

The **PLUS** that makes a difference

# Saf-instant® Plus Vitamin D

Fortifying bread with vitamin D,  
for immunity and bone health.



## Vitamin D's benefits for human health

Vitamin D is an essential ingredient to overall good health and well-being. It is particularly important to maintain a normal immune system and bone health. Indeed, its anti-inflammatory, antioxidant and neuroprotective properties have been tied to a healthy immune system, good muscle function and brain cell activity.

## Why Saf-instant® Plus Vitamin D?

**Fortified bread with vitamin D is an easy method  
for adding vitamin D into one's diet.**

Saf-instant® Plus Vitamin D can respond to consumers' need in fortified foods: bread enriched with vitamin D can address the challenge of increasing the daily amount of vitamin D in a well-balanced diet. Bread is a source of energy and nutrients whose benefits can be lifted to another level by the simple act of adding vitamin D to yeast.

A bread made with Saf-instant® Plus Vitamin D contributes at least 15% of the Recommended Daily Allowances\*.

Saf-instant® Plus Vitamin D Characteristics	Saf-instant® Plus Vitamin D Advantages	Saf-instant® Plus Vitamin D Benefits
Enriched yeast: <ul style="list-style-type: none"><li>• High-performance yeast</li><li>• No impact on taste, texture, recipes, shelf life of the products</li><li>• Can be used in many applications: under mixed dough, poorly hydrated dough, and lean to sweet doughs</li></ul>	Easy to use: <ul style="list-style-type: none"><li>• Bakers can enrich their baking products without any additional step</li><li>• Process and recipes don't need to be changed: Saf-instant® Plus Vitamin D just replaces usual baking yeast</li></ul>	<ul style="list-style-type: none"><li>• Allows bakers to develop their healthy products offer by creating nutritional bread and making bread a daily source of vitamin D</li><li>• Contributes to respond to vitamin D deficiency issues</li><li>• Suits to health &amp; wellness and vegetarian consumers' needs</li></ul>

\*According to Council Directive 90/496/EEC, Recommended Daily Allowance (RDA) for vitamin D is 5 µg per day for adults



## Useful information

### Advice for use

Saf-instant® Plus Vitamin D is an instant dry yeast: it doesn't need to be rehydrated and can be directly mixed with flour or added to dough during beginning of kneading.

You can keep your current process or recipe, just use Saf-instant® Plus Vitamin D instead of your usual yeast (same quantity - maximum 4% of your flour weight).

### Packaging

20x500g vacuumed packages.

### Shelf life

18 months from production date.

### Preservation

The yeast must be stored in a dry place and away from heat. After opening the sachet, the product must be used within 48 hours or sealed and stored in the fridge and used within 8 days.



# Boost your offer with Saf-instant® Plus Vitamin D



## What can you claim about your enriched vitamin D breads?

Eating bread fortified with Saf-instant® Plus Vitamin D contributes to the daily intake of this essential vitamin.

### Nutritional claims regarding Vitamin D

Claims you would like to use	Vitamin D necessary in your bread <small>(considering a 100g portion)</small>
Source of vitamin D	> 15% of the vitamin D Recommended Daily Allowance
Rich in vitamin D	> 30% of the vitamin D Recommended Daily Allowance

### Health claims regarding Vitamin D

Health benefits	Claims that can be used*
Bones	<ul style="list-style-type: none"> <li>Vitamin D contributes to normal development of bones and teeth</li> <li>Vitamin D is needed for normal growth and development of bone in children</li> <li>Vitamin D may reduce the risk of falling. Falling is a risk factor for bone fractures</li> </ul>
Heart	Vitamin D contributes to the maintenance of normal cardiovascular function
Immunity	Vitamin D contributes to the normal function of the immune system
Muscles	Vitamin D contributes to the maintenance of normal muscle function
Minerals level	Vitamin D contributes to normal absorption/utilization of calcium and phosphorus and maintenance of normal blood calcium concentrations

\* validated by EFSA on conditions that the food contains sufficiently vitamin D to be "source of" (15% of Daily Recommended Allowances)

### Our experts at your side

Whatever your production conditions, our network of 50 Baking Center™ around the world will work with you to adapt and implement Saf-instant® Plus Vitamin D to your challenges.

### Supplementing my bread with vitamin: how to do it?

If you are already using flour fortified with vitamin D, research in Europe and Gulf countries shows that it is not enough to get sufficient amounts of vitamin D, but using it together with Saf-instant® Plus Vitamin D contributes to maintaining a normal function of the immune system.

#### Quantity of Vitamin D in fortified yeast and flour

Saf-instant® Plus Vitamin D baker's yeast	Fortified flour
5 ug VD/g of Saf-instant product	1.5 ug VD/100g of flour

#### Quantity of vitamin D in Toast Bread

Addition of 1.2% yeast

Saf-instant® Plus Vitamin D baker's yeast	Fortified flour
- 4 ug VD/100 g of bread	5 ug VD/g of Saf-instant product

#### Quantity of vitamin D in Buns Bread

Addition of 3.6% yeast

Saf-instant® Plus Vitamin D baker's yeast	Fortified flour
- 12 ug VD/100 g bread	- 1.5 ug VD/100 g of bread



## The health benefits of vitamin D

By taking care of our bodies, we can enjoy a better quality of life.

Our state of health depends on what we eat every day, and bread is a driver for nutrition and wellness that can be adapted to specific lifestyle needs or dietary requirements. Our commitment is to provide every baker with genuinely healthy ingredients.

- Develop a healthy baking product offer
- Enrich your breads with vitamin D
- Please your customers with nutritional breads



The Saf-instant® Plus product family is for bakers looking to take their breads to the next level and add value for their consumers without changing anything in their daily process. Saf-instant® Plus is a brand created by Baking with Lesaffre. Find all our products on [saf-instant.com](http://saf-instant.com)



By working with Baking with Lesaffre, feel unique and valued so that you can confidently project yourself into the future of bakery.

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