3.5 oz

Frusano – Low FODMAP

## Biscuits & Pastries



Art.Id: 4260137743782

Content: 140 g / 4.9 oz

Frusano - Low FODMAP

## Organic gluten-free sandwich cookie

A sweet, chocolaty cream filling between two crispy, gluten-free cookie halves – sweetened only with maltose and glucose. All this together makes our sandwich cookie classic; completely without gluten, wheat and crystal sugar! Tailored to your needs and absolutely delicious.

- Live worry-free with fructose intolerance
- gluten-free
- lactose-free
- vegan
- without palm oil
- low FODMAP

Organic sandwich cookie with 27% cocoa cream filling

**Ingredients:** Organic rice flour, 27% organic cocoa cream (dried organic glucose syrup, organic coconut fat, 6% low-fat organic cocoa powder, organic sunflower oil, emulsifier: organic sunflower lecithins), organic glucose syrup, organic corn starch, organic coconut fat, organic corn flour, organic rice starch, organic sunflower oil, raising agents (sodium hydrogen carbonate, ammonium carbonates), natural organic vanilla flavouring, emulsifier: organic sunflower lecithins, sea salt, thickener: xanthan gum.

Suitable for a low-fructose and low FODMAP diet: Fructose <2.5%, Sucrose <1.0%, Dextrose 20%, Maltose 4%.

Nutrition declaration	per 100g	per portion* (1 cookie=15.5g)
Energy	2017kJ/482kcal	313kJ/75kcal
Fat	20g	3.1g
of which saturates	16g	2.5g
Carbohydrate	72g	11.2g
of which sugars	27g	4.2g
Fibre	0.8g	0.1g
Protein	3.3g	0.5g
Salt	0.52g	0.081g

\* Pack contains 9 portions.

Without sorbitol, without sweeteners in accordance with law.



## Gluten-free cookie with dark chocolate

Gluten-free, lactose-free and the perfect sweetness of maltose and dextrose – a combination which is outstanding. Especially when the crunchy cookie is covered in frusano chocolate. Just try and enjoy the golden-brown baked, gluten-free cookie with the wonderful chocolate taste from frusano's dark chocolate.

Enjoy care-free with fructose intolerance:

- Worry-free indulgence, even with fructose intolerance
- gluten-free
- lactose free
- vegan

Gluten-free biscuit with dark chocolate

**Ingredients:** 26% dark chocolate (cocoa mass, dried glucose syrup, cocoa butter, emulsifier: sunflower lecithins, natural Bourbon vanilla flavor), gluten-free **wheat** starch, rice flour, glucose syrup, palm oil, **lupine** flour, corn flour, potato starch, thickener: guar gum, rice starch, flavour, potato fiber, emulsifier: sunflower lecithins, salt, raising agent: sodium bicarbonate.

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

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <1.0%, Dextrose 18%, Maltose 3%.

Nutrition declaration	per 100g	per portion* (1 biscuit=8.7g)
Energy	1994kJ/476kcal	173kJ/41kcal
Fat	21g	2g
of which saturates	12g	1g
Carbohydrate	63g	5g
of which sugars	21g	2g
Fibre	5.8g	0.5g
Protein	5.5g	0.5g
Salt	0.17g	0.01g

\* Pack contains 8 portions.

Without sorbitol, without sweeteners in accordance with law.

## Biscuits & Pastries



Art.Id: 4260137742211

Content: 70 g / 2.5 oz

Frusano – Low FODMAP

## Biscuits & Pastries



Art.Id: 4260137741788

Content: 103 g / 3.6 oz

Frusano - Low FODMAP

## Organic Spelt sandwich cookies

Extra creamy cocoa filling, great chocolatey taste, and – as always – sweetened only with maltose and glucose! The best of Frusano between two crispy, delicious cookies. Whether eaten all at once or split into halves, these Frusano's sandwich cookies will win over everyone!

- Live worry-free with fructose intolerance
- lactose-free
- vegan
- RSPO certified

Organic spelt sandwich cookie with 30% cocoa cream filling

**Ingredients:** 42% Organic **spelt** flour, organic dried glucose syrup, organic vegetable oil (palmoil), 3,4% organic cocoa, raising agent: sodium hydrogen carbonate, sea salt, natural vanilla flavouring, emulsifier: organic sunflower lecithin.

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

Suitable for a low-fructose and low FODMAP diet: Fructose <2.5%, Sucrose <1.0%, Dextrose 20%, Maltose 4%.

Nutrition declaration	per 100g	per portion* (1 cookie=13g)
Energy	2108kJ/503kcal	274kJ/65kcal
Fat	25g	3.3g
of which saturates	12g	1.6g
Carbohydrate	62g	8.1g
of which sugars	25g	3.3g
Fibre	3.2g	0.4g
Protein	6.1g	0.8g
Salt	0.38g	0.049g

\* Pack contains 8 portions.

Without sorbitol, without sweeteners in accordance with law.

## Organic Spelt Butter Biscuit

"Nibble, nibble little mouse – who is nibbling at my 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.

- Worry-free indulgence, even with fructose intolerance
- lactose free
- histamine free

**Ingredients:** 63% Organic **spelt** flour, organic glucose syrup, 13% organic clarified **butter**, organic whole **egg** powder, raising agent: sodium hydrogen carbonate, natural vanilla flavouring.

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

Suitable for a low-fructose and low FODMAP diet: Fructose <2.0%, Sucrose <1.0%, Dextrose 14%, Maltose 5%.

Nutrition declaration	per 100g	per portion* (1 biscuit=10g)
Energy	1908kJ/456kcal	191kJ/46kcal
Fat	15g	1.5g
of which saturates	8.8g	0.9g
Carbohydrate	70g	7.0g
of which sugars	21g	2.1g
Fibre	3.6g	0.4g
Protein	7.9g	0.8g
Salt	0.10g	0.010g

\* Pack contains 12 portions.

Without sorbitol, without sweeteners in accordance with law.

## Biscuits & Pastries



Art.Id: 4260137741580

Content: 120 g / 4.2 oz

Frusano – Low FODMAP

# Biscuits & Pastries



Art.Id: 4260137743829

Content: 460 g / 16.2 oz

Frusano - Low FODMAP

## Organic Baking mix for brownies

The delicious, gluten-free Frusano brownies – sweetened only with maltose and glucose – are quick and easy to prepare and serve. Perfect for a spontaneous visit from friends, a family celebration or as a snack for in between. Depending on whether the brownies are to be prepared vegan or low in lactose, different ways of preparing them can be found on the packaging. The chocolate brownies become especially juicy by adding a bar of Frusano dark chocolate. Simply chop finely, add to the dough and bake. Ready.

- Live worry-free with fructose intolerance
- gluten-free
- lactose free
- vegan

Organic brownie baking mix from dark cake batter

**Ingredients:** Organic dried glucose syrup, organic rice flour, 9% organic cocoa powder, thickener: organic carob gum, sea salt. (May contain traces of **nuts, sesame** and **soy**.)

