



**enjoy
free from...**

- ✓ **fructose-free**
- ✓ **lactose-free**
- ✓ **low FODMAP**

Product Catalog

WWW.FRUSANO.COM

Contents

About us	2
Fructose Intolerance	3
Sugars	6
Lactose Intolerance	9
Wheat Intolerances	10
Ingredients	13
Chocolate	14
Confectionery	24
Snacks	34
Biscuits & Pastries	38
Dessert	45
Sweetening	48
Fine Cuisine	52
Spreads	56
Beverages	66
Dietary supplement	76
Where to Buy	77

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 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



Without added

- fructose
- sucrose
- lactose
- artificial flavor
- preservatives

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 (FM) 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

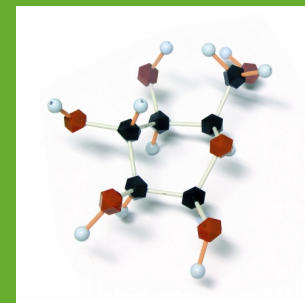
Sucrose is the main ingredient of ordinary (refined) sugar, cane sugar, rock candy, icing sugar etc. – that is, all kinds of white and brown sugar. It is a disaccharide, which means it is comprised of two sugars in equal parts: glucose and fructose. Therefore, 100g sucrose contain 50 g fructose.

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.

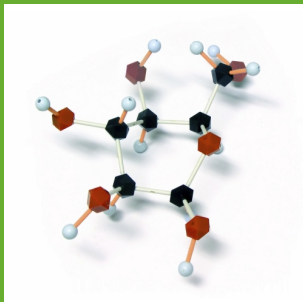
Lactose

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 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. However, beyond these unpleasant symptoms, they do not harm their health when they enjoy lactose-containing products – which is in contrast to people who suffer from Hereditary Fructose Intolerance or Celiac Disease. 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 spelled. 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 ("Manufactured in a facility that also manufactures..." or "May contain traces of...")

The declarations "Manufactured in a facility that also manufactures..." or "May contain traces of..." both mean 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.

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

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 flavoring. *from organic lactose-free whole milk.

Contains: Milk

(Manufactured in a facility that also manufactures hazelnuts, almonds and soy. -> pls. see info pages)

Cocoa solids: 37% minimum

Suitable for a low-fructose diet, with Fructose <0.5%, Sucrose <1.0%, Glucose 21%, Maltose 6%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
3.5 servings per container		Total Fat 11g	15%	Total Carb. 15g	5%
Serving size		Sat. Fat 7g	36%	Fiber <1g	3%
7 pieces (29g)		Trans Fat 0g		Total Sugars 10g	
Calories		Cholesterol 10mg	3%	Incl. 10g Added Sugars	20%
per serving		Sodium 25mg	1%	Protein 2g	
170		Vitamin D 0mcg 0% • Calcium 50mg 4% • Iron 0mg 0% • Potassium 0mg 0%			

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

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
- low FODMAP

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 lecithin, organic natural vanilla flavouring.. *from organic lactose-free whole milk.

Contains: milk.

(Manufactured in a facility that also manufactures hazelnuts, almonds and soy. -> pls. see info pages)

Cocoa solids: 37% minimum

Suitable for a low-fructose diet, with Fructose <0.5%, Sucrose <1.0%, Glucose 21%, Maltose 6%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
2 servings per container		Total Fat 10g	13%	Total Carb. 13g	4%
Serving size		Sat. Fat 6g	31%	Fiber <1g	2%
2 pieces (25g)		Trans Fat 0g		Total Sugars 9g	
Calories per serving		Cholesterol <5mg	1%	Incl. 5g Added Sugars	10%
140		Sodium 20mg	1%	Protein 2g	
		Vitamin D 0mcg 0% • Calcium 20mg 0% • Iron 0mg 0% • Potassium 0mg 0%			

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.

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

Organic dark chocolate

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

(Manufactured in a facility that also manufactures milk, hazelnuts, almonds and soy. -> pls. see info pages)

Cocoa solids: 58% minimum

Suitable for a low-fructose diet, with Fructose <0.5%, Sucrose <1.0%, Glucose 21%, Maltose 6%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
3 servings per container		Total Fat 11g	14%	Total Carb. 15g	4%
Serving size 8 pieces (29g)		Sat. Fat 7g	33%	Fiber 3g	10%
Calories per serving		Trans Fat 0g		Total Sugars 8g	
160		Cholesterol 0g	0%	Incl. 8g Added Sugars	16%
		Sodium 10mg	1%	Protein 2g	
Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0mg 8% • Potassium 200mg 4%					

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.

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

Organic dark chocolate

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

(Manufactured in a facility that also manufactures milk, hazelnuts, almonds and soy. -> pls. see info pages) **Cocoa solids:** 58% minimum

Suitable for a low-fructose diet, with Fructose <0.5%, Sucrose <1.0%, Glucose 21%, Maltose 6%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
2 servings per container		Total Fat 9g	12%	Total Carb. 13g	4%
Serving size		Sat. Fat 6g	29%	Fiber 2g	9%
2 pieces (25g)		Trans Fat 0g		Total Sugars 7g	
Calories per serving		Cholesterol 0mg	0%	Incl. 5g Added Sugars	10%
140		Sodium 10mg	0%	Protein 2g	
		Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%			

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.

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

Organic lactose-free whole milk chocolate with 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 flavoring. *from organic lactose-free whole milk

Contains: Milk and hazelnuts

(Manufactured in a facility that also manufactures almonds and soy. -> pls. see info pages)

Cocoa solids: 33% minimum

Suitable for a low-fructose diet, with Fructose <0.5%, Sucrose <1.5%, Glucose 21%, Maltose 5%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
3 servings per container		Total Fat 11g	15%	Total Carb. 14g	5%
Serving size		Sat. Fat 6g	32%	Fiber <1g	2%
7 pieces (29g)		Trans Fat 0g		Total Sugars 9g	
Calories		Cholesterol 0mg	0%	Incl. 9g Added Sugars	18%
per serving		Sodium 25mg	1%	Protein 2g	
		Vitamin D 0mcg 0% • Calcium 45mg 4% • Iron 0mg 0% • Potassium 60mg 0%			

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 – 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!

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

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

Contains: Milk and hazelnuts

(Manufactured in a facility that also manufactures almonds and soy. -> pls. see info pages)

Cocoa solids: 34% minimum

Suitable for a low-fructose diet, with Fructose <0.5%, Sucrose <1.5%, Glucose 18%, Maltose 6%.

