

Technical Datasheet: Oil Powder Carrier Digestive Gentleness Comparison

This updated datasheet evaluates common oil powder carriers for their digestive tolerance, in addition to their biofunctional roles in oil encapsulation. The digestive gentleness rating provides insight into the likelihood of gastrointestinal discomfort in sensitive populations.

Carrier	Enzyme Stimulation	Emulsification Support	Prebiotic Effect	Digestibility	Ideal for Plant-Based	Typical MCT Load Capacity	Digestive Gentleness
Whey Protein Isolate	High	Moderate	None	High	No	Moderate	Moderate (dairy-sensitive)
Casein	Moderate	Moderate	None	High	No	Moderate	Moderate (dairy-sensitive)
Pea Protein	Moderate	Moderate	Low	Moderate	Yes	Moderate	Moderate (may cause gas)
Soy Protein Isolate	Moderate	Moderate	Low	Moderate	Yes	Moderate	Low (common allergen)
Inulin (Prebiotic Fiber)	Indirect	Low	High	High	Yes	High	Moderate (fermentable)
Acacia Fiber	Indirect	Low	High	High	Yes	High	High (well-tolerated)
Maltodextrin	Low	Low	Low	High	Yes	High	Low (processed, can spike GI)
Resistant Dextrins	Low	Low	Moderate	High	Yes	High	Moderate (can cause gas)
Lecithin (Soy/Sunflower)	Moderate	High	None	High	Yes	Moderate	High (gentle emulsifier)