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <0.5%, Dextrose 41%, Maltose 2%.

Nutrition declaration	per 100g
Energy	1605kJ/383kcal
Fat	1.6g
of which saturates	0.8g
Carbohydrate	83g
of which sugars	43g
Fibre	4.1g
Protein	5.9g
Salt	0.17g

Nutrition information per 100g dry product. Without sorbitol, without sweeteners in accordance with law.

## Organic Pancake Mix

Fluffy pancakes from Frusano – quick and easy to prepare. The gluten-free pancakes are already mixed with maltose and glucose, and can be prepared in an instant. Perfect for breakfast or as a sweet snack, the lactose-free pancakes stand out for their fluffiness. Depending on whether the pancakes are to be prepared vegan or low in lactose, different ways of preparing them can be found on the packaging. The pancakes are especially delicious with Frusano's rice syrup or a delicious Frusano fruit spread as a topping.

- Enjoy worry-free indulgence, also with fructose intolerance
- gluten-free
- lactose free
- vegan

Organic Baking mix for pancakes

**Ingredients:** Organic rice flour, organic dried glucose sirup, organic tapioca starch, organic millet flour, baking powder (raising agent: sodium bicarbonate, acidifier: cream of tartar, organic corn flour), psyllium husks, sea salt  
(May contain traces of **nuts** and **sesame**. -> pls. see info pages)

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <0.5%, Dextrose 18%, Maltose 1%.

Nutrition declaration	per 100g
Energy	1548kJ/370kcal
Fat	0.8g
of which saturates	0.3g
Carbohydrate	82g
of which sugars	19g
Fibre	2.0g
Protein	5.5g
Salt	1.0g

Without sorbitol, without sweeteners in accordance with law.

## Biscuits & Pastries



Art.Id: 4260137743843

Content: 225 g / 7.9 oz

Frusano – Low FODMAP

## Biscuits & Pastries



Art.Id: 4260137744109

Content: 150 g / 5.3 oz

Frusano - Low FODMAP

## Organic Waffle Snack

Organic spelt waffles from Frusano, sweetened with malt and dextrose . A wonderfully soft and juicy snack to enjoy with the whole family. The lactose-free waffles made from spelt wheat flour taste particularly good briefly warmed up in the toaster. A sweet temptation is guaranteed.

- Worry-free indulgence, even with fructose intolerance
- lactose free

Organic Spelt Waffles

**Ingredients:** 39% Organic **spelt** flour\*, organic glucose syrup, organic vegetable oils and fats (palm, sunflower), organic **eggs**, organic starch, organic **soy** flour, organic natural vanilla flavor, sea salt, emulsifier: organic **soy** lecithins, raising agents (calcium phosphate, sodium carbonate), organic lemon juice, acidifier: citric acid

\*A type of wheat

(May contain traces of **milk**.> What does this mean? ) .

Suitable for a low-fructose and low FODMAP diet: Fructose <1.0%, Sucrose <3.0%, Dextrose 16%, Maltose 4%.

Nutrition declaration	per 100g	per portion* (25g)
Energy	1836kJ/439kcal	459kJ/110kcal
Fat	21g	5.3g
of which saturates	9.7g	2.4g
Carbohydrate	54g	13.5g
of which sugars	23g	5.8g
Fibre	2.8g	0.7g
Protein	7.0g	1.8g
Salt	0.83g	0.21g

\* Pack contains 6 portions.

Without sorbitol, without sweeteners in accordance with law.

## Organic Cheese Cake

A sweet indulgence Cheese Cake from Frusano. This popular classic is pre-baked with maltose and dextrose 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.

- Live worry-free with fructose intolerance
- pre-baked and ready-to-serve

**Ingredients:** 36% Organic **curd cheese** (solid fat), organic dried glucose syrup, 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. (May contain traces of **nuts**. -> pls. see info pages)

Suitable for a low-fructose diet: Fructose <0.5%, Sucrose <0.5%, Dextrose 20%, Maltose 1%.

Nutrition declaration	per 100g	per portion* (50g)
Energy	994kJ/237kcal	497kJ/119kcal
Fat	8.8g	4.4g
of which saturates	4.9g	2.5g
Carbohydrate	31g	15.5g
of which sugars	23g	11.5g
Fibre	0.9g	0.5g
Protein	7.7g	3.9g
Salt	0.25g	0.13g

\* Pack contains 8 portions.

Without sorbitol, without sweeteners in accordance with law.

## Biscuits & Pastries: not lactose-free



Art.Id: 4260137741801

Content: 400 g / 14.1 oz

Frusano - Low FODMAP

Dessert



Art.Id: 4260137742105

Content: 180 g / 6.3 oz

Frusano - Low FODMAP

Organic Vanilla Pudding Powder

All in one – vanilla pudding, already sweetened with Frusano organic corn sugar – a subtle sweetness out of maltose and dextrose. This classic pudding, quick to prepare and great warm or cold, will have every pudding fan floating in proverbial seventh heaven.

- Worry-free indulgence, even with fructose intolerance
- gluten-free
- lactose free
- vegan

Organic vanilla pudding powder with organic dried glucose syrup

**Ingredients:** 51% Organic dried glucose syrup, organic corn starch, 1,1% natural vanilla aroma, sea salt, organic curcuma.

Suitable for a low-fructose and low FODMAP diet: Fructose <0.1%, Sucrose <0.1%, Dextrose 9%, Maltose 1%.

Nutrition declaration	per 100g
Energy	391kJ/93kcal
Fat	1.3g
of which saturates	0.9g
Carbohydrate	20g
of which sugars	12g
Fibre	0g
Protein	2.9g
Salt	0.04g

All values for product prepared with lactose-free milk (1,5% fat). Without sorbitol, without sweeteners in accordance with law.



## Organic Chocolate Pudding Powder

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 treat is sure to satisfy any sweet tooth, big or small.

- Worry-free indulgence, even with fructose intolerance
- gluten-free
- lactose free
- vegan

Organic chocolate pudding powder with organic dried glucose syrup

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

Suitable for a low-fructose and low FODMAP diet: Fructose <0.1%, Sucrose <0.1%, Dextrose 17%, Maltose 1%.

Nutrition declaration	per 100g
Energy	523kJ/125kcal
Fat	1.5g
of which saturates	1.0g
Carbohydrate	26g
of which sugars	20g
Fibre	1.1g
Protein	3.2g
Salt	0g

All values for product prepared with lactose-free milk (1,5% fat). Without sorbitol, without sweeteners in accordance with law.

## Dessert



Art.Id: 4260137742044

Content: 175 g / 6.2 oz

Frusano – Low FODMAP

## Dessert



Art.Id: 4260137744130

Content: 90 g / 3.2 oz

Frusano - Low FODMAP

## Organic Chocolate ice cream delight - refill pack

Organic Chocolate ice cream delight. Our do it yourself ice cream is sweetened only with maltose and glucose. With this quick, low-lactose and, above all, delicious mix, nothing stands between you and an ice cream treat at home. The full-bodied chocolate taste will win over young and old alike, and chocolate is one of the most popular ice cream flavors for a reason. This ice cream pack can be very easily prepared with the Frusano Shaker. Makes approx. 300g of ready-made ice cream.