Nutrition Facts

2 servings
per container
Serving size
2 pieces (25g)
Calories
per serving

150

Amount/serving	% DV	Amount/serving	% DV
Total Fat 10g	13%	Total Carb. 12g	4%
Sat. Fat 6g	29%	Fiber <1g	2%
Trans Fat 0g		Total Sugars 8g	
Cholesterol 0mg	0%	Incl. 8g Added Sugars	16%
Sodium 20mg	1%	Protein 2g	
Vitamin D 0mcg 0% • Calcium 40mg 2% • Iron 0mg 0% • Potassium 50mg 0%			

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
- low FODMAP

Lactose-free organic White chocolate

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

Contains: milk.

(Manufactured in a facility that also manufactures hazelnuts, almonds and soy. -> pls. see info pages)

Cocoa solids: 25% minimum

Suitable for a low-fructose diet, with Fructose <0.5%, Sucrose <0.5%, Glucose 25%, Maltose 6%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
3 servings per container		Total Fat 11g	14%	Total Carb. 16g	6%
Serving size 8 pieces (29g)		Sat. Fat 7g	35%	Fiber <1g	2%
Calories per serving		Trans Fat 0g		Total Sugars 11g	
160		Cholesterol 0g	6%	Incl. 11g Added Sugars	22%
		Sodium 25mg	1%	Protein 2g	
Vitamin D 0mcg 0% • Calcium 45mg 4% • Iron 2mg 15% • Potassium 0mg 0%					

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

Organic Rice Chocolate Bites

The crunchy organic rice chocolate bites 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.

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

Organic lactose-free whole milk chocolate with organic puffed rice

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.

Contains: milk.

(Manufactured in a facility that also manufactures hazelnuts, almonds and soy. -> pls. see info pages)

Cocoa solids: 37% minimum

Suitable for a low-fructose diet, with Fructose <0.5%, Sucrose <1.0%, Glucose 17%, Maltose 5%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
4 servings per container		Total Fat 10g	13%	Total Carb. 17g	6%
Serving size 6 pieces (30g)		Sat. Fat 6g	31%	Fiber <1g	2%
Calories per serving		Trans Fat 0g		Total Sugars 9g	
160		Cholesterol 5mg	2%	Incl. 7g Added Sugars	13%
		Sodium 20mg	1%	Protein 2g	
Vitamin D 0mcg 0% • Calcium 40mg 4% • Iron 0mg 0% • Potassium 0mg 0%					

Without sorbitol, without sweeteners in accordance with law.

Organic Quinoa Chocolate Bites

Quinoa bites covered by organic dark chocolate. The crunchy organic Quinoa Bites 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.

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

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 flavoring.

Manufactured in a facility that also manufactures milk, hazelnuts, almonds and soy. -> pls. see info pages)

Cocoa solids: 58% minimum

Suitable for a low-fructose diet, with Fructose <0.5%, Sucrose <1.0%, Glucose 14%, Maltose 4%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
4 servings per container		Total Fat 8g	10%	Total Carb. 18g	6%
Serving size 6 pieces (30g)		Sat. Fat 5g	24%	Fiber 2g	8%
Calories per serving		Trans Fat 0g		Total Sugars 6g	
		Cholesterol 5mg	2%	Incl. 6g Added Sugars	11%
		Sodium 10mg	0%	Protein 2g	
		Vitamin D 0mcg 0% • Calcium 40mg 4% • Iron 0mg 0% • Potassium 0mg 0%			

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

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.

- Live worry-free with fructose intolerance
- lactose free
- low FODMAP

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, gluten-free **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 diet, with Fructose <0.5%, Sucrose <3.0%, Glucose 14%, Maltose 4%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
1.5 serving per container		Total Fat 7g	9%	Total Carb. 10g	3%
Serving size (29g)		Sat. Fat 4.5g	23%	Fiber 1g	4%
Calories per serving		Sodium 15mg	1%	Total Sugars 6g	
				Protein 2g	

110

Without sorbitol, without sweeteners in accordance with law.

Organic maltose and glucose gummi bears

Organic maltose and glucose gummy bears in exciting, new flavors – kiwano, mango and cranberry. Cycling, running, climbing or at the gym – the ideal energy booster between workouts.

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

Organic gummi bears with fruit flavour

Ingredients: Organic glucose syrup, gelling agent: pectin, acidity regulator (sodium tartrate, potassium tartrate), acid: citric acid, natural flavourings, natural organic turmeric flavouring, natural lemon flavouring, natural cranberry flavouring with other natural flavourings, organic elderberry juice concentrate, organic black carrot juice concentrate, organic algae extract (spirulina platensis), glazing agent: organic carnauba wax.

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

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
3.5 servings per container		Total Fat 0g	0%	Total Carb. 24g	9%
Serving size 11 pieces (30g)		Sat. Fat 0g	0%	Fiber <1g	2%
Calories per serving		Trans Fat 0g		Total Sugars 16g	
100		Cholesterol 0mg	0%	Incl. 16g Added Sugars	32%
		Sodium 25mg	1%	Protein 0g	
Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%					

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

Frustrano - 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.

- Experience worry-free indulgence with fructose intolerance:
- gluten-free
- lactose free
- vegan
- low FODMAP

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 flavourings, organic natural curcuma flavour, natural lemon flavour, natural orange flavour with other natural flavours, organic concentrated black carrots, organic algae extract (spirulina platensis), coating agent (organic carnauba wax).

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

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
1 serving per container		Total Fat	0g	Total Carb.	40g
Serving size		Sat. Fat	0g	Fiber	0g
1 package (50g)		Trans Fat	0g	Total Sugars	26g
Calories per serving		Cholesterol	0mg	Incl. 27g Added Sugars	53%
160		Sodium	45mg	Protein	0g
		Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%			

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
- low FODMAP

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 diet, with Fructose <0.5%, Sucrose <0.5%, Glucose 4%, Maltose 47%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
1 serving per container		Total Fat 0g	0%	Total Carb. 38g	14%
Serving size		Sat. Fat 0g	1%	Fiber 0g	0%
1 package (50g)		Trans Fat 0g		Total Sugars 26g	
Calories per serving		Cholesterol 0mg	0%	Incl. 25g Added Sugars	49%
		Sodium 0mg	0%	Protein 3g	
		Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%			

Without sorbitol, without sweeteners in accordance with law.

