Dr. Schär Quality Commitment – our promise for the Schär brand ●

Dr Schär
Innovating special nutrition.

Contents

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Quality that inspires enjoyment ●

We work for people who are at a point in their lives where they have to change their diet. This is a turning point. We want to help ensure that this moment is also seen as an opportunity to improve their quality of life.

Dr. Schär stands for responsibility, progress and proximity. These values give the company stability and we do our best to improve the quality of life of our consumers. We develop new, pioneering nutritional solutions that enable us to reach new target groups and new markets with development potential.

For this evolution, we need a clear vision, which at Dr. Schär is based on two pillars: our core competence and innovation.

We combine special nutritional requirements with with joie de vivre!

Our aim is to provide a simple, enjoyable gluten-free diet and improve the quality of life of our consumers. Every step of our innovation and development process is dedicated to producing balanced food of the highest quality and best taste. For us, innovation also means learning from tradition and transferring this knowledge into modern technologies and manufacturing processes.

We listen and share our knowledge. Contact and cooperation with our consumers and our international network of medical professionals and nutrition experts give us the necessary impulse to put what we hear into practice. Quality requires principles. Dr. Schär‘s quality promise is based on value, naturalness, sensory properties and nutritional aspects.

Goal: Health and well-being for all

We are committed to the United Nations Sustainable Development Goals (SDGs). These goals include „Good health and well-being – Ensure healthy lives and promote well-being for all at all ages.“ With this in mind, we strive to achieve the most favorable nutritional profile possible for all our products.

Gluten-free with Dr. Schär –

Our commitment for the Schär brand ●

All of the raw materials we use, and all of our products are gluten-free (with a gluten content that is well below the limit of 20 ppm for gluten-free foods). Allergens that are naturally present in certain products are clearly labelled. To avoid cross-contamination, we work with a strict, seamless control system as part of our quality assurance.

We work with reputable international certification bodies and demand the same from our suppliers and contractors.

For our most commonly used grains such as corn and rice, but also buckwheat, millet, sorghum and lentils, we have built up close partnerships with selected farmers over many years, which guarantee full traceability of the products from seed to the consumer‘s plate, these grains are part of our controlled „filiera“ (the Italian word for production chain).

The taste, consistency and nutritional profile of our products can therefore be optimally adapted to the needs of our consumers. In this way, we can offer a wide range of products and product variants comparable to traditional foods.

Specific additives are also used in manufacturing of gluten-free foods, these are particularly important for the texture of the end products. We use thickeners and dietary fibres as a replacement for the binding qualities of gluten. We take a responsible approach when it comes to our food and the use of additives:

- We do not add any artificial flavourings, aromas, or colourings to our products
- We do not add artificial preservatives.

The foundation of our quality commitment

Ingredients

Varied, nutritious and naturally gluten-free cereals

Filiera

Our promise to consistently meet the highest standards of quality, safety and sustainability is reflected throughout the entire „filiera" (Italian for „value chain")

Safety

Guaranteed gluten-free raw materials and strict, seamless control system to avoid cross-contamination

Nutritional quality

Demanding standards for sugar, salt, fibre, fat and protein

Additives

No artificial flavours, colours or preservatives

Our consumers

We always focus on the needs of our consumers. We are leaders in the research and development of gluten-free innovations.

Balanced nutrient profiles:

Healthy Eating for everyone!

Our aim is to balance and – where possible – reduce the amount of sugar, salt and fat (especially saturated fatty acids) in our products in order to support and guide our customers in maintaining a balanced diet. We also pay particular attention to the dietary fibre content of our products, further contributing towards a healthy, balanced diet.

By determining specific target values, we have precisely defined our goals in terms of product nutrient content, producing a set of nutrient targets that are both measurable and comprehensible. We took the following factors into account:

- Nutritional profile of gluten-free competitor products
- Nutritional profile of comparable (mainstream) products containing gluten
- National and international health and guidelines
- Technological feasibility, without compromising on taste and sensory quality

We have also made a conscious decision to focus our attention on our best-selling products. This means that everyday products that are consumed more regularly have a higher priority within our recipe optimisation programmes.