- Enjoy worry-free indulgence, also with fructose intolerance
- gluten-free
- low lactose

Organic chocolate ice cream powder

**Ingredients:** organic dextrose, organic glucose syrup, 9% organic cocoa powder, organic **milk** protein, thickener: organic locust bean gum, organic guar gum, xanthan gum, emulsifier: organic **soy** lecithin, organic coconut fat, natural Bourbon vanilla flavoring, sea salt.  
(May contain traces of **eggs**, **celery** and **sulfite**. -> pls. see info pages)

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <0.5%, Dextrose 18%, Maltose 1%.

Nutrition declaration	per 100g
Energy	684kJ/163kcal
Fat	3.7g
of which saturates	2.4g
Carbohydrate	27g
of which sugars	19g
Protein	4.1g
Salt	0.23g

Nutrition declaration per 100ml prepared ice cream, product prepared with lactose-free milk (3,5% fat). Without sorbitol, without sweeteners in accordance with law.

## Organic vanilla ice cream delight - refill pack

Our do it yourself ice cream is sweetened only with maltose and glucose. With this quick, low-lactose and, above all, delicious mix, nothing stands between you and an ice cream treat at home. The mellow, full-bodied vanilla flavor can be supplemented with a variety of ingredients or toppings, including our Janosch cocoa. This ice cream pack can be very easily prepared with the Frusano Shaker. Yields approx. 300g of ready-made ice cream.

- Enjoy worry-free indulgence, also with fructose intolerance
- gluten-free
- low lactose

Organic ice cream powder

**Ingredients:** organic dextrose, organic glucose syrup, organic **milk** protein, organic maltodextrin, organic coconut fat, thickeners: organic guar gum, organic locust bean gum, xanthan gum, emulsifier: organic **soy** lecithin, natural Bourbon vanilla flavor.

(May contain traces of **eggs**, **celery** and **sulfite**. -> pls. see info pages)

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <0.5%, Dextrose 16%, Maltose 4%.

Nutrition declaration	per 100g
Energy	684kJ/163kcal
Fat	3.2g
of which saturates	2.0g
Carbohydrate	29g
of which sugars	18g
Protein	3.9g
Salt	0g

Nutrition declaration per 100ml prepared ice cream, product prepared with lactose-free milk (3,5% fat). Without sorbitol, without sweeteners in accordance with law.

## Dessert



Art.Id: 4260137743263

Content: 90 g / 3.2 oz

Frusano - Low FODMAP

## Dessert



Art.Id: 4260137744055

Content: 400 g / 14.1 oz

Frusano - Low FODMAP

## Organic vanilla pudding

Organic vanilla pudding from Frusano, sweetened with maltose and glucose. Wonderfully creamy and can be stored at room temperature. The mild sweetness harmonizes perfectly with the delicate vanilla flavor. This lactose-free pudding is a treat for big and small gourmets.

- Worry-free indulgence, even with fructose intolerance
- gluten-free
- lactose free

Lactose-free organic dairy dessert with vanilla

**Ingredients:** 77% lactose-free organic whole **milk**, organic corn syrup, organic corn starch, organic sunflower oil, thickener:(0,6% carrageenan, 0,12% organic guar gum), natural organic vanilla flavoring, sea salt.

Suitable for a low-fructose and low FODMAP diet: Fructose <1.0%, Sucrose <1.5%, Dextrose 9%, Maltose 5%.

Nutrition declaration	per 100g	per portion* (100g)
Energy	558kJ/133kcal	558kJ/133kcal
Fat	3.5g	3.5g
of which saturates	1.9g	1.9g
Carbohydrate	23g	23g
of which sugars	16g	16g
Fibre	0g	0g
Protein	2.2g	2.2g
Salt	0.10g	0.10g

\* Pack contains 4 portions.

Without sorbitol, without sweeteners in accordance with law.

## Organic dairy dessert with cocoa

Organic chocolate pudding from Frusano, sweetened with maltose and glucose. Wonderfully creamy and durable without refrigeration. The mild sweetness underlines the intense taste from high-quality organic cocoa. This lactose-free pudding is a treat for big and small gourmets.

- Live worry-free with fructose intolerance
- gluten-free
- lactose free

Lactose-free organic dairy dessert with cocoa

**Ingredients:** 75% lactose-free organic whole **milk**, organic corn syrup, 3,5% organic cocoa, organic corn starch, thickeners: (0,7% carrageenan, 0,12% organic guar gum), natural organic cocoa flavor, sea salt.

Suitable for a low-fructose and low FODMAP diet: Fructose <1.0%, Sucrose <1.5%, Dextrose 8%, Maltose 5%.

Nutrition declaration	per 100g	per portion* (100g)
Energy	549kJ/131kcal	549kJ/131kcal
Fat	3.6g	3.6g
of which saturates	2.4g	2.4g
Carbohydrate	21g	21g
of which sugars	13g	13g
Fibre	0.7g	0.7g
Protein	3.1g	3.1g
Salt	0.10g	0.10g

\* Pack contains 4 portions.

Without sorbitol, without sweeteners in accordance with law.

## Dessert



Art.Id: 4260137743959

Content: 400 g / 14.1 oz

Frusano – Low FODMAP

## Sweetening



Art.Id: 4260137743447

Content: 350 g / 12.3 oz

Frusano - Low FODMAP

## Organic tapioca syrup

Discover the digestible alternative to honey or granulated sugar, with the best of dextrose and malt sugar. Frusano Organic Tapioca Syrup is extracted from the manioc root and is ideal for sweetening desserts, drinks and other food items.

- Worry-free indulgence, even with fructose intolerance
- gluten-free
- lactose free
- histamine free
- vegan

**Ingredients:** 93% organic tapioca, water.

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <0.5%, Dextrose 28%, Maltose 40%.

Nutrition declaration	per 100g	per portion* (10g)
Energy	1317kJ/315kcal	132kJ/31kcal
Fat	0g	0g
of which saturates	0g	0g
Carbohydrate	79g	7.9g
of which sugars	68g	6.8g
Fibre	0g	0g
Protein	0g	0g
Salt	0.10g	0.010g

\* Pack contains 35 portions.

Without sorbitol, without sweeteners in accordance with law.

## Organic Rice Syrup – squeeze-bottle

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

- Live worry-free with fructose intolerance
- gluten-free
- lactose free
- histamine free
- vegan

**Ingredients:** 93% Organic rice, water.

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <0.5%, Dextrose 26%, Maltose 29%.

Nutrition declaration	per 100g	per portion* (10g)
Energy	1323kJ/316kcal	132kJ/32kcal
Fat	0g	0g
of which saturates	0g	0g
Carbohydrate	79g	7.9g
of which sugars	55g	5.5g
Fibre	0g	0g
Protein	0g	0g
Salt	0g	0g

\* Pack contains 35 portions.