Confectionery



Art.Id: 4260137741979

Content: 50 g / 1.8 oz

Frustrano - Low FODMAP

Confectionery



Art.Id: 4260137743935

Content: 85 g / 3.0 oz

Frusano - Low FODMAP

Organic Herbal Candies

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.

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

Organic Herbal Candies

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

Suitable for a low-fructose diet, with Fructose <0.5%, Sucrose <0.5%, Glucose 4%, Maltose 42%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
about 9 servings per container		Total Fat 0g	0%	Total Carb. 8g	3%
Serving size (10g)		Sat. Fat 0g	0%	Total Sugars 5g	
Calories per serving		Trans Fat 0g		Incl. 5g Added Sugars	9%
		Cholesterol 0mg	0%	Protein 0g	
		Sodium 0mg	0%		
		Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%			

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!

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

Organic candies with orange flavor

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

Suitable for a low-fructose diet, with Fructose <0.5%, Sucrose <0.5%, Glucose 4%, Maltose 42%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
about 19 servings per container		Total Fat 0g	0%	Total Carb. 4g	2%
Serving size (5g)		Sat. Fat 0g	0%	Fiber 0g	0%
Calories per serving		Trans Fat 0g		Total Sugars 3g	
20		Cholesterol 0mg	0%	Incl. 2g Added Sugars	4%
		Sodium 0mg	0%	Protein 0g	
Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%					

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!

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

Organic candies with lemon flavor

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

Suitable for a low-fructose diet, with Fructose <0.5%, Sucrose <0.5%, Glucose 7%, Maltose 42%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
about 19 servings per container		Total Fat 0g	0%	Total Carb. 4g	2%
Serving size (5g)		Sat. Fat 0g	0%	Fiber 0g	0%
Calories per serving		Trans Fat 0g		Total Sugars 3g	
20		Cholesterol 0mg	0%	Incl. 2g Added Sugars	4%
		Sodium 0mg	0%	Protein 0g	
Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%					

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"!

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

Dextrose tablets with fruit flavour

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

Suitable for a low-fructose diet, with Fructose <0.1%, Sucrose <0.1%, Glucose 87%, Maltose 1%.

Nutrition Facts

about 19 servings
per container
Serving size
(5g)

Calories
per serving

15

Amount/serving	% DV	Amount/serving	% DV
Total Fat 0g	0%	Total Carb. 4g	1%
Sat. Fat 0g	0%	Fiber 0g	0%
Trans Fat 0g		Total Sugars 4g	
Cholesterol 0mg	0%	Incl. 4g Added Sugars	8%
Sodium 0mg	0%	Protein 0g	
Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%			

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

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.

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

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 diet, with Fructose <0.5%, Sucrose <0.1%, Glucose 94%, Maltose 1%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
4.5 servings per container		Total Fat 0g	0%	Total Carb. 4g	2%
Serving size		Sat. Fat 0g	0%	Fiber 0g	0%
3 pieces (5g)		Trans Fat 0g		Total Sugars 4g	
Calories		Cholesterol 0mg	0%	Incl. 4g Added Sugars	9%
per serving		Sodium 0mg	0%	Protein 0g	
		Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%			

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.)

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

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

Suitable for a low-fructose diet, with Fructose <0.5%, Sucrose <0.1%, Glucose 96%, Maltose 1%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
4.5 servings per container		Total Fat 0g	0%	Total Carb. 4g	2%
Serving size 3 pieces (5g)		Sat. Fat 0g	0%	Fiber 0g	0%
Calories per serving		Trans Fat 0g		Total Sugars 4g	
20		Cholesterol 0mg	0%	Incl. 4g Added Sugars	9%
		Sodium 0mg	0%	Protein 0g	
Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%					

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
- low FODMAP

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 diet, with Fructose <0.5%, Sucrose <0.5%, Glucose 5%, Maltose 41%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
6 servings per container		Total Fat	0g 0%	Total Carb.	8g 3%
Serving size 1 piece (10g)		Sat. Fat	0g 0%	Fiber	0g 0%
Calories per serving		Trans Fat	0g	Total Sugars	5g
		Cholesterol	0mg 0%	Incl. 5g Added Sugars	9%
		Sodium	0mg 0%	Protein	0g
		Vitamin D 0mcg 0% • Calcium mg 0% • Iron mg 0% • Potassium mg 0%			

Without sorbitol, without sweeteners in accordance with law.

Organic Cereal Bar

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.

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

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.

Contains: almonds (Manufactured in a facility that also manufactures egg, soy, milk, hazelnuts, walnuts, cashews and macadamia nuts. -> pls. see info pages)

Suitable for a low-fructose diet, with Fructose <0.5%, Sucrose <1.5%, Glucose 13%, Maltose 12%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
1 serving per container Serving size 1 bar (40g) Calories per serving	160	Total Fat 6g	7%	Total Carb. 26g	9%
		Sat. Fat 2.5g	13%	Fiber 1g	4%
		Trans Fat 0g		Total Sugars 10g	
		Cholesterol 0mg	0%	Incl. 7g Added Sugars	13%
		Sodium 0mg	0%	Protein 2g	
Vitamin D 0mg 0% • Calcium 20mg 0% • Iron 0mg 4% • Potassium 65mg 0%					

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

Frustrano - 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 23%
- low FODMAP

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.

Contains: Soy and mustard.

(Manufactured in a facility that also manufactures egg, soy, celery, milk, hazelnuts, walnuts, cashews and macadamia nuts. -> pls. see info pages)

Suitable for a low-fructose diet, with Fructose <1.0%, Sucrose <1.0%, Glucose 12%, Maltose 11%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
1 serving		Total Fat 7g	9%	Total Carb. 26g	9%
per container		Sat. Fat 5g	25%	Fiber <1g	2%
Serving size		Trans Fat 0mg		Total Sugars 13g	
(50g)		Cholesterol 0mg	0%	Incl. 13g Added Sugars	25%
Calories	210	Sodium 15mg	1%	Protein 11g	
per serving		Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%			

Without sorbitol, without sweeteners in accordance with law.

Organic Choco Balls

Now in bigger package! 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.

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

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 diet, with Fructose <0.5%, Sucrose <1.5%, Glucose 23%, Maltose 1%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
about 6 servings per container		Total Fat 1g	1%	Total Carb. 33g	11%
Serving size 1 tbsp (40g)		Sat. Fat 0g	2%	Fiber 2g	8%
Calories per serving		Sodium 50mg	2%	Total Sugars 9g	
				Protein 3g	

Without sorbitol, without sweeteners in accordance with law.