Our target values are applied to all our new products and are also relevant within the adaptation of existing recipes.

Our two-step programme

- New products: At least 95 % of our new products must meet our nutritional profile targets.
- Existing products: We are gradually revising our recipes so that existing products also meet our objectives.

Sugar

In 2015, the World Health Organization (WHO) published the guideline on „Sugar intake in adults and children“[1], which recommends reducing daily intake of free sugars to less than 10 % energy at all stages of life in order to reduce the risk of overweight, obesity and tooth decay.

Another important aspect is the fact that up to 10 % of all consumers with type 1 diabetes also suffer from coeliac disease, which means that special attention must also be paid to energy and sugar intake.

Our contribution to reducing sugar consumption

We check the sugar content in our products, focusing on the foods we consume every day.

Where indicated, we adjust the sugar content without relying on chemical or artificial sweeteners and without compromising the taste of the final product.

We have set targets for the following product categories:

- Biscuits
- Morning goods
- Bread
- Cakes and muffins
- Breakfast cereals

What we have already achieved:

✓ We achieved our SWA* (Sales weighted average) target in the biscuit product category and are 10.5 % below the set limit of 26 g/100 g*.

✓ We achieved our SWA* target in the cakes and muffins product category and are 6.8 % below the limit in this category of 28 g/100 g*.

Product example: Digestive biscuit

Recipe 2015

Maize starch, palm fat, cane sugar 16 %, maize flour, soy flour, soy bran 7 %, buckwheat flour 4.0 %, sugar beet syrup, modified tapioca starch, salt, raising agents: ammonium hydrogen carbonate, sodium hydrogen carbonate

Energy per 100 g: 483 kcal
Fat: 22 g
Saturated fatty acids: 9,9 g
Carbohydrates: 62 g
thereof sugar: 21 g
Dietary fibre: 6,2 g
Protein: 6,1 g
Salt: 0,63 g

- **Reduction in sugar content of ca. 15 % (from 21 g to 18 g per 100 g)**
- **Increase in fibre content of 23 % (from 6 g to 7,4 g per 100 g)**

Current recipe

Maize starch, palm oil, maize flour, cane sugar, soy flour, soy bran 7 %, buckwheat flour 4 %, sugar syrup, modified tapioca starch, salt, raising agents: ammonium hydrogen carbonate, sodium hydrogen carbonate

Energy per 100 g: 486 kcal
Fat: 24 g
Saturated fatty acids: 10 g
Carbohydrates: 57 g
thereof sugar: 18 g
Dietary fibre: 7,4 g
Protein: 6,7 g
Salt: 0,53 g

[1] Guideline: Sugars Intake for Adults and Children. WHO (2015).
* SWA: Sales Weighted Average. This value is calculated across the whole category considering the content of the specific nutrient in the single product and the quantities sold. It is therefore a weighted average of the overall presence of the nutrient in the category.

Salt

It has been scientifically proven that excessive sodium or salt consumption can lead to high blood pressure and thus increase the risk of cardiovascular disease and stroke. Most people consume too much salt. The WHO recommends that adults consume less than 5 g/day to lower blood pressure and thus significantly reduce the risk of secondary damage.[2] Reducing salt consumption has been identified as one of the most cost-effective measures to improve the health of the general population. This also applies to our target groups.

Our contribution to reducing salt consumption

We carefully monitor and control the salt content of product categories that contribute the most to daily salt intake and adjust these where indicated.

We have set targets for the following product categories:

- Bread and rolls
- Salted Snacks
- Ready Meals
- Frozen Pizza

What we have already achieved:

✓ Some of the best-selling products in the bread category, such as our Meisterbäckers breads Classic, Multigrain and Vital, as well as new products such as Baguettini with wholemeal flour or XL Ciabatta Tomato Olive are below the specified limit for this category with 1 g/100 g salt maximum.

✓ Best-selling products in the salted snacks category, such as Crackers and Curvies, meet the defined limit for this category with 1,75 g/100 g salt maximum.