Without sorbitol, without sweeteners in accordance with law.

## Sweetening



Art.Id: 4260137741702

Content: 350 g / 12.3 oz

Frusano – Low FODMAP

## Sweetening



Art.Id: 4260137741405

Content: 3500 g / 123.5 oz

Frusano - Low FODMAP

## Organic Rice Syrup - economy pack

The digestible alternatives to honey or granulated sugar consists mainly of dextrose and maltose. Our rice syrup (>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 pack for kitchen use or to refill the convenient squeeze-bottles. With the 3,5kg economy pack you get more syrup and less packaging.

- Enjoy worry-free indulgence, also with fructose intolerance
- gluten-free
- lactose free
- histamine free
- vegan

**Ingredients:** 93% Organic rice, water.

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <0.5%, Dextrose 23%, Maltose 30%.

Nutrition declaration	per 100g	per portion* (10g)
Energy	1301kJ/311kcal	130kJ/31kcal
Fat	0g	0g
of which saturates	0g	0g
Carbohydrate	77g	7.7g
of which sugars	54g	5.4g
Fibre	0g	0g
Protein	0g	0g
Salt	0.10g	0.010g

\* Pack contains 350 portions.

Without sorbitol, without sweeteners in accordance with law.



## Organic Corn Sugar

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

- Enjoy worry-free indulgence, also with fructose intolerance
- exclusive sweetness from maltose and glucose
- gluten-free
- lactose free
- vegan

Frusano Corn Sugar can substitute table sugar in a ratio of one-to-one in most recipes, the result will be slightly less sweet. Frusano 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 Frusano Corn Sugar.

Organic dried glucose syrup from organic corn

**Ingredients:** Organic dried glucose syrup.

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <0.5%, Dextrose 91%, Maltose 5%.

Nutrition declaration	per 100g
Energy	1683kJ/402kcal
Fat	0g
of which saturates	0g
Carbohydrate	99g
of which sugars	97g
Fibre	0g
Protein	0g
Salt	0g

Without sorbitol, without sweeteners in accordance with law.

## Sweetening



Art.Id: 4260137741719

**Content: 250 g / 8.8 oz**

## Frusano - Low FODMAP

# Sweetening



Art.Id: 4260137744154

Content: 8 g / 0.3 oz

# Organic Vanilla Sugar

The delicate flavors of vanilla meet the fine-grained, dried glucose syrup from organic corn. This alternative to granulated sugar and conventional vanilla sugar is ideal for baking and especially suited for people with fructose intolerance. Our vanilla sugar enriches every dessert!

- Worry-free indulgence, even with fructose intolerance
- gluten-free
- lactose free
- vegan

Vanilla sugar from dried organic glucose syrup obtained from organic corn

**Ingredients:** dried organic glucose syrup, 6.25% ground organic vanilla

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <0.5%, Dextrose 83%, Maltose 5%.

Nutrition declaration	per 100g
Energy	1685kJ/402kcal
Fat	0.8g
of which saturates	0g
Carbohydrate	97g
of which sugars	90g
Fibre	0g
Protein	0g
Salt	0.03g

Without sorbitol, without sweeteners in accordance with law.

## Organic Tomato Ketchup

Tasty ketchup made from organic tomatoes, sweetened only with organic dextrose. 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 mayonnaise.

- Enjoy worry-free indulgence, also with fructose intolerance
- gluten-free
- lactose free
- vegan

Organic ketchup

**Ingredients:** Organic tomato puree (210g tomatoes for 100g ketchup), water, organic glucose syrup, organic vinegar, salt, organic lemon juice concentrate, organic spice mixture.

Suitable for a low-fructose and low FODMAP diet: Fructose <3.0%, Sucrose <0.5%, Dextrose 23%.

Nutrition declaration	per 100g	per portion* (20g)
Energy	566kJ/135kcal	113kJ/27kcal
Fat	0g	0g
of which saturates	0g	0g
Carbohydrate	30g	6.0g
of which sugars	27g	5.4g
Fibre	1.7g	0.3g
Protein	1.7g	0.3g
Salt	2.4g	0.5g

\* Pack contains 17 portions.

Without sorbitol, without sweeteners in accordance with law.

## Fine Cuisine



Art.Id: 4260137743126

Content: 0.3 l / 10.1 fl oz

Frusano - Low FODMAP

## Fine Cuisine



Art.Id: 4260137741825

Content: 180 g / 6.3 oz

## Organic Mustard

Our organic mustard is lactose-free, gluten-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.

- Worry-free indulgence, even with fructose intolerance
- gluten-free
- lactose free
- vegan

Organic medium hot mustard

**Ingredients:** Water, 20% organic **mustard seeds**, organic vinegar, salt, 1% organic dextrose (-> pls. see info pages), organic spice mixture.

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <1.5%, Dextrose 1%.

Nutrition declaration	per 100g	per portion* (20g)
Energy	438kJ/105kcal	88kJ/21kcal
Fat	5.8g	1.2g
of which saturates	0.3g	0.06g
Carbohydrate	6.7g	1.3g
of which sugars	3.9g	0.8g
Protein	5.0g	1.0g
Salt	2.6g	0.5g

\* Pack contains 9 portions.

Without sorbitol, without sweeteners in accordance with law.

## Organic Mayo with dextrose

Organic mayo with dextrose – a classic among sauces. Delightfully spicy and creamy, rounded off with the light sweetness of dextrose. This organic mayonnaise gives each dish a unique delicious touch. Ideal for 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 with fructose intolerance
- gluten-free
- lactose free

Organic salad mayonnaise 50% fat, with dextrose

**Ingredients:** 50% Organic sunflower oil, water, pasteurized organic **egg** yolk, 4% organic dextrose (-> pls. see info pages), organic modified starch, organic vinegar, salt, organic **mustard seed**, organic lemon juice, organic spice mixture.

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <0.5%, Dextrose 4%.

Nutrition declaration	per 100g	per portion* (20g)
Energy	2025kJ/484kcal	405kJ/97kcal
Fat	51g	10.2g
of which saturates	6.4g	1.3g
Carbohydrate	7.2g	1.4g
of which sugars	3.8g	0.8g
Fibre	0g	0g
Protein	0.9g	0.2g
Salt	1.3g	0.3g

\* Pack contains 12 portions.

Without sorbitol, without sweeteners in accordance with law.

## Fine Cuisine



Art.Id: 4260137742242

Content: 0.25 l / 8.5 fl oz

Frusano – Low FODMAP

## Fine Cuisine



Art.Id: 4260137742228

Content: 0.25 l / 8.5 fl oz

Frusano - Low FODMAP

## Organic Barbecue Sauce

The perfect supplement to ketchup, mustard and mayo, our gluten-free, lactose-free organic barbecue sauce - sweetened only with maltose and glucose. The slightly spicy smokiness, coupled with the freshness of the tomatoes, makes this Frusano sauce an absolute must-have for your next barbecue - and it's completely onion- and garlic-free. With creativity, know-how and skill, the sauce is exclusively made by hand. The remaining fructose comes entirely from the tomatoes.

