

Functional ingredients for weight wellness

Support the GLP-1 journey, every step of the way

With weight management being a major health focus worldwide, it's crucial to recognize that each person's journey looks different. Some people may need to make significant changes to their diets, while others benefit from smaller, more gradual adjustments in pursuit of a healthier lifestyle, and ultimately a healthier weight.

Most recently, one of the most sought-after (and very trending) ways to support consumers in this transformation, is by stimulating the release of the beneficial gut hormone GLP-1. Such hormone release can be achieved either through medication or can be supported naturally via nutritional choices.



of US consumers are **concerned about their weight due to existing health problems**.[1]



of GLP-1 drug users in South & Central Americas agree they must **pay attention to their nutrient intake, such as fibres and proteins**.[2]

Source: 1. Innova Health and Nutrition Survey 2025, 2. FMCG Gurus Weight Loss Medication Survey 2025

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Personalized solutions with BENEO ingredients

As individuals commit to their weight goals, they may encounter a variety of challenges. According to our Healthy ageing survey*, the key consumer concerns are lack of energy and digestive discomfort. Other challenges can also include things like cravings, a bad mood or dehydration. Functional ingredients can help by offering targeted support based on their unique nutritional characteristics.

Below, the key benefits of BENEO's ingredients are highlighted to show how they can support specific needs, helping to enable a more personalized, sustainable weight management strategy. On top of that, because of their unique properties, multiple health claims are possible.

	Effective and long-term Weight Management & Satiety	Support Muscle Mass	Blood Glucose Management & Sustained Energy	Digestive Health
Orafti® Inulin & Oligofructose (Chicory root fibre)	✓	✓	✓	✓
Palatinose™	✓	✓	✓	
Orafti® -Fit (Beta-glucans)	✓		✓	✓
Plant-based protein from rice and faba bean	✓	✓		

Thanks to the versatility of our ingredients, they can be used across a wide range of food applications. Going from bakery, snacks, drinks, savoury and confectionery, all the way to dairy and other companion products. Opening the door to endless innovation opportunities and the possibility of making a variety of health claims.







* BENEO's Health Ageing Survey USA 2024

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Versatile ingredients: where great taste meets better health

Following a diet for an extended period is never easy. To keep going, it is crucial consumers can enjoy their meals and even the occasional treat. Where the end goal is not only to lose weight, but to get accustomed to a healthier lifestyle overall that is sustainable for a long time. Combining great taste with good nutritional benefits can be your successful formula to win over consumers' hearts.

A promising market where functional ingredients could offer such nutritional value is the meal replacement segment. Let BENEO inspire you with the potential of our products. What do you think of this delicious chocolate flavoured drink idea? The chocolatey flavour (which of course is a fan favourite) can tickle consumers' taste buds, making it easier to stay on track for most.



The BENEO-Technology Center develops recipes for different applications such as yoghurts, drinks and more.

Our experts are happy to share their insights upon request.

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