Snacks



Art.Id: 4260137743515

Content: 225 g / 7.9 oz

Frusano - Low FODMAP

Snacks



Art.Id: 4260137743911

Content: 100 g / 3.5 oz

Frusano - Low FODMAP

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
- low FODMAP

Organic rice cakes 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).

Contains: almonds

(Manufactured in a facility that also manufactures soy, milk, peanuts, hazelnuts, walnuts, cashews and macadamia nuts. -> pls. see info pages)

Cocoa solids: 57% minimum

Suitable for a low-fructose diet, with Fructose <1.0%, Sucrose <3.0%, Glucose 10%, Maltose 3%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
3.5 servings per container		Total Fat 6g	8%	Total Carb. 20g	7%
Serving size		Sat. Fat 3.5g	18%	Fiber 2g	7%
2 pieces (30g)		Trans Fat 0g		Total Sugars 4g	
Calories		Cholesterol 0mg	0%	Incl. 7g Added Sugars	13%
per serving		Sodium 5mg	0%	Protein 2g	
140		Vitamin D 0mg 0% • Calcium 8mg 0% • Iron 0mg 4% • Potassium 115mg 2%			

Without sorbitol, without sweeteners in accordance with law.

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 (organic dried glucose syrup, organic coconut fat, 6% organic fat-reduced cocoa powder, organic sunflower oil, emulsifier: organic sunflower lecithin), organic glucose syrup, organic corn starch, organic coconut fat, organic corn flour, organic rice starch, organic sunflower oil, raising agents (sodium hydrogencarbonate, ammonium hydrogencarbonate), organic natural vanilla flavoring, emulsifier: organic sunflower lecithin, sea salt, thickener: xanthan gum.

Suitable for a low-fructose diet, with Fructose <2.5%, Sucrose <1.0%, Glucose 20%, Maltose 4%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
3.5 servings per container		Total Fat 8g	10%	Total Carb. 29g	11%
Serving size 1 cookie (40g)		Sat. Fat 6g	32%	Fiber 0g	1%
Calories per serving		Trans Fat 0g		Total Sugars 11g	
190		Cholesterol 0mg	0%	Incl. 10g Added Sugars	20%
		Sodium 85mg	4%	Protein 1g	
Vitamin D 0mcg 0% • Calcium 2mg 0% • Iron 0mg 0% • Potassium 45mg 0%					

Without sorbitol, without sweeteners in accordance with law.

Biscuits & Pastries



Art.Id: 4260137743782

Content: 140 g / 4.9 oz

Frusano - Low FODMAP

Biscuits & Pastries



Art.Id: 4260137742211

Content: 70 g / 2.5 oz

Frusano - Low FODMAP

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
- low FODMAP

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, **lupin** flour, corn flour, potato starch, thickener: guar gum, rice starch, flavors, 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 diet, with Fructose <0.5%, Sucrose <1.0%, Glucose 18%, Maltose 3%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
2 serving per container Serving size 1 biscuit (40g) Calories per serving	190	Total Fat 9g	11%	Total Carb. 27g	9%
		Sat. Fat 4.5g	23%	Fiber 2g	8%
		Trans Fat 0g		Total Sugars 8g	
		Cholesterol 0mg	0%	Incl. 10g Added Sugars	20%
		Sodium 25mg	1%	Protein 2g	
Vitamin D 0mcg 0% • Calcium 15mg 0% • Iron 0mg 0% • Potassium 0mg 0%					

Without sorbitol, without sweeteners in accordance with law.

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
- low FODMAP

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 flavoring, emulsifier: organic sunflower lecithin.

Contains: spelt.

(Manufactured in a facility that also manufactures almonds, hazelnuts, brazil nuts, egg, milk, wheat and soy.-> pls. see info pages)

Suitable for a low-fructose diet, with Fructose <2.5%, Sucrose <1.0%, Glucose 20%, Maltose 4%.

Nutrition Facts

2.5 servings
per container
Serving size
1 cookie (40g)

Calories
per serving

200

Amount/serving

% DV

Total Fat 10g

13%

Sat. Fat 5g

24%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 60mg

3%

Vitamin D 0mcg 0% • Calcium 2mg 0% • Iron 0mg 0% • Potassium 45mg 0%

Amount/serving

% DV

Total Carb. 26g

9%

Fiber 1g

5%

Total Sugars 10g

Incl. 10g Added Sugars

20%

Protein 2g

Biscuits & Pastries



Art.Id: 4260137741788

Content: 103 g / 3.6 oz

Frusano – Low FODMAP

Without sorbitol, without sweeteners in accordance with law.

Biscuits & Pastries



Art.Id: 4260137741580

Content: 120 g / 4.2 oz

Frusano - Low FODMAP

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
- low FODMAP

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

Contains: Spelt, milk and eggs.

(Manufactured in a facility that also manufactures almonds, hazelnuts, brazil nuts, wheat and soy.. -> pls. see info pages)

Suitable for a low-fructose diet, with Fructose <2.0%, Sucrose <1.0%, Glucose 14%, Maltose 5%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
3 servings per container		Total Fat 6g	8%	Total Carb. 29g	10%
Serving size 1 pack (40g)		Sat. Fat 3.5g	18%	Fiber 1g	5%
Calories per serving		Trans Fat 0g		Total Sugars 8g	
180		Cholesterol 10mg	4%	Incl. 8g Added Sugars	16%
		Sodium 15mg	1%	Protein 3g	
		Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%			

Without sorbitol, without sweeteners in accordance with law.

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.

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

Organic baking mix for brownies

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

Suitable for a low-fructose diet, with Fructose <0.5%, Sucrose <0.5%, Glucose 41%, Maltose 2%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
about 31 servings per container		Total Fat 0g	0%	Total Carb. 13g	5%
Serving size (15g)		Sat. Fat 0g	1%	Fiber <1g	2%
Calories per serving		Cholesterol 0mg	0%	Total Sugars 6g	
60		Sodium 10mg	0%	Incl. 6g Added Sugars	13%
				Protein <1g	
Vitamin D 0mcg 0% • Calcium 4mg 0% • Iron 750mcg 4% • Potassium 60mg 0%					

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

Biscuits & Pastries



Art.Id: 4260137743829

Content: 460 g / 16.2 oz

Frusano - Low FODMAP

Biscuits & Pastries



Art.Id: 4260137743843

Content: 225 g / 7.9 oz

Frusano - Low FODMAP

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
- low FODMAP

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), organic millet psyllium husks, sea salt
(May contain traces of **nuts** and **sesame**. -> pls. see info pages)

Suitable for a low-fructose diet, with Fructose <0.5%, Sucrose <0.5%, Glucose 18%, Maltose 1%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
15 servings per container Serving size (15g) Calories per serving	60	Total Fat 0g	0%	Total Carb. 13g	4%
		Sat. Fat 0g	0%	Fiber 0g	1%
		Sodium 65mg	3%	Total Sugars 3g	
				Protein <1g	

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: 6% 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.