- Live worry-free with fructose intolerance
- gluten-free
- lactose free
- vegan

Organic Barbecue Sauce

**Ingredients:** Organic glucose syrup, 26% organic tomato puree, 15% organic peeled tomatoes, organic cider vinegar, smoked salt, organic ginger, organic sunflower oil, organic smoked paprika, organic pepper.

Suitable for a low-fructose and low FODMAP diet: Fructose <3.0%, Sucrose <0.5%, Dextrose 23%, Maltose 7%.

Nutrition declaration	per 100ml	per portion* (20ml)
Energy	785kJ/188kcal	157kJ/38kcal
Fat	0g	0g
Carbohydrate	38g	7.6g
of which sugars	31g	6.2g
Fibre	0g	0g
Protein	2.1g	0.4g
Salt	3.0g	0.6g

\* Pack contains 13 portions.

Without sorbitol, without sweeteners in accordance with law.

## Organic Crunchy Cream Hazelnut with Cocoa Slivers

High-quality organic crunchy cream with small pieces of real cocoa beans – sweetened only with glucose and malt sugar. A gluten-free and lactose-free treat without palm oil and only with pure organic sunflower oil from sustainable organic cultivation. Try it yourself and enjoy our vegan hazelnut cream with the extra crunch!

- gluten-free
- lactose free
- vegan
- palmoil-free
- low FODMAP

Organic spread with cocoa nibs

**Ingredients:** Organic dried glucose syrup, organic sunflower oil, organic low fat cocoa powder, 8% organic **hazelnut paste**, organic rice drink powder (organic rice, organic sunfloweroil, salt), organic cocoa butter, emulsifier: organic sunflower lecithins, organic bourbon vanilla.  
(May contain traces of **soy** other **nuts**. -> pls. see info pages)

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <1.5%, Dextrose 31%, Maltose 2%.

Nutrition declaration	per 100g	per portion* (15g)
Energy	2299kJ/549kcal	345kJ/82kcal
Fat	38g	6g
of which saturates	8.8g	1.3g
Carbohydrate	47g	7g
of which sugars	34g	5g
Fibre	8.4g	1.3g
Protein	5.3g	0.8g
Salt	0.07g	0.01g

\* Pack contains 12 portions.

Without sorbitol, without sweeteners in accordance with law.

## Spreads



Art.Id: 4260137740972

Content: 180 g / 6.3 oz

Frusano – Low FODMAP

## Spreads



Art.Id: 4260137741948

Content: 200 g / 7.1 oz

Frusano - Low FODMAP

## Organic Hazelnut Spread - low in lactose

High-quality organic hazelnuts, sweetened only with glucose and maltose – 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 with fructose intolerance
- gluten-free
- low lactose
- RSPO certified

**Ingredients:** Organic dried glucose syrup, organic vegetable oil (organic palmoil, organic sunfloweroil), 12% organic **hazelnuts**, organic lactose-free whole **milk** powder, organic fat reduced cocoa, emulsifier: sunflower lecithin, organic vanilla extract.  
(May contain traces of **peanuts** and **soy**. -> pls. see info pages)

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <3.0%, Dextrose 44%, Maltose 2%.

Nutrition declaration	per 100g	per portion* (15g)
Energy	2406kJ/575kcal	361kJ/86kcal
Fat	39g	5.9g
of which saturates	11g	1.7g
Carbohydrate	50g	7.5g
of which sugars	48g	7.2g
Fibre	3.0g	0.5g
Protein	4.9g	0.7g
Salt	0.07g	0.011g

\* Pack contains 13 portions.

Without sorbitol, without sweeteners in accordance with law.



## Organic Hazelnut Spread - vegan

Our exclusive hazelnut spread made from selected organic hazelnuts – now in a new design and with an optimized recipe. Its creamy consistency and seductive taste of fine hazelnuts provide the perfect chocolaty breakfast or the ideal snack for in between. Whether on bread or as filling for crêpes, pastries etc., this delicious spread is always a good choice. It is not only vegan, organic and gluten-free, but also well tolerated by people with lactose intolerance. No palm oil, only pure organic sunflower oil from sustainable organic agriculture. Therefore, we recommend storing in the refrigerator for ideal consistency and spreadability.

- Enjoy worry-free indulgence, also with fructose intolerance
- gluten-free & lactose free
- vegan
- palmoil-free
- low FODMAP

Organic Hazelnut Spread

**Ingredients:** organic dextrose, organic sunflower oil, 16% organic **hazelnut paste**, organic rice flour, 7% low-fat organic cocoa powder, organic glucose syrup, organic maltodextrin, organic cocoa butter, emulsifier: organic sunflower lecithin, organic bourbon vanilla extract.

(May contain traces of other **nuts**. -> pls. see info pages)

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <3.0%, Dextrose 23%, Maltose 2%.

Nutrition declaration	per 100g	per portion* (15g)
Energy	2270kJ/542kcal	341kJ/81kcal
Fat	38g	6g
of which saturates	5.0g	0.8g
Carbohydrate	49g	7g
of which sugars	26g	4g
Fibre	3.8g	0.6g
Protein	4.4g	0.7g
Salt	0.02g	0.00g

\* Pack contains 13 portions. Without sorbitol, without sweeteners in accordance with law.

## Spreads



Art.Id: 4260137741870

Content: 200 g / 7.1 oz

Frusano - Low FODMAP

## Spreads



Art.Id: 4260137741603

Content: 235 g / 8.3 oz

## Organic Strawberry Rhubarb Spread

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

- Enjoy worry-free indulgence, also with fructose intolerance
- gluten-free
- lactose free
- vegan

**Ingredients:** Organic glucose syrup, 24% organic strawberry, 16% organic rhubarb, organic dextrose, gelling agent: pectin.

Suitable for a low-fructose and low FODMAP diet: Fructose <1.5%, Sucrose <0.5%, Dextrose 16%, Maltose 14%.

Nutrition declaration	per 100g	per portion* (10g)
Energy	839kJ/200kcal	84kJ/20kcal
Fat	0g	0g
of which saturates	0g	0g
Carbohydrate	49g	4.9g
of which sugars	31g	3.1g
Fibre	0.8g	0.08g
Protein	0g	0g
Salt	0g	0g

\* Pack contains 24 portions.

Without sorbitol, without sweeteners in accordance with law.

## Organic Rhubarb Spread

Our organic rhubarb fruit spread is especially recommended during the maternity phase, as rhubarb naturally contains very little fructose. 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.

- Worry-free indulgence, even with fructose intolerance
- gluten-free
- lactose free
- vegan

**Ingredients:** Organic glucose syrup, 40% organic rhubarb, organic dextrose, gelling agent: pectin.

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <0.5%, Dextrose 16%, Maltose 15%.

