



A BUSINESS UNIT OF CORN PRODUCTS INTERNATIONAL

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**GTC Nutrition Announces a New Published Study on NutraFlora® Prebiotic Fiber  
*Study Focuses on Magnesium Absorption***

GOLDEN, Colo. (August 3, 2009) – GTC Nutrition, a business unit of Corn Products International, Inc., today announced the recent publication of a new study relating to NutraFlora® short-chain fructooligosaccharides (scFOS®) prebiotic fiber and the absorption of magnesium. The study, published in the journal *Nutrition Research*, highlights scFOS' ability to increase magnesium absorption, an important mineral for a number of biological processes that help to maintain overall wellbeing.

The study, conducted at TNO, The Netherlands, investigated short and long term intake of scFOS in adolescent girls with low habitual calcium intake. The subjects, 14 girls aged 12-14 years old, were instructed to exclude prebiotics and probiotics from their diets during the study.

In a randomized cross over design, separated by a 12-day washout, the subjects received two treatments to include either scFOS or placebo. Data showed that magnesium absorption did not increase in the first eight days. However, long term magnesium absorption was significantly increased by 18 percent after 36 days with an average of 7g/day of scFOS.

The reference to the published study is as follows:

E. van den Heuvel, T. Muijs, F. Brouns and H. Hendriks. Paineau, D., et al. Short-chain fructooligosaccharides improve magnesium absorption in adolescent girls with a low calcium intake. *Nutrition Research* 29 (2009) 229-237.

"This study indicates that long term consumption of NutraFlora® prebiotic fiber may help to increase magnesium absorption to support bone health," said Anne Birkett, Ph.D., Manager of Nutrition Science for GTC Nutrition. "Consumers are increasingly taking proactive measures to support health and wellness, and NutraFlora provides them with an array of health benefits, most notably increased mineral absorption, including magnesium."

NutraFlora® prebiotic fiber rests on a broad foundation of scientific support with over 200 studies highlighting its health benefits for bone, digestive and immune health. These areas of wellness are among five key health platforms the company supports. GTC Nutrition's ingredients portfolio also includes Aquamin® calcified mineral source, Purimune™ high purity GOS and Nu-Mega® Omega-3 DHA to support bone, cognitive, digestive, immune and heart health.

#### **About GTC Nutrition**

GTC Nutrition is a recognized leader in providing innovative, customized ingredient solutions along with scientific, technical and marketing expertise to the food processing, dietary supplement and animal feed industries. GTC Nutrition promotes health globally with innovative functional food ingredients and unsurpassed customer support. For more information, visit [gtcnutritionalsolutions.com](http://gtcnutritionalsolutions.com).

#### **About Corn Products International**

Corn Products International is one of the world's largest corn refiners and a major supplier of high-quality food ingredients and industrial products derived from the wet milling and processing of corn and other starch-based materials. The Company, headquartered in Westchester, Ill., is a leading worldwide producer of dextrose and a major regional producer of starch, high fructose corn syrup and glucose. In 2008, Corn Products International reported record net sales and diluted earnings per share of \$3.9 billion and \$3.52, respectively. The Company has operations in 15 countries at 34 plants, including wholly owned businesses, affiliates and alliances. For more information, visit [cornproducts.com](http://cornproducts.com).

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