

Supplementary material

**Intake of Sugar Substitute Gummy Candies Benefits the
Glycemic Response in Healthy Adults: A Prospective Crossover
Clinical Trial**

Table S1. Fabrication formulations of control and different test gummy samples

	CG		P-SG		T-SG	
Carbohydrates %	Glucose syrup	41%	Maltitol	65%	Maltitol	66%
	Sucrose	31%	Erythritol	8%	Erythritol	8%
	Concentrate d apple juice	2%	Concentrate d apple juice	2%	/	/
Protein%	Gelatin	6%	Gelatin	6%	Gelatin	6%
Fat%	DHA algal oil	4%	DHA algal oil	4%	DHA algal oil	4%

Note: Other ingredients include gum arabic, acid-treated starch, phospholipids, flavors, pigments, and acids, and the dosage is the same for each formula.

Table S2. Blood glucose levels (mmol/L) after consumption of a 10 g glucose bolus or three types of nutri-tional gummies providing equivalent amounts of available carbohydrates (Mean±SD)

Time		Blood glucose (mean±SD) (mmol/L)				Significant difference				
(min)	Glucose	CG	P-SG	T-SG	Glu vs CG	Glu vs P-SG	Glu vs T-SG	CG vs P-SG	CG vs T-SG	P-SG vs T-SG
0	5.29±0.32	5.24±0.03	5.28±0.33	5.24±0.33	ns	ns	ns	ns	ns	ns
15	7.02±0.57####	6.53±0.48###	5.62±0.36##	5.59±0.32##	*	***	***	***	***	ns
30	7.55±0.73####	6.98±0.75####	6.04±0.58####	5.90±0.35####	ns	***	***	***	***	ns
45	6.39±0.66####	5.96±0.58####	5.92±0.61##	5.93±0.51####	ns	ns	ns	ns	ns	ns
60	5.50±0.52	5.38±0.58	5.65±0.52#	5.63±0.57#	ns	ns	ns	ns	ns	ns
90	5.06±0.33#	5.09±0.38	5.28±0.35	5.28±0.41	ns	ns	ns	ns	ns	ns
120	4.99±0.33#	4.92±0.31##	5.15±0.32	5.33±0.40	ns	ns	*	ns	**	ns

Abbreviations: Glu, glucose, #, every times vs 0 min; #, P < 0.05; ##, P < 0.01; ###, P < 0.001; *, P < 0.05; **, P < 0.01; ***, P < 0.001