Slowly Digestible Starch is a slow-release carb naturally occurring in uncooked grains, legumes, roots & tubers.

When slow-release carbs are exposed to uncontrolled heat, pressure, and moisture during cooking, they can be converted to fast-release carbs. Slow-release carbs can be preserved by controlling these conditions in a specific way.

As a result, slow-release carbs provide a steady release of glucose fueling the body with nutritious energy.

Slow-release carbs take longer for the body to break down because they are less accessible to enzymes, compared to fast-release carbs that are broken down quickly.

BACKED BY RESEARCH

www.slowreleasecarbs.com