✓ Our best-selling product in the frozen pizza category, Pizza Margherita lactose-free, as well as many other products in this category, such as Pizza Veggie and the new products Pizza Radicchio e Asiago or Pinsa, already meet the specified limit for this category with 1,25 g/100 g salt maximum.

Product example: Wholesome Seeded Loaf

Current recipe

Maize starch, water, sourdough 14 % (rice flour, water), rice starch, psyllium husks (plantago psyllium), rice syrup, sunflower oil, soy flakes, sunflower seeds 2.1 %, millet flour 2 %, linseed 1.9 %, thickener: hydroxypropyl methylcellulose; quinoa flour 1.3 %, yeast 1.3 %, rice flour 1.3 %, soy protein, soy bran, iodized table salt (salt, potassium iodide), poppy seeds 0.6 %, chia seeds 0.6 % (Salvia hispanica), honey

Energy per 100 g: 248 kcal
Fat: 6,5 g
Saturated fatty acids: 0,8 g
Carbohydrates: 38 g
thereof sugar: 4,1 g
Dietary fibre: 9,9 g
Protein: 4,5 g
Salt: 0,97 g

[2] Guideline: Sodium intake for adults and children. WHO (2012).

Fat

Excessive consumption of fats, especially saturated fats, can lead to increased cholesterol levels and increase the risk of cardiovascular disease. The WHO recommends reducing daily intake of saturated fats to less than 10 % of total energy intake.[3]

Our contribution to reducing the consumption of saturated fat

We carefully monitor and control the amount of saturated fat contained within our products and continue to minimise this, in favour of unsaturated fats, across all product lines.

What we have already achieved:

- ✓ We use high-quality vegetable oils and margarines in our products.
- ✓ We have been using sustainable palm oil (RSPO) in our products since 2018.

Product example: Madeleines

Current recipe

Eggs, sunflower oil, sugar, rice flour, potato starch, glucose syrup, humectant: glycerine; maize flour, thickeners: guar gum, xanthan gum; rice starch, emulsifier: rapeseed lecithin; salt, raising agents: disodium diphosphate, sodium bicarbonate, calcium phosphate; natural vanilla flavour, anti-oxidant: tocopherol extract.

Energy per 100 g: 468 kcal
Fat: 25 g
Saturated fatty acids: 2,4 g
Carbohydrates: 56 g
thereof sugar: 18 g
Dietary fibre: 1,7 g
Protein: 4,3 g
Salt: 0,92 g

[3] Guidelines: Saturated fatty acid and trans-fatty acid intake for adults and children. Geneva: WHO (Draft issued for public consultation in May 2018).

Dietary fibre

A high-fibre diet is important for maintaining gut health and reducing the risk of chronic disease, including cardiovascular disease, coronary heart disease, stroke, type 2 diabetes and colorectal cancer.[4] The recommendations for fibre intake in most countries are between 25-30 g of fibre per day. This is particularly true for people with coeliac disease, where an adequate fibre intake also promotes intestinal health.

Our contribution to a good fibre intake

We pay a lot of attention to dietary fibre, as it is an important part of a balanced diet for all of our consumers. Our aim is for multigrain products and products that feature a particular health benefit to have a fibre content of at least 6 g per 100 g. We take this into account both when developing new products and when gradually adapting existing products.

What we have already achieved:

- ✓ Many of our products already contain high amounts of fibre.
- ✓ Millet, buckwheat, oats and other sources of fibre (e.g. psyllium, apple fibre, inulin) provide a good source of fibre, especially in our everyday foods.
- ✓ All newly developed products in the „bread and rolls“ category respect our fibre guidelines and are a „source of fibre/rich in fibre“ with over 3 or 6 g of fibre per 100 g, respectively.