Contains: Milk, wheat, eggs.

(Manufactured in a facility that also manufactures almonds, hazelnuts, walnuts, cashews.-> **pls. see info pages**)

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

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
4 servings per container		Total Fat 9g	11%	Total Carb. 32g	11%
Serving size 4 pieces (100g)		Sat. Fat 5g	25%	Fiber <1g	3%
Calories per serving		Trans Fat 0mg		Total Sugars 23g	
240		Cholesterol 0mg	1%	Incl. 21g Added Sugars	42%
		Sodium 100mg	4%	Protein 8g	
Vitamin D 0mcg 0% • Calcium 4mg 0% • Iron 0mg 0% • Potassium 0mg 0%					

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

Organic Vanilla Pudding with Organic Corn Sugar

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.

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

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 diet, with Fructose <0.1%, Sucrose <0.1%, Glucose 9%, Maltose 1%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
3 servings per container		Total Fat 1g	1%	Total Carb. 12g	4%
Serving size 1/2 cup (60g)		Sat. Fat 0.5g	3%	Fiber 0g	0%
Calories per serving		Trans Fat 0g		Total Sugars 7g	
		Cholesterol 0mg	0%	Incl. 7g Added Sugars	14%
		Sodium 0mg	0%	Protein 2g	
		Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%			

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

Organic Chocolate Pudding with Organic Corn Sugar

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.

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

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 diet, with Fructose <0.1%, Sucrose <0.1%, Glucose 17%, Maltose 1%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
3 servings per container		Total Fat 1g	1%	Total Carb. 16g	6%
Serving size 1/2 cup (60g)		Sat. Fat 0.5g	3%	Fiber <1g	2%
Calories per serving		Trans Fat 0g		Total Sugars 12g	
		Cholesterol 0mg	0%	Incl. 12g Added Sugars	24%
		Sodium 0mg	0%	Protein 2g	
		Vitamin D 0mcg 0% • Calcium 20mg 0% • Iron 4mg 25% • Potassium 350mg 8%			

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: 4260137743959
Content: 400 g / 14.1 oz

Organic Cocoa Dessert

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.

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% guar gum), natural organic cocoa flavor, sea salt.

Suitable for a low-fructose diet, with Fructose <1.0%, Sucrose <1.5%, Glucose 8%, Maltose 5%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
3.5 servings per container		Total Fat 4g	5%	Total Carb. 24g	8%
Serving size (110g)		Sat. Fat 2.5g	13%	Fiber <1g	3%
Calories per serving		Sodium 45mg	2%	Total Sugars 14g	
140				Protein 3g	

Without sorbitol, without sweeteners in accordance with law.

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
- vegan
- low FODMAP

Ingredients: 93% organic tapioca, water.

Suitable for a low-fructose diet, with Fructose <0.5%, Sucrose <0.5%, Glucose 28%, Maltose 40%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
about 8 servings per container		Total Fat 0g	0%	Total Carb. 33g	12%
Serving size 2 tbsp (30ml)		Sat. Fat 0g	0%	Fiber 0g	0%
Calories per serving		Trans Fat 0g		Total Sugars 29g	
130		Cholesterol 0mg	0%	Incl. 0g Added Sugars	0%
		Sodium 0mg	0%	Protein 0g	
Vitamin D 0mcg 0% • Calcium 50mg 4% • Iron 0mg 8% • Potassium 105mg 2%					

Without sorbitol, without sweeteners in accordance with law.

Sweetening



Art.Id: 4260137743447

Content: 350 g / 12.3 oz

Frusano - Low FODMAP

Sweetening



Art.Id: 4260137741702

Content: 350 g / 12.3 oz

Frusano - Low FODMAP

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
- vegan
- low FODMAP

Ingredients: 93% Organic rice, water.

Suitable for a low-fructose diet, with Fructose <0.5%, Sucrose <0.5%, Glucose 23%, Maltose 30%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
about 9 servings per container		Total Fat 0g	0%	Total Carb. 31g	11%
Serving size 2 tbsp (30ml)		Sat. Fat 0g	0%	Fiber 0g	0%
Calories per serving		Trans Fat 0g		Total Sugars 22g	
120		Cholesterol 0mg	0%	Incl. 0g Added Sugars	0%
		Sodium 0g	1%	Protein 0g	
		Vitamin D 0mcg 0% • Calcium 20mg 0% • Iron 0mg 2% • Potassium 340mg 8%			

Without sorbitol, without sweeteners in accordance with law.

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.

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

Ingredients: 93%Organic rice, water.

Suitable for a low-fructose diet, with Fructose <0.5%, Sucrose <0.5%, Glucose 23%, Maltose 30%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
about 88 servings per container		Total Fat 0g	0%	Total Carb. 31g	11%
Serving size 2 tbsp (30ml)		Sat. Fat 0g	0%	Fiber 0g	0%
Calories		Trans Fat 0g		Total Sugars 22g	
per serving		Cholesterol 0mg	0%	Incl. 0g Added Sugars	0%
120		Sodium 0g	1%	Protein 0g	
Vitamin D 0mcg 0% • Calcium 20mg 0% • Iron 0mg 2% • Potassium 340mg 8%					

Without sorbitol, without sweeteners in accordance with law.