Nutrition declaration	per 100g	per portion* (10g)
Energy	821kJ/196kcal	82kJ/20kcal
Fat	0g	0g
of which saturates	0g	0g
Carbohydrate	48g	4.8g
of which sugars	31g	3.1g
Fibre	0.8g	0.08g
Protein	0g	0g
Salt	0g	0g

\* Pack contains 24 portions.

Without sorbitol, without sweeteners in accordance with law.

## Spreads



Art.Id: 4260137741542

Content: 235 g / 8.3 oz

Frusano - Low FODMAP

## Spreads



Art.Id: 4260137741535

Content: 235 g / 8.3 oz

Frusano - Low FODMAP

## 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.

- Live worry-free with fructose intolerance
- gluten-free
- lactose free
- histamine free
- vegan

**Ingredients:** Organic glucose syrup, 40% organic red currant, organic dextrose, gelling agent: pectin.

Suitable for a low-fructose and low FODMAP diet: Fructose <2.0%, Sucrose <0.5%, Dextrose 16%, Maltose 17%.

Nutrition declaration	per 100g	per portion* (10g)
Energy	867kJ/207kcal	87kJ/21kcal
Fat	0g	0g
of which saturates	0g	0g
Carbohydrate	50g	5.0g
of which sugars	34g	3.4g
Fibre	1.6g	0.2g
Protein	0g	0g
Salt	0g	0g

\* Pack contains 24 portions.

Without sorbitol, without sweeteners in accordance with law.

## 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 with fructose intolerance
- gluten-free
- lactose free
- vegan

**Ingredients:** glucose syrup , 40% raspberries, dextrose, acidifier: ascorbic acid, gelling agent: pectin.

Suitable for a low-fructose and low FODMAP diet: Fructose <2.0%, Sucrose <0.5%, Dextrose 16%, Maltose 15%.

Nutrition declaration	per 100g	per portion* (10g)
Energy	865kJ/207kcal	87kJ/21kcal
Fat	0g	0g
of which saturates	0g	0g
Carbohydrate	50g	5.0g
of which sugars	33g	3.3g
Fibre	2.2g	0.2g
Protein	0g	0g
Salt	0g	0g

\* Pack contains 24 portions.

Without sorbitol, without sweeteners in accordance with law.

## Spreads



Art.Id: 4260137741573

Content: 235 g / 8.3 oz

Frusano – Low FODMAP

## Spreads



Art.Id: 4260137741481

Content: 235 g / 8.3 oz

Frusano - Low FODMAP

## Tayberry Spread

The 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
- gluten-free
- lactose free
- vegan

**Ingredients:** Organic glucose syrup, 40% tayberries, dextrose, acidifier: citric acid, gelling agent: pectin.

Suitable for a low-fructose and low FODMAP diet: Fructose <1.5%, Sucrose <0.5%, Dextrose 16%, Maltose 15%.

Nutrition declaration	per 100g	per portion* (10g)
Energy	848kJ/203kcal	85kJ/20kcal
Fat	0g	0g
of which saturates	0g	0g
Carbohydrate	49g	4.9g
of which sugars	32g	3.2g
Fibre	1.6g	0.2g
Protein	0g	0g
Salt	0g	0g

\* Pack contains 24 portions.

Without sorbitol, without sweeteners in accordance with law.

## Papaya Spread

The orange fruits are sweetened only with dextrose and malt sugar to create a velvety, seedless fruit spread. This fruity, exotic variant with mild sweetness makes you want to go on vacation in the South Seas. The unique taste reminds some people of honeydew melons; appropriately enough, the papaya belongs to the melon tree family.

- Enjoy worry-free indulgence, also with fructose intolerance
- gluten-free
- lactose free
- vegan

**Ingredients:** Glucose syrup, 40% papaya, acidifier: citric acid, gelling agent: pectin

Suitable for a low-fructose and low FODMAP diet: Fructose <2.0%, Sucrose <0.5%, Dextrose 17%, Maltose 15%.

Nutrition declaration	per 100g	per portion* (10g)
Energy	846kJ/202kcal	85kJ/20kcal
Fat	0g	0g
of which saturates	0g	0g
Carbohydrate	49g	4.9g
of which sugars	33g	3.3g
Fibre	0.8g	0.08g
Protein	0g	0g

\* Pack contains 24 portions.

Without sorbitol, without sweeteners in accordance with law.

## Spreads



Art.Id: 4260137741009

Content: 235 g / 8.3 oz

Frusano – Low FODMAP

## Spreads



Art.Id: 4260137741757

Content: 235 g / 8.3 oz

Frusano - Low FODMAP

## Organic Sea Buckthorn Spread

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.

- Enjoy worry-free indulgence, also with fructose intolerance
- gluten-free
- lactose free
- vegan

**Ingredients:** Organic glucose syrup, 35% organic sea buckthorn juice, organic dextrose, water, gelling agent: citruspectin, acidifier: ascorbic acid.

Suitable for a low-fructose and low FODMAP diet: Fructose <1.0%, Sucrose <0.5%, Dextrose 16%, Maltose 16%.

Nutrition declaration	per 100g	per portion* (10g)
Energy	926kJ/221kcal	93kJ/22kcal
Fat	2.5g	0.3g
of which saturates	0.2g	0.02g
Carbohydrate	48g	4.8g
of which sugars	33g	3.3g
Fibre	1.1g	0.1g
Protein	0g	0g
Salt	0g	0g

\* Pack contains 24 portions.

Without sorbitol, without sweeteners in accordance with law.



## Calamansi Spread

The acidity of Frusano's 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 worry-free indulgence, also with fructose intolerance
- gluten-free
- lactose free
- vegan

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

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <0.1%, Dextrose 19%, Maltose 14%.

Nutrition declaration	per 100g	per portion* (10g)
Energy	995kJ/238kcal	100kJ/24kcal
Fat	0g	0g
of which saturates	0g	0g
Carbohydrate	58g	5.8g
of which sugars	34g	3.4g
Fibre	0g	0g
Protein	0g	0g
Salt	0g	0g

\* Pack contains 24 portions.

Without sorbitol, without sweeteners in accordance with law.

## Spreads



Art.Id: 4260137741030

Content: 235 g / 8.3 oz

Frusano – Low FODMAP

## Beverages



Art.Id: 4260137743270

Content: 0.33 l / 11.2 fl oz

## Frusano Stevia-Cola

The classic among soft drinks, sweetened exclusively with Stevia and therefore 100% sugar-free and 100% digestible - Frusano Cola! Enjoy now the unique refreshing taste and the tingling feeling of Frusano Cola.

- Live worry-free with fructose intolerance
- sugar-free
- sorbitol-free
- gluten-free
- lactose free
- vegan
- low FODMAP

Caffeinated soft drink with cola flavor and sweetener (steviolglycoside)

**Ingredients:** Water, carbonic acid, 0,2 % colour: plain caramel, acid: phosphoric acid and citric acid, sweetener: steviolglycoside, aroma caffeine, natural flavouring.