Product example: Baguettini with wholemeal flour

Current recipe

Corn starch, water, wholemeal flours 16 % (buckwheat, rice, sorghum), vegetable fibre (psyllium), soy protein, rice syrup, thickener: hydroxypropyl methylcellulose; rice starch, sunflower oil, yeast, bamboo fibres, iodized table salt (salt, potassium iodide), apple extract

Energy per 100 g: 229 kcal
Fat: 3,4 g
Saturated fatty acids: 0,47 g
Carbohydrates: 39,7 g
thereof sugar: 2,2 g
Dietary fibre: 10,5 g
Protein: 4,6 g
Salt: 0,88 g

[4] Reynolds A, Mann J et al. Carbohydrate quality and human health: a series of systematic reviews and meta-analyses. Lancet 2019; 393:434-45.

Protein

Protein is essential for the normal growth and repair of human tissue. Due to the absence of gluten proteins, gluten-free foods generally contain lower amounts of protein than their wheat-containing equivalents. In most Western diets, protein intake comes predominantly from animal-based products, with cereal-based foods making a small contribution in comparison.[5] Furthermore, there is little evidence of suboptimal protein intake in people following a strict long-term gluten-free diet.[6] For these reasons, we do not seek to fortify our products with additional proteins specifically for the purpose of increasing protein content.

Protein content of cereals and pseudocereals

Grains / pseudograins	Protein (g / 100 g dry matter)
Wheat	13.4
Oats	11
Whole grain rice	7.2
Polished rice	6.3
Millet	11.1
Maize	6.9
Barley	9.2
Rye	11.0
Quinoa	13.2
Amaranth	13.6
Buckwheat	13.3
Sorghum	11.1

Our contribution to a good protein supply

We use a variety of grains and other raw materials with a naturally high protein content, which allows us to deliver foods with optimized amino acid profiles and high micronutrient content without artificially adding protein to our products for non-technological reasons.

[5] National Diet and Nutrition Survey. Results from Years 1-4 (combined) of the Rolling Programme (2008/2009 – 2011/12) REVISED FEBRUARY 2017.
[6] Kinsey L, Burden ST, Bannerman E. A dietary survey to determine if patients with coeliac disease are meeting current healthy eating guidelines and how their diet compares to that of the British general population. Eur J Clin Nutr 2008; 62(11):1333-42.

Gluten-free grains and pseudograins

Gluten-free grains and so-called pseudograins are indispensable raw materials for the production of gluten-free products. They provide valuable nutrients and fibre as well as the necessary variety for texture and taste. These gluten-free alternatives form the basis for a modern, safe and at the same time enjoyable gluten-free diet and bring flavour variety to our products – naturally, nutritious and completely gluten-free.

As part of a balanced and varied gluten-free diet, millet, buckwheat and oats are becoming increasingly important. With their high nutritional value, excellent taste and texture, they perfect the products of the Schär brand. Millet, for example, is a valuable source of iron and rich in essential amino acids. The pseudo-cereal buckwheat is rich in high-quality fatty acids, vitamins, minerals, trace elements and amino acids. The guaranteed gluten-free oats used by Dr. Schär are rich in fibre and contribute to healthy digestion.

Dr. Schär uses a variety of alternative seeds, cereals and pseudo-cereals.

These gluten-free alternatives include:

- Amaranth
- Buckwheat
- Oats
- Millet
- Maize
- Quinoa
- Rice

Amaranth

Amaranth is classified as a pseudocereal as it belongs to the foxtail family and not to the sweet grasses found in traditional cereals. It can be enjoyed as a grain substitute in the form of flour, flakes or puffed.

Amaranth is extremely nutritious and is characterised by numerous nutrients such as fibre (10 g/100 g), vitamins and minerals. With a protein content of around 15 %, amaranth outperforms many other cereals and offers a balanced distribution and high bioavailability of amino acids.

In addition to its high protein and fibre content, amaranth is also a valuable source of unsaturated fatty acids. The fat content of amaranth is around 9 g. Of the fats it contains, 75 % are unsaturated fatty acids, including alpha-linolenic acid (an omega-3 fatty acid) and linoleic acid (an omega-6 fatty acid), with linoleic acid in particular being highly represented in amaranth.

