

# Organic Crystalline Fructose



## What is Organic Crystalline Fructose?

**Organic Crystalline Fructose Powder** (also known as *Crystalline Fruit Sugar* or *D-Fructose Crystals*) is a highly refined monosaccharide derived from certified organic sources such as apples, agave, or chicory. With a glycemic index (GI) of **19** and **≥99.5% purity**, this free-flowing crystalline powder delivers **1.2-1.8x the sweetness of sucrose**, making it a superior choice for low-GI, reduced-calorie, and clean-label formulations.

## Key Highlights

### 1. Ultra-Pure Sweetness:

1. **≥99.5% Fructose Purity:** No residual glucose or artificial additives.
2. **Low Glycemic Impact (GI 19):** Minimizes blood sugar spikes, ideal for diabetics.

### 2. Functional Excellence:

1. **Humectant & Cryoprotectant:** Retains moisture in baked goods and prevents ice crystal formation in frozen desserts.
2. **Cold Sweetness Activation:** Enhances flavor perception in chilled beverages and dairy products.
3. **Clean & Certified:** USDA Organic, EU Organic, non-GMO, vegan, gluten-free.

## Specifications

Parameter	Details
Source	Organic apples/agave/chicory
Processing	Enzymatic hydrolysis, crystallization, and sieving
Appearance	White, free-flowing crystals
Purity	≥99.5% fructose ( <i>D-Fructose Crystals</i> )
Moisture	≤0.3%
Caloric Value	4 kcal/g (same as sucrose)
Solubility	Fully water-soluble
Particle Size	80-120 mesh
Shelf Life	36 months

## Key Applications

- **Beverages:** Soft drinks, iced teas, functional waters, and smoothies.
- **Bakery:** Moisture-retaining cakes, cookies, and gluten-free bread.
- **Dairy & Alternatives:** Ice creams, yogurts, and plant-based cheeses.
- **Confectionery:** Gummies, chocolates, and sugar-free candies.
- **Sports Nutrition:** Energy gels and electrolyte-replenishment drinks.

## Certifications & Quality Assurance

- **Organic Certifications:** USDA, EU 834/2007, JAS.

- **Non-GMO:** Verified by the Non-GMO Project.
- **Purity:** Heavy metals (Pb <0.1ppm, As <0.05ppm), pesticide-free.
- **Microbial Safety:** Total plate count <1,000 CFU/g, *Salmonella* absent.

## Why Choose Us?

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- **High-Purity Guarantee:** Rigorous HPLC testing ensures ≥99.5% fructose content.
- **Sustainable Sourcing:** Partnering with organic farms using regenerative practices.
- **Custom Solutions:** Blends with monk fruit, stevia, or IMO for tailored sweetness profiles.
- **Technical Support:** Free formulation guides for sugar reduction and texture optimization.
- **Global Compliance:** Meets FDA GRAS, EFSA, and FSANZ standards.

## FAQs

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### Q: How does [crystalline fructose](#) differ from regular fructose syrup?

A: *Crystalline Fruit Sugar* is solid, ≥99.5% pure, and easier to dose in dry blends, while syrups contain water and are liquid.

### Q: Is it keto-friendly?

A: Yes! Its low GI (19) aligns with keto macros, but track net carbs per serving.

### Q: Can it replace sugar 1:1 in recipes?

A: Use 50-70% less by weight (due to higher sweetness) and adjust for texture.

### Q: Does it crystallize in cold drinks?

A: No – its high solubility prevents crystallization even at low temperatures.

## Packing

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