



A compact overview.

What is dextrose?

Dextrose belongs to the carbohydrates, which are the most important nutrients for human beings in addition to fats and proteins. It is the most important “simple sugar” and is generally known as “grape sugar”, or “glucose” in medical terminology. However, these various names always refer to the same molecule. Dextrose is a naturally-produced sugar, which is found, for example, in sweet fruits and honey. Dextrose can also be obtained from starches, e.g. corn starch, which can be split up into their individual components with the help of enzymes.

Why does dextrose provide instant energy?

When we eat dextrose, no digestion is required. Dextrose goes directly into the bloodstream, therefore making it the “fastest carbohydrate”! It is identical to the “blood sugar” produced by our bodies and is transported by the blood directly to all organs and cells in the body, including the brain. Dextro Energy is dextrose and therefore provides instant energy.

How can Dextro Energy be used?

Modern dextrose products like Dextro Energy and Dextropur help people to get through temporary dextrose deficiencies. They are in no way meant to replace a balanced diet with main meals, snacks and a sensible lifestyle. They have more of a “bridging function”: with their help, gaps in the energy supply can be bridged. How can dextrose’s “bridging function” be used most effectively? When the energy supply just happens to be insufficient and one’s blood sugar noticeably decreases, it is recommended that the body be promptly supplied with dextrose. However, large portions should not be taken at once, but rather smaller amounts in short intervals. Half a square tablet every 15 to 20 minutes is ideal. This dosage raises the blood sugar to a normal level and maintains it at this level. The same applies as always: too much of a good thing is unhealthy – everything is best in moderation.

Why is dextrose so important for human beings?

The human body primarily covers its energy needs with dextrose. The body needs energy for the functioning of the brain, for every muscle movement, for maintaining the heart, lungs, and intestines, and for generating warmth.



Why is dextrose especially important for the brain?

The brain is our most important control organ – the control centre for the body and for mental performance. It only makes up two percent of our total body weight, yet requires 20 percent of our energy supply. An adult brain thus consumes between 120 to 140 grams of dextrose each day. It has an enormous appetite. Our mental performance is primarily dependant on a well functioning brain. Dextrose is therefore extraordinarily significant for the functioning of our brains for two reasons:

- when the brain is supposed to work at optimal performance, it is dependant on a constant, steady and sufficient supply of dextrose.
- dextrose is usually the “only source of energy” for the brain and the entire nervous system.