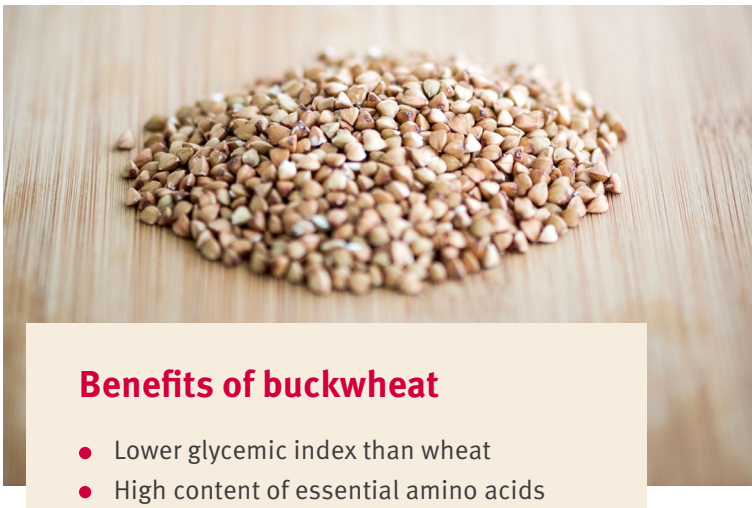
Compared to other cereals, amaranth has a high content of phosphorus, calcium and iron.

Benefits of amaranth

- Versatile
- Low carbohydrate content (66 g/100 g)
- High protein content
- High fibre content
- Rich in unsaturated fatty acids
- Rich in phosphorus, calcium and iron (3x higher than that of wheat)

Buckwheat

Contrary to what its name suggests, buckwheat is gluten-free and is therefore ideal for people with coeliac disease and other gluten-related illnesses. It is characterised by a particularly high proportion of biologically valuable protein, fibre, vitamins of the B group and minerals. It is available as groats, whole grains, flakes and flour and can be prepared in the same way as normal cereals.



Benefits of buckwheat

- Lower glycemic index than wheat
- High content of essential amino acids
- Source of B vitamins
- Contains important minerals
- High proportion of unsaturated fatty acids in the flour
- Higher antioxidant content than other cereals

Millet

Benefits of millet

- Source of phosphorus, magnesium and iron
- High in unsaturated fatty acids
- High niacin content and vitamin E
- Higher biological value than wheat protein
- Good source of essential, sulphur-containing amino acids such as methionine and cysteine

The word millet is derived from the Indo-European word for 'nourishment'. For centuries, millet was an important staple food in Europe before it was largely replaced by potatoes, maize and wheat. Only recently has this versatile grain been rediscovered and is enjoying increasing popularity. As an important source of iron, millet is particularly recommended for gluten-free diets, as iron deficiency is a common symptom of coeliac disease. At just under 7 mg/100 g, the iron content of millet is twice as high as that of wheat.

In general, millet contains considerable amounts of essential amino acids, especially the sulphur-containing amino acids methionine and cysteine. In addition, over 50 % of the fatty acids are unsaturated. Millet grains contain a high lecithin content, which is particularly important for the health of the nervous system.

Millet grains are a significant source of niacin, vitamin A, phosphorus and magnesium. Eating one cup of cooked millet covers around a quarter of the requirement for both minerals.

Oats

Oats are naturally gluten-free and are well tolerated by the majority of people with coeliac disease. Oats are characterised by their nutty taste and a particularly valuable nutritional profile. Oats are rich in fibre, minerals (magnesium, phosphorus, iron, zinc) and vitamins (vitamin B1 and B6).

Commercial oats can be contaminated by gluten-containing grains during cultivation and in the supply chain. It is therefore important that people with coeliac disease only use oat products that are specifically labeled as gluten-free.

Various scientific studies show that oats in controlled quantities are a valuable addition to the gluten-free diet. There is increasing evidence of the positive effects of oats on health. These effects are mostly associated with the soluble fibre beta-glucan.