Sweetening



Art.Id: 4260137741405

Content: 3500 g / 123.5 oz

Frusano – Low FODMAP

Sweetening



Art.Id: 4260137741719

Content: 250 g / 8.8 oz

Frusano - Low FODMAP

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
- low FODMAP

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 diet, with Fructose <0.1%, Sucrose <0.1%, Glucose 91%, Maltose 5%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
about 31 servings per container		Total Fat 0g	0%	Total Carb. 8g	3%
Serving size 2 tsp (8g)		Sat. Fat 0g	0%	Fiber 0g	0%
Calories per serving		Trans Fat 0g		Total Sugars 8g	
30		Cholesterol 0mg	0%	Incl. 8g Added Sugars	15%
		Sodium 0mg	0%	Protein 0g	
	Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%				

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
- low FODMAP

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 diet, with Fructose <3.0%, Sucrose <0.5%, Glucose 23%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
20 servings per container	Serving size 1 tbsp (15ml)				
		Total Fat 0g	0%	Total Carb. 5g	2%
Calories per serving	25	Sat. Fat 0g	0%	Fiber 0g	1%
		Trans Fat 0g		Total Sugars 5g	
		Cholesterol 0mg	0%	Incl. 3g Added Sugars	7%
		Sodium 170mg	7%	Protein 0g	
Vitamin D 0mcg 0% • Calcium 2mg 0% • Iron 0mg 0% • Potassium 0mg 0%					

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
- low FODMAP

Organic medium hot mustard

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

Suitable for a low-fructose diet, with Fructose <0.5%, Sucrose <1.5%, Glucose 1%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
36 servings per container Serving size (5g)	5	Total Fat 0g	0%	Total Carb. 0g	0%
		Sat. Fat 0g	0%	Total Sugars 0g	
		Trans Fat 0mg		Incl. 0g Added Sugars	0%
Calories per serving		Cholesterol 0mg	0%	Protein 0g	
		Sodium 60mg	3%		
Vitamin D 0mcg 0% • Calcium 6mg 0% • Iron 0mg 0% • Potassium 5mg 0%					

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.

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

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

Contains: Egg.

Suitable for a low-fructose diet, with Fructose <0.5%, Sucrose <0.5%, Glucose 4%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
16 servings per container		Total Fat 8g	10%	Total Carb. 1g	0%
Serving size 1 tbsp (15g)		Sat. Fat 1g	5%	Fiber 0g	0%
		<i>Trans</i> Fat 0g		Total Sugars <1g	
Calories per serving	70	Cholesterol 185mg	61%	Incl. <1g Added Sugars	1%
		Sodium 80mg	3%	Protein 0g	
Vitamin D 2mcg 60% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 280mg 6%					

Without sorbitol, without sweeteners in accordance with law.

Fine Cuisine



Art.Id: 4260137742242

Content: 0.25 l / 8.5 fl oz

Frusano – Low FODMAP



Art.Id: 4260137742228

Content: 0.25 l / 8.5 fl oz

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
- low FODMAP

Organic Barbecue Sauce

Ingredients: Organic dried 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 diet, with Fructose <3.0%, Sucrose <0.5%, Glucose 23%, Maltose 7%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
about 8 servings per container		Total Fat 0g	0%	Total Carb. 12g	4%
Serving size (30ml)		<i>Trans Fat</i> 0mg		Fiber 0g	1%
Calories per serving		Cholesterol 0mg	0%	Total Sugars 9g	
60		Sodium 360mg	16%	Incl. 9g Added Sugars	19%
				Protein <1g	
Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%					

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, 12% 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.

Contains: hazelnuts.

(Manufactured in a facility that also manufactures pistachio, almonds and soy. -> pls. see info pages)

Suitable for a low-fructose diet, with Fructose <0.5%, Sucrose <1.5%, Glucose 31%, Maltose 2%.

Nutrition Facts

about 5 servings
per container

Serving size
2 tbsp (30ml)

Calories
per serving **180**

Amount/serving

% DV

Total Fat 12g

16%

Sat. Fat 3g

15%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 10mg

0%

Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 1180mg 25%

Amount/serving

% DV

Total Carb. 19g

6%

Fiber 3g

10%

Total Sugars 11g

Incl. 11g Added Sugars

21%

Protein 2g



Art.Id: 4260137740972

Content: 180 g / 6.3 oz

Without sorbitol, without sweeteners in accordance with law.

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

- Worry-free indulgence, even with fructose intolerance
- gluten-free
- low lactose
- RSPO certified
- low FODMAP

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.

Contains: Milk and hazelnuts.

(Manufactured in a facility that also manufactures peanuts and soy. -> pls. see info pages)

Suitable for a low-fructose diet, with Fructose <0.5%, Sucrose <3.0%, Glucose 44%, Maltose 2%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
about 7 servings per container		Total Fat 11g	14%	Total Carb. 15g	5%
Serving size 2 tbsp (30ml)		Sat. Fat 3g	16%	Fiber <1g	3%
Calories per serving		Trans Fat 0g		Total Sugars 14g	
160		Cholesterol 0mg	1%	Incl. 14g Added Sugars	27%
		Sodium 10mg	0%	Protein 1g	
Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 0mg 4% • Potassium 140mg 2%					

Without sorbitol, without sweeteners in accordance with law.

Organic Hazelnut Spread - vegan

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

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

Ingredients: Organic dried glucose syrup, organic sunflower oil, 12% organic low fat cocoa powder, 10% organic hazelnut paste, organic rice drink powder (organic rice, organic sunflower oil, salt), organic coconut fat, organic cocoa butter, emulsifier: organic sunflower lecithins, organic bourbon vanilla.

Contains: hazelnuts.

(Manufactured in a facility that also manufactures pistachio, almonds and soy. -> pls. see info pages)

Suitable for a low-fructose diet, with Fructose <0.5%, Sucrose <1.5%, Glucose 37%, Maltose 2%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
about 5 servings per container		Total Fat 11g	15%	Total Carb. 20g	7%
Serving size 2 tbsp (30ml)		Sat. Fat 3.5g	18%	Fiber 2g	6%
Calories per serving		Trans Fat 0g		Total Sugars 14g	
180		Cholesterol 0mg	0%	Incl. 13g Added Sugars	26%
		Sodium 10mg	0%	Protein 1g	
Vitamin D 0mcg 0% • Calcium 15mg 0% • Iron 0mg 8% • Potassium 105mg 2%					

Without sorbitol, without sweeteners in accordance with law.

Spreads



Art.Id: 4260137741870

Content: 180 g / 6.3 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.

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

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

Suitable for a low-fructose diet, with Fructose <1.5%, Sucrose <0.5%, Glucose 16%, Maltose 14%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
about 16 servings per container		Total Fat 0g	0%	Total Carb. 7g	3%
Serving size (15g)		Sat. Fat 0g	0%	Fiber 0g	0%
Calories per serving		Trans Fat 0mg		Total Sugars 5g	
		Cholesterol 0mg	0%	Incl. 4g Added Sugars	9%
		Sodium 0mg	0%	Protein 0g	
		Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%			

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.

Live worry-free with fructose intolerance:

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

Ingredients: 59% organic glucose syrup(>glucose syrup), 40% organic rhubarb, organic dextrose, gelling agent: pectin.

