

Tagatose is a Commonsense Solution for Sugar Reduction,
But an FDA Food Labeling Rule Directly Impedes Tagatose Adoption,
Thus Keeping Americans Sick

1. Despite a federal court order, FDA (Office of Nutrition & Food Labeling) is purposely impeding a commonsense solution to sugar reduction and diet-related disease.
2. In August 2024, a federal court declared the FDA was “arbitrary and capricious” in enforcing a labeling regulation that forces food companies to count **Tagatose** as “Added Sugars” on food packages (Bonumose v. FDA, U.S. District Court for DC). FDA did not appeal the Order but has not updated its Tagatose labeling rule.
3. FDA’s labeling rule kills demand for Tagatose because food companies will not reformulate with Tagatose if it counts as “Added Sugars.” As a result, FDA knowingly denies consumers the chance to have better-for-you foods made with Tagatose instead of sugar or corn syrup.
4. Tagatose is a sweet plant material found in small quantities in some fruits and other plants. FDA admits Tagatose has health properties similar to dietary fiber. Microbes in the large intestine consume Tagatose and produce beneficial short-chain fatty acids. FDA admits Tagatose has a low glycemic index (3 on a scale of 1-to-100), is low calorie (62% lower than sugar), and is good for dental health.
5. Tagatose is nearly a drop-in replacement for sucrose in food production. Tagatose is 92% as sweet as sucrose and has a pleasant flavor. Tagatose replicates sucrose’s functionality in food production for ice cream, baked goods, confectionery, breakfast cereals, beverages, and all other food categories. Tagatose has positive health benefits without sacrificing taste or texture. It enables better-for-you foods people will willingly eat.
6. Tagatose can reduce our country’s sugar and corn syrup consumption – and help with diet-related diseases – while retaining the taste and texture consumers love about sugar. Production is globally scalable with Bonumose’s process and existing food ingredient value chains.
7. Bonumose (Charlottesville, VA) started its struggle with the FDA in February 2018 when Bonumose filed a Citizen Petition seeking to have Tagatose exempted from the “Added Sugars” labeling. FDA denied Bonumose’s Citizen Petition in May 2022, despite Tagatose meeting the same criteria FDA announced in October 2020 when it exempted Allulose from “Added Sugars.” Allulose and Tagatose are quite similar, although Tagatose – which is a prebiotic – arguably has a better claim to being healthy. Judge Randolph Moss vacated the FDA’s May 2022 denial and remanded the matter to FDA. Six months later and there has been no movement.
8. **Bonumose uncovered evidence of FDA fabricating data to attempt to support its position in the lawsuit, which arguably was perjury. Bonumose made the DOJ and FDA’s Office of Chief Counsel aware of the fabrications, but they apparently decided to ignore the issue. Bonumose also uncovered evidence of 7 years of bias against Bonumose – or bias against Tagatose because of its potential to improve health.**
9. Exempting Tagatose from “Added Sugars” labeling – and ideally allowing Tagatose to be counted under “Dietary Fiber,” where it belongs – would be a **quick, easy, MAHA victory**, and a stark contrast to business as usual.
10. Bonumose has ample documentation for all of the above, including the health benefits of Tagatose, the federal court Order, FDA’s data fabrication, and food industry support for Tagatose.