Positive effects of beta-glucan

- Lowers cholesterol levels
- Helps to regulate blood sugar level
- Increases satiety

Maize

Although corn is a grain, it is also very popular as a vegetable, whether in salads or as corn on the cob for barbecues. In the form of flour, it is ideal for people who have to follow a gluten-free diet due to coeliac disease or another gluten-related illness.

Corn is very nutritious and contains a lot of sugar immediately after harvesting, which is why it tastes very sweet. The longer it is harvested, the more sugar is converted into starch and the less sweet the taste. At around 70, the glycemic index of maize is in the same range as wheat. The average fibre content of 100 g of corn is 10 g. A large portion of corn can provide almost a third of the daily recommended fibre intake.

The proportion of unsaturated fatty acids in maize flour is approx. 87 % and is mainly made up of linoleic acid and oleic acid.

Corn is rich in potassium and magnesium and provides important vitamins of the B group as well as plenty of vitamin E, which has an antioxidant effect and protects the cells from free radicals.

Benefits of maize

- Higher biological value than wheat protein
- High proportion of unsaturated fatty acids
- Source of potassium
- Higher vitamin E content than other cereals
- Source of niacin

Quinoa

Benefits of quinoa

- Versatile
- Valuable source of protein (high biological value)
- Rich in fibre
- Rich in unsaturated fatty acids
- Rich in phosphorus, iron, calcium, magnesium, zinc and B vitamins

Quinoa, a pseudo-cereal like amaranth, has its origins in South America, more precisely in the Andes region, where it has been cultivated for around 5,000 years. Due to its nutritional properties and health benefits, it is sometimes referred to as a „superfood“. The gluten-free grains can be prepared in a similar way to millet and have many uses in the kitchen, e.g. as a side dish, in salads, soups, baked goods or as a breakfast ingredient.

On average, 100 g of raw quinoa contains around 14 g of protein. The pseudocereal is therefore richer in protein than cereals such as wheat or rye. Quinoa contains all the essential amino acids in the optimum ratio and has a biological value of 73 %, which is comparable to that of beef.

Depending on the type, quinoa has a fibre content of around 6.6 to 13.9 g per 100 g. The fat content (approx. 5 g per 100 g) consists mainly of monounsaturated and polyunsaturated fatty acids.

Quinoa contains a variety of healthy micronutrients, especially iron. It also contains calcium, magnesium and zinc as well as various B vitamins such as vitamin B1 and vitamin B2.

Rice

Benefits of rice

- Good source of carbohydrate
- Versatile
- Contains important micronutrients such as B vitamins and minerals
- Wholegrain rice is paticularly rich in iron, magnesium and zinc
- Wholegrain rice is rich in fibre

Rice is a staple food that is consumed worldwide and can be prepared in many different ways. There are different types of rice, including long-grain rice, round-grain rice, basmati rice and jasmine rice, each of which has different properties and uses.

On average, 100 g of cooked rice contains around 7 g of protein. At an average of 2.2 g, rice is low in fat. The fibre content of rice can vary depending on the variety, with wholegrain rice containing more fibre than hulled rice.