Suitable for a low-fructose diet, with Fructose <0.5%, Sucrose <0.5%, Glucose 16%, Maltose 15%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
about 16 servings per container		Total Fat 0g	0%	Total Carb. 7g	3%
Serving size 1 tbsp (15g)		Sat. Fat 0g	0%	Fiber 0g	0%
Calories per serving		Trans Fat 0g		Total Sugars 5g	
30		Cholesterol 0mg	0%	Incl. 5g Added Sugars	9%
		Sodium 0mg	0%	Protein 0g	
Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%					

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

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
- vegan
- low FODMAP

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

Suitable for a low-fructose diet, with Fructose <2.0%, Sucrose <0.5%, Glucose 16%, Maltose 17%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
about 16 servings per container		Total Fat 0g	0%	Total Carb. 8g	3%
Serving size (15g)		Sat. Fat 0g	0%	Fiber 0g	1%
Calories per serving		Trans Fat 0g		Total Sugars 5g	
		Cholesterol 0mg	0%	Incl. 5g Added Sugars	10%
		Sodium 0mg	0%	Protein 0g	
		Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%			

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.

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

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

Suitable for a low-fructose diet, with Fructose <2.0%, Sucrose <0.5%, Glucose 16%, Maltose 15%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
about 16 servings per container		Total Fat 0g	0%	Total Carb. 8g	3%
Serving size (15g)		Sat. Fat 0g	0%	Fiber 0g	1%
Calories per serving		<i>Trans</i> Fat 0g		Total Sugars 5g	
30		Cholesterol 0mg	0%	Incl. 5g Added Sugars	10%
		Sodium 0mg	0%	Protein 0g	
Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%					

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

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.

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

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

Suitable for a low-fructose diet, with Fructose <1.5%, Sucrose <0.5%, Glucose 16%, Maltose 15%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
about 16 servings per container		Total Fat 0g	0%	Total Carb. 8g	3%
Serving size 1 tbsp (15g)		Sat. Fat 0g	0%	Fiber 0g	1%
Calories per serving		Trans Fat 0g		Total Sugars 5g	
		Cholesterol 0mg	0%	Incl. 5g Added Sugars	10%
		Sodium 0mg	0%	Protein 0g	
		Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%			

Without sorbitol, without sweeteners in accordance with law.

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.

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

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

Suitable for a low-fructose diet, with Fructose <1.0%, Sucrose <0.5%, Glucose 16%, Maltose 16%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
about 16 servings per container		Total Fat 0g	0%	Total Carb. 7g	3%
Serving size (15g)		Sat. Fat 0g	0%	Fiber 0g	1%
Calories per serving		Trans Fat 0g		Total Sugars 5g	
35		Cholesterol 0mg	0%	Incl. 5g Added Sugars	10%
		Sodium 0mg	0%	Protein 0g	
Vitamin D 0mcg 0% • Calcium 15mg 0% • Iron 0mg 4% • Potassium 100mg 2%					

Without sorbitol, without sweeteners in accordance with law.

Spreads



Art.id: 4260137741757

Content: 235 g / 8.3 oz

Frusano - Low FODMAP

Spreads



Art.Id: 4260137741030

Content: 235 g / 8.3 oz

Calamansi Spread

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

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

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 diet, with Fructose <0.5%, Sucrose <0.1%, Glucose 19%, Maltose 14%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
about 16 servings per container		Total Fat 0g	0%	Total Carb. 9g	3%
Serving size (15g)		Sat. Fat 0g	0%	Fiber 0g	0%
Calories per serving		Trans Fat 0g		Total Sugars 5g	
		Cholesterol 0mg	0%	Incl. 5g Added Sugars	10%
		Sodium 0mg	0%	Protein 0g	
		Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%			

Without sorbitol, without sweeteners in accordance with law.

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 Facts		Amount/serving	% DV	Amount/serving	% DV
10 servings per container Serving size (33ml)	Calories per serving	Total Fat 0g	0%	Total Carb. 0g	0%
		Sat. Fat 0g	0%	Fiber 0g	0%
		Trans Fat 0g		Total Sugars 0g	
		Cholesterol 0mg	0%	Incl. 0g Added Sugars	0%
		Sodium 0mg	0%	Protein 0g	
Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%					

Without sorbitol, without sweeteners in accordance with law.

Beverages



Art.Id: 4260137743270

Content: 0.33 l / 11.2 fl oz

Frusano - Low FODMAP

Beverages



Art.Id: 4260137743317

Content: 0.5 l / 16.9 fl oz

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.

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

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

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

Suitable for a low-fructose diet, with Fructose <0.5%, Sucrose <0.5%, Glucose 4%, Maltose 4%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
about 15 servings per container		Total Fat 0g	0%	Total Carb. 4g	2%
Serving size (33ml)		Sat. Fat 0g	0%	Fiber 0g	0%
Calories per serving		Trans Fat 0g		Total Sugars 3g	
		Cholesterol 0mg	0%	Incl. 3g Added Sugars	5%
		Sodium 0mg	0%	Protein 0g	
		Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%			

Without sorbitol, without sweeteners in accordance with law.

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
- low FODMAP

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 diet, with Fructose <0.1%, Sucrose <0.1%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
about 15 servings per container		Total Fat 0g	0%	Total Carb. 0g	0%
Serving size (33ml)		Sat. Fat 0g	0%	Fiber 0g	0%
Calories per serving		Trans Fat 0g		Total Sugars 0g	
		Cholesterol 0mg	0%	Incl. 0g Added Sugars	0%
		Sodium 0mg	0%	Protein 0g	
Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%					

Without sorbitol, without sweeteners in accordance with law.

Beverages



Art.Id: 4260137743041

Content: 0.5 l / 16.9 fl oz

Frusano - Low FODMAP

Beverages



Art.Id: 4260137743058
Content: 0.5 l / 16.9 fl oz

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
- low FODMAP

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 diet, with Fructose <0.1%, Sucrose <0.1%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
about 15 servings per container	0	Total Fat 0g	0%	Total Carb. 0g	0%
Serving size (33ml)		Sat. Fat 0g	0%	Fiber 0g	0%
Calories per serving		Trans Fat 0g		Total Sugars 0g	
		Cholesterol 0mg	0%	Incl. 0g Added Sugars	0%
		Sodium 0mg	0%	Protein 0g	
		Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%			

Without sorbitol, without sweeteners in accordance with law.

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..

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

Ingredients: Organic glucose syrup, 36% organic black currant juice, organic dextrose, acidifier: ascorbic acid.