Suitable for a low-fructose diet, with Fructose <0.1%, Sucrose <0.1%.

Nutrition declaration	per 100ml	per portion* (33ml)
Energy	0kJ/0kcal	0kJ/0kcal
Fat	0g	0g
of which saturates	0g	0g
Carbohydrate	0g	0g
of which sugars	0g	0g
Fibre	0g	0g
Protein	0g	0g
Salt	0g	0g

\* Pack contains 10 portions.

## Organic Energy Drink

Naturally refreshing and vitalizing – with the subtle sweetness of malt and dextrose and the extract of the guarana plant. Get the biological refreshment kick, 100% fructose-free enjoyment without taurine or preservatives, with 100% natural freshness.

- Enjoy worry-free indulgence, also with fructose intolerance
- gluten-free
- lactose free
- vegan

Organic soft drink with orange, ginseng, maca flavour and guarana extract

**Ingredients:** Water, organic glucose syrup, acid: citric acid, natural flavouring, organic guarana extract, coloring concentrate of safflower.

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <0.5%, Dextrose 4%, Maltose 4%.

Nutrition declaration	per 100ml
Energy	223kJ/53kcal
Fat	0g
of which saturates	0g
Carbohydrate	13g
of which sugars	8.1g
Fibre	0g
Protein	0g
Salt	0g

Without sorbitol, without sweeteners in accordance with law.

## Beverages



Art.Id: 4260137743317

Content: 0.5 l / 16.9 fl oz

Frusano – Low FODMAP

## Beverages



Art.Id: 4260137743041

Content: 0.5 l / 16.9 fl oz

Frusano - Low FODMAP

## Frusano Stevia-Ice-Tea cherry

Our smooth, cherry-flavored white iced tea, sweetened exclusively with stevia. This sugar-free Frusano iced tea with stevia is brewed with high quality white tea – a refreshing treat with cherry flavor. And with its resealable TetraPak packaging, it's perfect for on the go – hiking, swimming, biking and more.

- Live worry-free with fructose intolerance
- sugar-free
- sorbitol-free
- gluten-free
- lactose free
- vegan

White tea drink with cherry flavour and sweetener (steviolglykoside)

**Ingredients:** Water, white tea infusion (water, white tea), acid: citric acid, colouring concentrate of carrot, natural flavouring, sweetener: steviolglykoside.

Suitable for a low-fructose and low FODMAP diet: Fructose <0.1%, Sucrose <0.1%.

Nutrition declaration	per 100ml
Energy	6kJ/1kcal
Fat	0g
of which saturates	0g
Carbohydrate	0g
of which sugars	0g
Fibre	0g
Protein	0g
Salt	0g

## Frusano Stevia-Ice-Tea lime

Our smooth, lime-flavored green iced tea, sweetened exclusively with stevia. This sugar-free Frusano iced tea with stevia is brewed with high quality green tea – a refreshing treat with lime flavor. And with its resealable TetraPak packaging, it's perfect for on the go – hiking, swimming, biking and more.

- Live worry-free with fructose intolerance
- sugar-free
- sorbitol-free
- gluten-free
- lactose free
- vegan

Green tea drink with lime flavour and sweetener (steviolglykoside)

**Ingredients:** Water, green tea infusion (water, green tea), acid: citric acid, natural lime flavouring with other natural flavourings, sweetener: steviolglykoside.

Suitable for a low-fructose and low FODMAP diet: Fructose <0.1%, Sucrose <0.1%.

Nutrition declaration	per 100ml
Energy	5kJ/1kcal
Fat	0g
of which saturates	0g
Carbohydrate	0g
of which sugars	0g
Fibre	0g
Protein	0g
Salt	0.02g

## Beverages



Art.Id: 4260137743058

Content: 0.5 l / 16.9 fl oz

Frusano – Low FODMAP

## Beverages



Art.Id: 4260137744116

Content: 0.5 l / 16.9 fl oz

Frusano - Low FODMAP

## Frusano Stevia Iced Tea Peach

Our smooth peach black iced tea, sweetened exclusively with stevia. This sugar-free Frusano iced tea with stevia is brewed with high quality black tea – a refreshing treat with peach flavor. And with its resealable TetraPak packaging, it's perfect for on the go – hiking, swimming, biking and more.

- Live worry-free with fructose intolerance
- sugar-free
- sorbitol-free
- gluten-free
- lactose free
- vegan

Black tea drink with peach flavor and sweetener (steviol glycosides)

**Ingredients:** water, black tea extract, acidifier: citric acid, natural flavoring, sweetener: steviol glycosides.

Suitable for a low-fructose and low FODMAP diet: Fructose <0.1%, Sucrose <0.1%.

Nutrition declaration	per 100ml
Energy	4kJ/1kcal
Fat	0g
of which saturates	0g
Carbohydrate	0g
of which sugars	0g
Fibre	0g
Protein	0g
Salt	0g

## 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.

- Live worry-free with fructose intolerance
- gluten-free
- lactose free
- vegan

**Ingredients:** Organic glucose syrup, 36% organic red currant juice, organic dextrose. Pasteurized.

Suitable for a low-fructose and low FODMAP diet: Fructose <2.0%, Sucrose <0.5%, Dextrose 12%, Maltose 10%.

Nutrition declaration	per 100ml	per portion* (33ml)
Energy	746kJ/178kcal	246kJ/59kcal
Fat	0g	0g
of which saturates	0g	0g
Carbohydrate	43g	14g
of which sugars	24g	8g
Fibre	1.1g	0.4g
Protein	0g	0g
Salt	0g	0g

\* Pack contains 15 portions.

Without sorbitol, without sweeteners in accordance with law.

\* 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.

## Beverages



Art.Id: 4260137741559

Content: 0.5 l / 16.9 fl oz

Frusano - Low FODMAP

## Beverages



Art.Id: 4260137741696

Content: 0.5 l / 16.9 fl oz

Frusano - Low FODMAP

## Organic Black Currant Syrup

Sweetened with maltose and dextrose Frusano Organic Black Currant Syrup will appeal to anyone who wants to refresh their everyday life. The mild black currants are harvested fully ripe and processed carefully. The typical sweetness and aroma of this syrup is perfect for the preparation of spritzers and desserts or to mix with sparkling wine, champagne or in milkshakes.

- Enjoy worry-free indulgence, also with fructose intolerance
- gluten-free
- lactose free
- vegan

**Ingredients:** Organic glucose syrup, 40% organic black currant juice, organic dextrose, acidifier: citric acid.

Pasteurized.

Suitable for a low-fructose and low FODMAP diet: Fructose <2.5%, Sucrose <0.5%, Dextrose 14%, Maltose 12%.

Nutrition declaration	per 100ml	per portion* (33ml)
Energy	714kJ/171kcal	236kJ/56kcal
Fat	0g	0g
of which saturates	0g	0g
Carbohydrate	41g	14g
of which sugars	28g	9g
Fibre	2.3g	0.8g
Protein	0g	0g
Salt	0g	0g

\* Pack contains 15 portions.

