



Links Medical Products Inc.

## **PRODUCT INFORMATION BULLETIN** **HYDRA~AID™ Hot & Cold Beverage Thickener**

### **XANTHAN GUM A BETTER THICKENER**

Hydra~Aid beverage thickener is taste free, gluten free, glucose free, colorless, and odorless. This is because xanthan gum is used as the main ingredient in Hydra~Aid. Widely used as a food and beverage thickener, xanthan gum was specifically selected to be used in Hydra~Aid because it possesses the many positive characteristics needed to make thickened beverages more acceptable to those suffering from swallowing disorders and, thereby, promote better hydration. In addition, xanthan gum makes it possible for Hydra~Aid to mix easily with hot or cold beverages, remains stable over a wide range of temperatures and pH... and it will not clump.

### **FACTS SUPPORT USE OF XANTHAN GUM**

#### **Widely used by the food and beverage industry**

- Xanthan gum is a non-digestible water soluble dietary fiber used worldwide as a thickening agent in food and beverage products such as salad dressings, sauces, ice cream, chocolate milk, puddings, pie fillings and many other food and beverage products.
- Approximately 20,000 *tons* of xanthan gum are produced annually.
- The FDA cleared xanthan gum as a food additive in 1969.
- Xanthan gum received European Commission (EC) approval in 1980 and it is identified by the E-number E415.
- In 1986, the Food and Agriculture Organization of the United Nations and the World Health Organization (FAO/WHO) Expert Committee on Food Additives (JECFA) concluded the information on safety and tolerance of xanthan gum supported an Acceptable Daily Intake (ADI) of "not specified".
- Based on a lack of toxicity in animal feeding studies and observations in man, the European Scientific Committee on Foods (SCF) changed the ADI for xanthan gum in 1997 to "not specified". Previously their ADI specification was limited to 10mg/kg b.w.

#### **No reported evidence of dehydration or other adverse effects**

- No adverse dietary or physiological effects were reported in any of the subjects of the widely cited study "The Dietary Effects of Xanthan Gum in Man", by Eastwood, et al, published in *Food Additives and Contaminants* in 1987.
- The European Commission Scientific Committee on Food (SCF) has stated in its review of xanthan gum in formulas for special medical purposes (FSMP) that the use of xanthan gum is acceptable at levels up to 10g/kg in all weaning foods and up to 20g/kg in gluten free, cereal-based weaning foods.

## **Xanthan gum in Hydra~Aid**

- Hydra~Aid is supplied as a gel containing xanthan gum, water and preservatives. The amount of water in Hydra~Aid greatly exceeds the amount of xanthan gum and preservatives contained in the product. When added to a beverage it becomes further diluted.
- The amount of xanthan gum in a 12 gram nectar-like serving packet of Hydra~Aid™ to be added to four ounces of liquid is less than one-half of a gram. Water represents most of the weight in these products accounting for approximately 96% of the total volume. By adding 12 grams of Hydra~Aid total available water in the beverage is increased by about 0.32 ounces.
- A 12 gram nectar-like packet of Hydra~Aid added to four ounces of beverage increases the total volume of the beverage to 4.421 ounces. A 26 gram honey-like packet increases the total volume of the beverage to 4.913 ounces.

## **Supporting References\***

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3. Xanthan gum, World Health Organization (WHO) Additives Series 21, available on line at: <http://www.incom.org/documents/jecfa/jecmono/v21je13.htm>
4. European Commission on Food: Opinion on certain Additives for use for Infants and Young Children in Good Health and in Food for Special Medical Purposes for Infants and Young Children (Expressed on 21 March 1997 and amended on 13 June 1997) adopted at the 10th Meeting of the SCF on the 21 of March 97 and at the 107th meeting. Available on line at: [http://www.europa.eu.int/comm/food/fs/sc/oldcomm7/out06\\_en.html](http://www.europa.eu.int/comm/food/fs/sc/oldcomm7/out06_en.html)
5. International Food Information Council (IFIC) and U.S. Food and Drug Administration (FDA) - Food Ingredients & Colors. November 2004 brochure - available on line at: <http://www.cfsan.fda.gov/~dms/foodic.html>
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8. Cinda Williams Chima, MS, RD. Nutri-News Q&A, Studies Dispute Concerns About Certain Additives, *The Plain Dealer* August 3, 2005.
9. Martin Schultz. Ingredient Insight, Xanthan and Foods: Bonded for Life, *Food Product Design*. October 2005

**\* Additional references are available upon request**

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