Suitable for a low-fructose diet, with Fructose <2.5%, Sucrose <0.5%, Glucose 14%, Maltose 12%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
about 17 servings per container		Total Fat 0g	0%	Total Carb. 13g	4%
Serving size 2 tbsp (30ml)		Sat. Fat 0g	0%	Fiber <1g	2%
Calories per serving		Trans Fat 0g		Total Sugars 8g	
50		Cholesterol 0mg	0%	Incl. 9g Added Sugars	18%
		Sodium 0mg	0%	Protein 0g	
Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%					

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: 4260137741696

Content: 0.5 l / 16.9 fl oz

Frusano - Low FODMAP

Beverages



Art.Id: 4260137741559

Content: 0.5 l / 16.9 fl oz

Organic Red Currant Syrup

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

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

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

Suitable for a low-fructose diet, with Fructose <2.0%, Sucrose <0.5%, Glucose 12%, Maltose 10%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
about 17 servings per container		Total Fat 0g	0%	Total Carb. 13g	5%
Serving size 2 tbsp (30ml)		Sat. Fat 0g	0%	Fiber 0g	1%
Calories per serving		Trans Fat 0g		Total Sugars 7g	
		Cholesterol 0mg	0%	Incl. 9g Added Sugars	18%
		Sodium 0mg	0%	Protein 0g	
		Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%			

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.

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

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

Suitable for a low-fructose diet, with Fructose <0.5%, Sucrose <0.5%, Glucose 12%, Maltose 13%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
about 17 servings per container		Total Fat 0g	0%	Total Carb. 11g	4%
Serving size 2 tbsp (30ml)		Sat. Fat 0g	0%	Fiber 0g	0%
Calories per serving		Trans Fat 0g		Total Sugars 7g	
		Cholesterol 0mg	0%	Incl. 9g Added Sugars	19%
		Sodium 0mg	0%	Protein 0g	
		Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%			

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: 4260137741634

Content: 0.2 l / 6.8 fl oz

Fruzano - Low FODMAP

Organic Secco

Fizzy Frusano Organic Fili Secco with subtle sweetness from glucose. Invited to a celebration and not sure if you will be able to tolerate the drinks there? Bring Frusano Organic Fili Secco and don't miss out: Minimum residual sugar content and 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

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

Wine-based drink with added carbon dioxide, 10.5% Alc. by vol.

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

Suitable for a low-fructose diet, with Fructose <0.5%, Sucrose <0.1%, Glucose 3%, Maltose 3%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
1 serving per container		Total Fat 0g	0%	Total Carb. 18g	7%
Serving size 1 can (200ml)		Sat. Fat 0g	0%	Fiber 0g	0%
Calories per serving		Trans Fat 0g		Total Sugars 9g	
190		Cholesterol 0mg	0%	Incl. 9g Added Sugars	17%
		Sodium 10mg	0%	Protein 0g	
Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%					

Without sorbitol, without sweeteners in accordance with law.

10%vol. alcohol

Organic Janosch Panama Joy - Chocolate Drink

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

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

Organic cocoa-containing beverage powder

Ingredients: Organic dried glucose syrup(>glucose syrup), 20% organic low-fat cocoa, organic soy lecithins, organic natural vanilla flavor, salt.

Contains: Soy.

(Manufactured in a facility that also manufactures wheat, milk and celery. -> pls. see info pages)

Suitable for a low-fructose diet, with Fructose <0.5%, Sucrose <0.5%, Glucose 70%, Maltose 1%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
about 13 servings per container		Total Fat 1g	1%	Total Carb. 17g	6%
Serving size 1tbsp. (20g)		Sat. Fat 0g	2%	Fiber 1g	5%
Calories per serving		Trans Fat 0g		Total Sugars 15g	
80		Cholesterol 0mg	0%	Incl. 14g Added Sugars	28%
		Sodium 5mg	0%	Protein 1g	
		Vitamin D 0mcg 0% • Calcium 4mg 0% • Iron 0mg 2% • Potassium 75mg 0%			

Without sorbitol, without sweeteners in accordance with law.

Beverages



Art.Id: 4260137741689

Content: 250 g / 8.8 oz

Frusano - Low FODMAP

Beverages



Art.Id: 4260137743874

Content: 200 g / 7.1 oz

Frusano - Low FODMAP

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!

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

Flavored lactose-free powdered drink with soluble coffee

Ingredients: Dextrose (-> pls. see info pages), low fat milk powder*, glucose syrup, 6% soluble coffee, fully hardened 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 organic lactose-free skimmed milk. **Contains:** Milk. (Manufactured in a facility that also manufactures soy and egg. -> pls. see info pages)

Suitable for a low-fructose diet, with Fructose <0.5%, Sucrose <0.5%, Glucose 39%, Maltose 1%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
10 servings per container		Total Fat 1g	1%	Total Carb. 14g	5%
Serving size 1tbsp. (20g)		Sat. Fat 1g	4%	Total Sugars 8g	
Calories per serving 80		Trans Fat 0g		Incl. 14g Added Sugars	28%
		Cholesterol 0mg	0%	Protein 3g	
		Sodium 45mg	2%		
Vitamin D 0mcg 0% • Calcium 4mg 0% • Iron 0mg 2% • Potassium 75mg 0%					

Without sorbitol, without sweeteners in accordance with law.

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
- low FODMAP

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, 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 diet, with Fructose <0.5%, Sucrose <0.5%.

Nutrition Facts		Amount/serving	% DV	Amount/serving	% DV
1.5 serving per container		Total Fat 0g	0%	Total Carb. 6g	2%
Serving size 1 bottle (360ml)		Sat. Fat 0g	0%	Fiber 0g	0%
Calories per serving		Sodium 0mg	0%	Total Sugars 0g	
				Protein 0g	

25

Without sorbitol, without sweeteners in accordance with law.

Dietary supplement



Art.Id: 4260137743812

Content: 0.48 l / 16.2 fl 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 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. Detailed shipping costs can be found at www.frusano.com/shop under “shipping”.

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.

PayPal is a bank and is the leading global provider of online payments.

- 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





Address:
Frusano GmbH
Lochhamer Schlag 12
82166 Gräfelfing, Germany

Phone: +49 89 3816898 70
Fax: +49 89 3816898 79

info@frusano.com
www.frusano.com

HRB 211143
tax ID: 147/227/37160
VAT ID.: DE294229018
GLN: 4260137740002

August 2021



DE-ÖKO-037



4 260137 748411