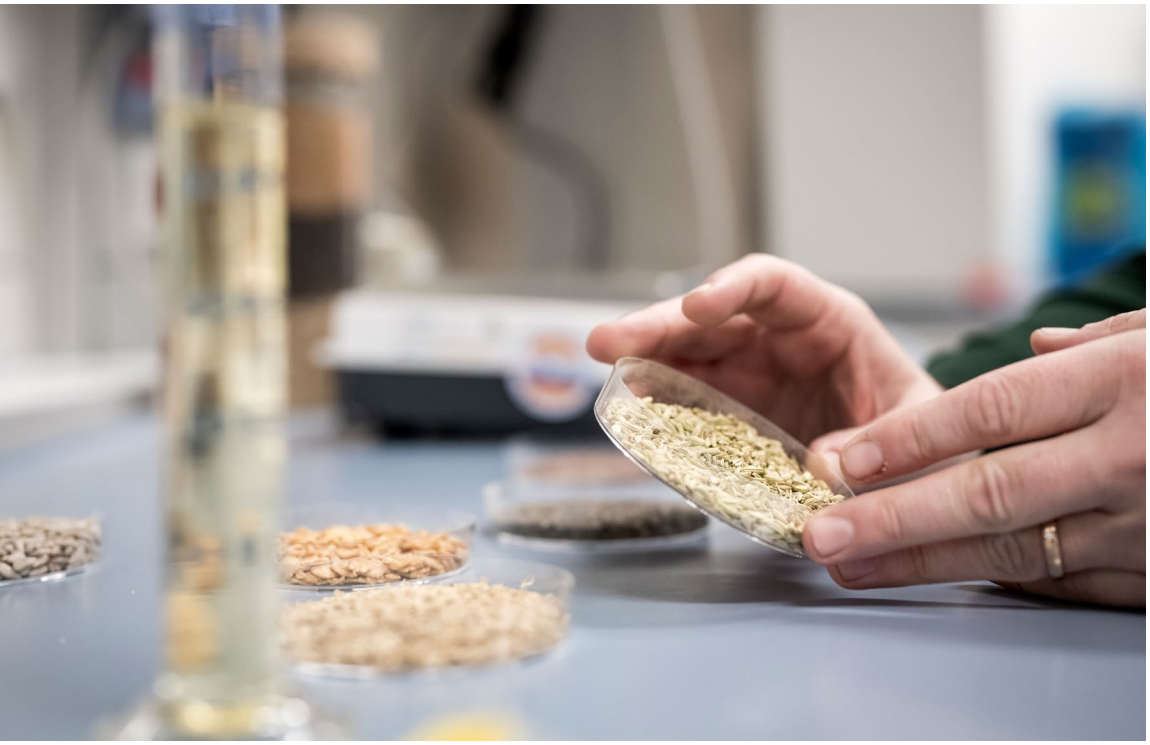
Rice is also a good source of various micronutrients such as B vitamins, especially niacin, as well as minerals such as iron, magnesium and zinc. Whole grain rice contains more nutrients than hulled rice because the outer layers of the grain are intact.

A comparison of gluten-containing and gluten-free cereals

	Gluten-containing grains				Gluten-free grains and pseudocereals						
Vitamins/ Minerals	wheat	spelt	rye	barley	oats	rice	maize	millet	ama-ranth	quinoa	buck-wheat
Iron (mg)	3,2	4,4	2,8	2,8	5,8	3,2	1,5	6,9	9	8	3,8
Zinc (mg)	2,6	3,6	2,9	2,8	3,2	1,6	1,7	2,9	3,7	2,5	2,7
Vitamin B1 (µg)	455	303	368	430	674	410	360	433	800	170	240
Vitamin B2 (µg)	94	155	170	180	140	91	200	109	190		150
Niacin (mg)	5,1	6,6	1,8	4,8	2,4	5,2	1,5	1,8	1,2	450	2,9
Pantothenic acid (µg)	1200		1500	680	710	1700	650	519			1200
Vitamin B6 (µg)	269		233	560	960	275	400	520	400	440	400
Biotin (µg)	6,0		5		13	12	6				
Folic acid (µg)	87		143	65	33	16	26				30
Amino Acids											
Leucine (mg)	920	1234	670	795	870	690	1202	1350	866	930	660
Isoleucine (mg)	540	683	390	448	468	340	362	550	557	718	490
Valin (mg)	620	844	530	596	642	500	454	610	633	632	660
Lysin (mg)	380	449	400	390	495	300	251	280	847	860	580
Methionine (mg)	220	318	140	242	190	170	186	250	314	188	190
Phenylalanine (mg)	640	939	470	602	609	420	460	460	641	530	410
Threonin (mg)	430	609	360	405	424	330	332	420	561	590	470
Tryptophan (mg)	150		110	150	190	90	77	180	196	165	170
Fatty Acids											
Omega 3	51		65	110	120	30	40	130	81	200	80
Omega 6	762		750	1150	2740	780	1630	1770	4031	2430	530

Source: Souci Fachmann Kraut Datenbank, www.sfk.online. Elmadfa I., Aign W., Muskat E., Fritzsche D.: Die Große GU-Nährwert-Kalorien-Tabelle. Neuausgabe 2018/19.

