

Glycemic Index of Slowly Digestible Carbohydrate Alone and in Powdered Drink-Mix
Manuscript ID: nutrients-473016

Supplementary Table: Powdered Drink-mix Formulation

Ingredients	Control drink-mix (g)	SDC drink-mix (g)
Milk protein concentrate	4.13	4.26
Maltodextrin	11.6	5.21
Buttermilk powder	3.21	3.31
Sunflower oil powder	2.75	2.84
Sugar (white, granulated)	12.64	5.53
Soy Lecithin powder	0.46	0.47
Flavor (Chocolate extract)	0.68	0.71
Salt	0.09	0.09
Flavor (Vanillin)	0.09	0.09
Cocoa powder	8.27	8.52
Gum/Hydrocolloid system	1.83	1.89
Sweetener	0.09	0.09
SUSTRA™ SDC	0.0	14.31

SDC: Slowly digestible carbohydrate