### What components of Dietary Fiber does each method measure accurately?

<table>
<thead>
<tr>
<th>AOAC Method</th>
<th>Megazyme Product</th>
<th>Target Analytes</th>
<th>Problems/Issues</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Soluble DF</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Insoluble DF</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Total Dietary Fiber</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>HMWDF</td>
<td>SDFS</td>
</tr>
<tr>
<td>985.29</td>
<td>K-TDFR</td>
<td>✓</td>
<td>×</td>
</tr>
<tr>
<td>991.43</td>
<td></td>
<td>×</td>
<td>×</td>
</tr>
<tr>
<td>2001.03</td>
<td>Individual Enzymes†</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>2009.01</td>
<td>K-INTDF</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>2011.25</td>
<td></td>
<td>×</td>
<td>✓</td>
</tr>
<tr>
<td>2017.16</td>
<td>K-RINTDF</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>2017.16*</td>
<td></td>
<td>×</td>
<td>✓</td>
</tr>
</tbody>
</table>

*Modified as per AOAC991.43 to allow for soluble/insoluble Dietary Fiber determination.
†E-BLAAM, E-AMGDFNG or E-AMGDFPD, E-BSPRPD

**Definitions:**

- **HMWDF:** High Molecular Weight Dietary Fiber
- **RS:** Resistant Starch
- **IDF:** Water insoluble Dietary Fiber
- **SDFP:** Water soluble Dietary Fiber which precipitates in 78% ethanol
- **SDFS:** Water soluble Dietary Fiber that remains soluble in 78% ethanol

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**Megazyme's Rapid Integrated Dietary Fiber AOAC Method 2017.16 has received final approval (K-RINTDF)**

- The only method suitable for all Dietary Fiber sample types
- The only method to accurately measure all relevant Dietary Fiber components

[www.megazyme.com](http://www.megazyme.com)
Which method is most appropriate to measure Dietary Fiber in my sample?

**What is the Fiber Profile?**

- **Unknown**
- **RS present**
  - **RS Absent**
    - **NDO Unknown**
    - **NDO Present**
      - **NDO Absent**

**Total Dietary Fiber (TDF)**
- 2017.16
- 2009.01

**Insoluble & Soluble DF**
- 2017.16*
- 2011.25

**Megazyme**
- K-RINTDF†
- K-INTDF

**Megazyme**
- K-RINTDF
- K-INTDF

**Resistant Starch**
- RS₁ e.g. partially milled grains
- RS₂ e.g. uncooked potato
- RS₃ e.g. retrograded rice
- RS₄ e.g. Fibersym®

**Non-digestible Oligosaccharides**
- Fructooligosaccharides (FOS)
- Galactooligosaccharides (GOS)
- Polydextrose
- Resistant Maltodextrins (RMD)

*Modification as per AOAC 991.43 to allow for soluble/insoluble DF determination
†K-RINTDF provides a more accurate measurement for Resistant Starch
‡E-BLAAM, E-AMGDFNG or E-AMGDFPD, E-BSPRPD

**Megazyme is a Global Leader in the measurement of Dietary Fiber**