Without sorbitol, without sweeteners in accordance with law.

\* 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.



## 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.

- Worry-free indulgence, even with fructose intolerance
- gluten-free
- lactose free
- histamine free
- vegan

**Ingredients:** Organic glucose syrup, 40% organic elderflower extract, organic dextrose, acidifier: citric acid.

Pasteurized.

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <0.5%, Dextrose 12%, Maltose 13%.

Nutrition declaration	per 100ml	per portion* (33ml)
Energy	617kJ/147kcal	204kJ/49kcal
Fat	0g	0g
of which saturates	0g	0g
Carbohydrate	36g	12g
of which sugars	24g	8g
Fibre	0g	0g
Protein	0g	0g
Salt	0g	0g

\* Pack contains 15 portions.

Without sorbitol, without sweeteners in accordance with law.

\*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 FODMAP

## Beverages



Art.Id: 4260137740958

Content: 0.2 l / 6.8 fl oz

## Organic Secco

Fizzy Frusano Organic Fili Secco with subtle sweetness from dextrose and maltose. 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 therefore a lot of joy when celebrating. 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 worry-free indulgence, also with fructose intolerance
- gluten-free
- lactose free
- vegan

Wine-based drink with added carbon dioxide, 10% vol.

**Ingredients:** organic white wine, organic glucose syrup, antioxidant: **sulphur dioxide**.

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <0.1%, Dextrose 3%, Maltose 3%.

Nutrition declaration	per 100ml
Energy	403kJ/96kcal
Fat	0g
of which saturates	0g
Carbohydrate	9.1g
of which sugars	4.3g
Fibre	0g
Protein	0g
Salt	0g

Without sorbitol, without sweeteners in accordance with law.

10% vol. alcohol

## Cappuccino classic

How about a quick Cappuccino? Sure, why not? Enjoy fine coffee notes paired with the pleasant sweetness of dextrose and prepare your perfect cappuccino in no time at all. The secret behind it? Very simple; as always with Frusano, we pay special attention to your needs – dextrose sweetness – gluten-free – lactose-free – a heavenly-creamy coffee sensation!

- Worry-free indulgence, even with fructose intolerance
- gluten-free
- lactose free

Flavored lactose-free powdered drink with soluble coffee

**Ingredients:** Dextrose (-> pls. see info pages), low fat **milk** powder\*, glucose syrup, 6% soluble coffee, fully hydrogenated coconut oil, acidity regulator: potassium carbonates, stabilizer (potassium phosphates, sodium phosphates), **milk** protein, natural flavours, emulsifier: mono- and diglycerides of fatty acids, thickener: locust bean gum. \*from lactose-free skimmed **milk**.  
(May contain traces of **soy**, **celery**, **egg** and **sulphites**. -> pls. see info pages)

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <0.5%, Dextrose 39%, Maltose 1%.

Nutrition declaration	per 100g
Energy	1586kJ/379kcal
Fat	4.4g
of which saturates	4.2g
Carbohydrate	69g
of which sugars	40g
Protein	14g
Salt	0.59g

Without sorbitol, without sweeteners in accordance with law.

## Beverages



Art.Id: 4260137743874

Content: 200 g / 7.1 oz

Frusano – Low FODMAP

## Dietary supplement



Art.Id: 4260137743812

Content: 0.48 l / 16.2 fl oz

Frusano - Low FODMAP

## Fructo-Biotic Daily Shot (6 Bottle Pack)

The first organic probiotic drink in Germany!

With our probiotic shot you can enhance your well-being and build up a healthy intestinal flora. 400 million lactic acid bacteria – low FODMAP compatible, completely sugar-free and without inulin – support a healthy intestine.

- sugar-free
- gluten-free
- lactose free
- vegan
- 100% natural, certified organic

Organic fermented drink with lactic acid bacteria

**Ingredients:** Water, organic apple juice\*, extract of fermented organic herbal plants: mint leaves, elderflower, hawthorn blossoms, lemon balm leaves, lime-tree blossoms, horsetail herb, microorganic cultures\*\*: Lactobacillus rhamnosus GG, L. rhamnosus LR 04, L. rhamnosus LR 05, L. acidophilus LA 1, L. delbrueckii ssp. bulgaricus LB 2, L. casei 101/37, L. plantarum LP 02, L. plantarum LP 01, L. fermentum LF2, Bifidobacterium breve BL 10, B. breve Bbr 8, B. longum BL 03, B. animalis ssp. lactis Bi 1 MDX, Streptococcus thermophilus Z 57, S. thermophilus 9 Y, L. casei 101/37. \*sugar-free through fermentation \*\*acid-resistant

Suitable for a low-fructose and low FODMAP diet: Fructose <0.5%, Sucrose <0.5%.

Nutrition declaration	per 100ml	per portion* (80ml)
Energy	29kJ/7kcal	23kJ/6kcal
Fat	0g	0g
of which saturates	0g	0g
Carbohydrate	1.7g	1.4g
of which sugars	0g	0g
Fibre	0g	0g
Protein	0g	0g
Salt	0.02g	0.016g

\* Pack contains 6 portions.

Without sorbitol, without sweeteners in accordance with law.

## FiliMultin Vitamin Tablets

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

- chewable dextrose tablet
- 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:** 68% Dextrose, 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

Without sorbitol, without sweeteners in accordance with Regulation (EC) No. 1333/2008.

\*pack contains 24 tablets = 55g.

**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: 55 g / 1.9 oz

Frusano – Low FODMAP

## Where to Buy



## 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](http://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](http://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”.

## Payment

### Invoice

Completely risk-free: You receive an invoice with your goods and have ten days to pay.

### Advance Payment

Please transfer advance payments directly to the bank account listed in your order confirmation e-mail. Your goods are sent as soon as we receive your payment.

Our bank account:

DKB Deutsche Kreditbank Berlin, BLZ: 120 300 00, Konto: 1020 188 445,  
Für Überweisungen aus dem Ausland: IBAN: DE47 1203 0000 1020 188 445 BIC: BYLADEM1001

### Debits

If you choose "debit" as your method of payment on your way to the checkout, an input screen will automatically open for entering your bank details. We automatically debit your account and you do not need to actively transfer the payment. This method of payment is only possible with German bank accounts. Debits with bank accounts outside of Germany are only possible via the payment service provider PayPal, see below.

### PayPal (Credit Card and Debit Payments)

Via the payment service provider PayPal, you can pay with credit or debit. Debits are possible as well with bank accounts outside of Germany. PayPal credit can also be used.

- Once you are logged in once, you can pay in thousands of online shops easily with only two clicks. You do not have to disclose your bank or credit card details again.
- We receive your payment in seconds. Your order is processed immediately.
- YOUR SECURITY: You only enter your bank and credit card details once, these are not passed on to third parties (not even to us), but remain solely on the highly-secure PayPal servers. Payments made by customers via PayPal are always free of charge.

## Order





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