VITAGOS™
Galacto-oligosaccharides (GOS)

VITALUS

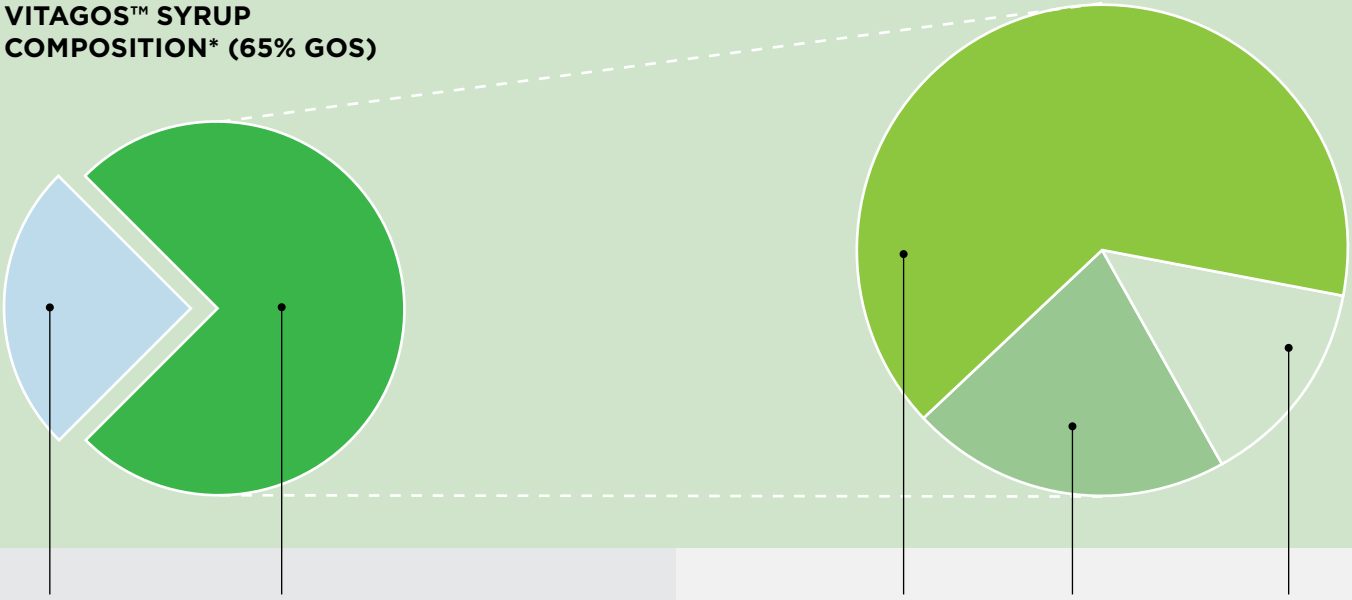
What is GOS?

Galacto-oligosaccharides (GOS) are non-digestible carbohydrates produced from lactose, the sugar naturally found in milk. They are considered dietary fibers and/or prebiotics in many countries.

What is VITAGOS™ Syrup?

VITAGOS™ is a sweet syrup containing GOS. It can easily be incorporated into a wide range of food and beverage formulations.

VITAGOS™ SYRUP COMPOSITION* (65% GOS)



Why use GOS?

Over the past two decades, GOS nutritional and physiological effects have been extensively studied. In infants, they have been shown to support the growth of bifidogenic bacteria and to help with stool frequency and consistency [1]. In other demographics, the consumption of GOS has also been found to have an impact on gut microbiota [2] as well as to help support immune function [3]. Moreover, research has suggested that GOS could increase calcium absorption [4].

Why use VITAGOS™?

- Clean, sweet taste, with 1/3 the sweetness of sucrose
- Smooth mouth feel
- Easily pairs with any flavour
- Excellent stability at a wide range of temperature and pH
- Clear syrup
- Highly soluble

VITAGOS™
SYRUP CONTAINS
31%
DIETARY FIBRE

Applications

	Infant Formula	Growing Up Milk	RTD	Yogurt	Bakery	Snack	Bar
HEALTHY AGING			●	●	●	●	●
INFANT/ GROWING UP	●	●		●		●	
LIFESTYLE BALANCE			●	●		●	●

Vitalus has more than 30 years of experience as one of Canada's top dairy exporters, supplying large-scale processors and top-tier brands. From a small, family-owned business, we have grown to become a global brand producing premium specialized dairy ingredients for use in a wide range of food and beverage applications.

References

[1]. Sierra C, Bernal M-J, Blasco J, Martínez R, Dalmau J, et al. Prebiotic effect during the first year of life in healthy infants fed formula containing GOS as the only prebiotic: a multicentre, randomised, double-blind and placebo-controlled trial. Eur J Nutr 2015; 54(1): 89–99.

[2]. Davis LMG, Martínez I, Walter J, Hutkins R. A dose dependent impact of prebiotic galactooligosaccharides on the intestinal microbiota of healthy adults. Int J Food Microbiol 2010; 144(2): 285–292.

[3]. Vulevic J, Juric A, Tzortzis G, Gibson GR. A mixture of *trans*-galactooligosaccharides reduces markers of metabolic syndrome and modulates the fecal microbiota and immune function of overweight adults. J Nutr 2013; 143(3): 324–331.

[4]. Whisner CM, Martin BR, Schoterman MH, Nakatsu CH, McCabe LD, et al. Galacto-oligosaccharides increase calcium absorption and gut bifidobacterial in young girls: a double-blind cross-over trial. Br J Nutr 2013; 110(7): 1292–1303.

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VITALUS
Bringing Milk to Life™

* **Based on typical analysis.**