Other gluten-free ingredients ●



Gluten-free flours contain neither glutenin nor gliadin, the two gluten proteins contained in wheat grains that form the basis for gluten (such gluten-like proteins are also found in rye and barley). They make the bread dough supple and elastic and ensure a moist, fluffy crumb. Together with starch, these proteins form a gluten network. The carbon dioxide produced during yeast fermentation is trapped in this network, allowing the dough to rise. The gluten network also influences the water absorption and water storage capacity as well as the elasticity of the end product. The absence of gluten affects both the taste the structure and consistency of the bread dough and therefore influences the sensory quality of the gluten-free product. Of course, the structural and sensory benefits of gluten cannot be replaced by a single ingredient.

A carefully balanced blend of high-quality ingredients with high nutritional quality is required to obtain a product that is optimal in terms of taste, structure and nutritional content. The label of our best-selling Wholesome White loaf shown below is intended to help you decipher the ingredient lists of gluten-free foods. We explain the function of the less common ingredients and how they contribute to the consistency of the crumb and crust as well as the taste and quality of this popular product.

Ingredients

Water

Honey
Refines the taste of bread, provides natural sweetness and offers a valuable alternative to sugar syrups.

Corn starch
Grain-based starches are a main component of gluten-free foods. Starch grains have the ability to absorb water. They are embedded in the three-dimensional dough structure and thus support the gas holding capacity. Starches ensure a softer crumb and a uniform crumb texture of the bread.

Rice syrup
Provides a nicer crust color through caramelization during baking. As gluten-free bread doughs contain less protein, the non-enzymatic browning reaction, the so-called Maillard reaction, which is responsible for the natural browning of the crust in conventional breads, does not take place.

Vegetable fibre (psyllium)
Psyllium is a source of contains water-soluble fibre and increases the fibre content of gluten-free breads.

Millet flour
Millet is a gluten-free grain of high value and contains more protein, fibre and micronutrients than other more commonly used gluten-free grains such as rice and corn. Millet is characterised by a high content of minerals such as phosphorus and iron and is rich in the essential amino acids methionine and cystine. The natural sweetness of millet provides a refined bread flavor.

Quinoa flour
Quinoa is a pseudocereal and is rich in protein, fibre and micronutrients. Quinoa contains all the essential amino acids, unsaturated fats and is rich in minerals such as calcium, iron and phosphorus. Its characteristic taste enhances the flavor of bread.

Yeast

Salt
Refines the taste and serves as a natural preservative. Dr. Schär does not use any artificial preservatives.

Sourdough (rice flour, water)
The use of sourdough as a natural leavening agent is one of the oldest biotechnological methods of food fermentation. Sourdough is made from a mixture of flour and water, which contains natural yeasts and lactic acid bacteria that keep it fermenting. Compared to other leavening agents (e.g. baker's yeast), sourdough improves the aroma, taste, shelf life and nutritional profile of baked goods.

Hydroxy-propylmethyl-cellulose (HPMC)
HPMC is a dietary fibre (hydrocolloid) and is used as a thickener, filler, stabilizer or emulsifier. The interaction between HPMC and other functional ingredients reproduces the viscoelastic properties of gluten. The carbon dioxide produced during fermentation is stored in a gel structure so that the bread becomes nice and fluffy and retains its shape even after cooling. The bread gains more volume and a firmer and less crumbly consistency with a higher moisture content.

Sunflower oil
The addition of oil ensures a softer crumb. Sunflower oil contains a balanced combination of monounsaturated and polyunsaturated fatty acids and only a few saturated fatty acids.

Rice starch (see corn starch)

Soy protein
Is added to achieve a nicer crust browning via the Maillard reaction. Isolates of soy protein are also added to compensate for the lower protein content of gluten-free flours. Soy protein is characterised by a high biological value (rich in essential amino acids) and has a more neutral aroma than soy flour.

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Innovating special nutrition.